



# EMBASSY ADVISORY

## CRISIS AND SUICIDE PREVENTION HELPLINES

If you or someone you know is experiencing depression or anxiety, or may be contemplating suicide, the Embassy strongly encourages you to seek the help of a professional by calling any the following helplines:

Philippine-based organization/agency	Contact Details	Facebook Page
<b>National Center for Mental Health (NCMH)</b>	Globe/TM: (+63) 0917 899 8727; 0966 351 4518 Smart/Sun/TNT: (+63) 0908 639 2672 (02) 7-989-8727	facebook.com/pg/ncmhcrisishotline/services
<b>Hopeline PH by the Natasha Goulbourn Foundation</b>	(+63) 917 558 4673; (02) 804 4673 Toll Free: 2919 (for Globe and TM)	facebook.com/HopelinePH
For DOH regional helplines, please visit this link: <a href="https://bit.ly/DOHhelplines">bit.ly/DOHhelplines</a>		

Singapore-based organization/agency	Contact Details	Facebook Page
<b>Humanitarian Organization for Migration Economics (HOME)</b>	9787 3122; 6341 5535	facebook.com/migrantssg
<b>Foreign Domestic Workers Association for Social Support and Training (FAST)</b>	6509 1535	facebook.com/FAST.org.sg
<b>Samaritans of Singapore (SOS)</b>	1-767	facebook.com/SamaritansofSingapore
<b>SGot Kita, Kabayan</b>  (A joint partnership of ACMI Family to Migrants and UGAT Foundation)	6776 8428  Available daily 9pm-12am; Filipino-speaking counsellors	facebook.com/ACMI.Singapore  facebook.com/ugatfoundationinc

You may also call the Philippine Embassy’s OWWA at 9023 5601 or ATN Section at 9072 2797.

**THE PHILIPPINE EMBASSY, SINGAPORE**

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