**Grief Support and COUNSELLING SERVICES**

It is not uncommon to seek professional help when loss is hard to bear, and many parents have benefitted from such invaluable support. We list some counselling services used by parents in our network. Please note that they are listed in no particular order and fees/charges may apply. It is always best to “shop around” for a counsellor who suits your needs and whom you can relate to comfortably; do call them, meet them and discuss your requirements.

**Spiritual Support (CATHOLIC)**

**Kingsmead Centre for Ignatian Spirituality and Counselling**

<https://kingsmeadcentre.sg/counselling/>

 - Counselling sessions are by appointment. Email counselling@kingsmeadcentre.sg or call 6467 6072 (Office hours)

**Good Shepherd Oasis (Retreat Centre)**

- For individual spiritual direction or silent retreats. Email: admin@gssmmission.org

**GENERAL GRIEF Support Groups**

**Child Bereavement Support Singapore** (CBSS) – <https://www.cbss.sg/>

 - loss of a child (any age) by any circumstances, regardless of how recent or long ago

**PIETA Singapore** (Catholic-Christian faith based though all are welcome) <https://www.pietasingapore.org/>

 - loss of a child (any age) by any circumstances, regardless of how recent or long ago

**GENERAL COUNSELLING SERVICES** (Office hours may apply)

**Catholic Family Life Counselling Services** 6488-0278 (office hours)

<https://www.familylife.sg/RestoretoFlourish>

**Morning Star Community Services** 6285 1377 (office hours) <https://www.morningstar.org.sg/therapy/>

**Shan You Counselling** 6741 9293(office hours)<http://www.shanyou.org.sg/>

**Brahm Centre Counselling** <https://brahmcentre.com/counsellingcentrehotline/>

66550000 and 88230000 (WhatsApp available)

**Care Corner Counselling Centre** (Mandarin) 1800-353-5800 (office hours)

<https://www.carecorner.org.sg/counselling-centre>

**Viriya Grief Support Programme** 62868033 (office hours)

griefsupport@viriya.org.sg

<https://viriya.org.sg/news-post/viriya-grief-support-programme/>

**Metoyou Cyber Counselling** 6445 0100(office hours) <https://www.facebook.com/metoyou.cybercare>

**Singapore Buddhist Free Clinic (SBFC)** 6841 3370 (Hotline)

<https://www.sbfc.org.sg/counselling-service>

**Wesley Counselling Services** 6837-9214 (office hours) <https://wesleymc.org/care/counselling>

**Faith Methodist Church Counselling** 6471-9420 (office hours) <https://www.faithmc.sg/care-help/counselling/>

**Barker Road Methodist Church Counselling** 6250-6787 (office hours)

<https://www.brmc.org.sg/ministries/counselling/counselling-2>

**Support for Infant & Pregnancy Loss (Miscarriages, Abortions)**

**Mindful Space – Support for pregnancy Loss** <https://www.mindfulspace.com.sg/pregnancyloss>

**Rachel’s Vineyard (for abortions under any circumstances)**

info@rachelsvineyard.sg. <http://www.rachelsvineyard.sg/>

**Support for Suicide Loss**

**SOS' Healing Bridge and LOSS group** (suicide loss)

<https://www.sos.org.sg/about/our-services>

**Healing Hearts** (for suicide-bereaved MOTHERS only)

Organised by The Therapy Room (Dr Geraldine Tan)

- 6467 8903 or WhatsApp 9727 3317 <http://www.thetherapyroom.com.sg/>

**COUNSELLING FOR YOUTHS**

**The Zen Dylan Koh Fund** <https://www.tzdkfund.org/>

 - FREE and confidential counselling for young people (25 years and under). Must apply. Managed by Limitless.

**Chat Hub** at \*Scape <https://www.chat.mentalhealth.sg/>

 6493 6500, 6493 6501 or e-mail chat@mentalhealth.sg

- for ANY concerns about your well-being and need direction.

**Touch Line** 1800 377 2252 (Daily 10am to 10pm) <https://www.touch.org.sg/about-touch/our-services/touch-youth-intervention-homepage>

**Tinkle Friend** 1800 274 4788 (Mon-Fri Office Hrs) - for children **(7-12yrs)**

<https://www.tinklefriend.sg/>

**Youth Line (Youth Challenge)** 6336 3434 (Mon –Fri 8.30am to 6.00pm)

<https://www.youthlineuk.com/what-is-counselling/>

**Text Messaging Help**

**OTR Listens** <https://otrlistens.net/>

**BELLE (Beyond the Label Helpbot)**

[https://www.ncss.gov.sg/our-initiatives/beyond-the-label/belle-beyond-the-label-helpbot#](https://www.ncss.gov.sg/our-initiatives/beyond-the-label/belle-beyond-the-label-helpbot)

**SOS Care Text** <https://www.sos.org.sg/about/our-services>