

# HELPLINES & RESOURCES

## NUS HELPLINES / RESOURCES

### Staff Support

#### **NUSHeart**

800-130-1950 (24/7 toll free)

[support@resourcesforyourlife.com](mailto:support@resourcesforyourlife.com)

#### **NUS Wellbeing Specialist**

[hwb@nus.edu.sg](mailto:hwb@nus.edu.sg)

### Student Support

#### **University Counselling Services**

6516 2376

[uhc\\_counselling@nus.edu.sg](mailto:uhc_counselling@nus.edu.sg)

#### **Office of Student Affairs –**

#### **Student Wellness / Peer Student Supporters**

[OSAcare@nus.edu.sg](mailto:OSAcare@nus.edu.sg)

#### **Faculty Student Support Managers**

<https://nus.edu.sg/uhc/mental-health/student/supporting-services>

### Staff and Student Support

#### **Lifeline NUS**

*For life threatening psychological emergencies*

6516 7777 (24 hours)

#### **NUS Care Unit**

*For those affected by sexual misconduct*

6601 4000

[ncu\\_help@nus.edu.sg](mailto:ncu_help@nus.edu.sg)

## SPEAK TO US!

**We are just a call, email  
or text away.**



## OTHER HELPLINES

#### **Samaritans of Singapore (SOS)**

1800-221-4444 (24 hours)

[pat@sos.org.sg](mailto:pat@sos.org.sg)

[m.me/SamaritansofSingapore](https://m.me/SamaritansofSingapore)

#### **Institute of Mental Health**

6389 2222 (24 hours)

#### **Singapore Association for Mental Health**

1800-283-7019

(Mon to Fri, 9am to 6pm)

#### **TOUCH Community Services**

1800-377-2252

(Mon to Fri, 9am to 6pm)

#### **Care Corner Singapore (Mandarin)**

1800-3535-800

(Daily, 10am to 10pm)