



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 that you seek the help of a professional by calling any the following confidential helplines:

Philippine-based organization/agency	Contact Details	Facebook Page
Hopeline PH by the Natasha Goulbourn Foundation	0918 873 4673 0917 558 4673 2919 (Globe and TM)	facebook.com/HopelinePH
National Institute for Mental Health	0917 899 8727 0917 989 8727	

Singapore-based organization/agency	Contact Details	Facebook Page
Humanitarian Organization for Migration Economics (HOME)	9787 3122	facebook.com/migrantssg
Foreign Domestic Workers Association for Social Support and Training (FAST)	6509 1535 1800 339 4357 (toll free)	facebook.com/FAST.org.sg
Samaritans of Singapore	1800 221 4444 (toll free)	facebook.com/SamaritansofSingapore

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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