Youth Integrated Team (YIT)

Provides **free** mental health assessment, therapy, and case management for youths with mild mental health conditions.

- **Singapore Citizen** or **Permanent Resident**
- Aged **12** to **25** years old

S/N	Name of Agency	Address of Service	Operating hours	Website	Contact	Email address
1	Care Corner Singapore	6 Woodlands Square, Woods Square Tower 2, #03-01, 737737	Mon to Fri: 9am - 6pm (Call or email to make an appointment)	https://www.carecorner.org.sg/services/insight	6978 4217	insight@carecorner.org.sg
2	Club HEAL	254 Bukit Batok East Avenue 4, #01-229, 650254	Mon to Fri: 9am - 6pm (Call or email to make an appointment)	https://www.clubheal.sg	6899 3463	Referral@clubheal.org.sg
3	SHINE Children and Youth Services	463 Hougang Avenue 10, #01-964, 530463	Mon to Fri: 9am - 6pm (Call or email to make an appointment)	https://www.shine.org.sg/resilience	8383 9637	yit_clementi@shine.org.sg
4	SHINE Children and Youth Services	329 Clementi Avenue 2, #01-248, 120329	Mon to Fri: 9am - 6pm (Call or email to make an appointment)	https://www.shine.org.sg/resilience	8855 3566	yit_clementi@shine.org.sg
5	Singapore Association for Mental Health	317 Woodlands Street 31, #01-196, 730317	Mon to Fri: 9am - 6pm (Call or email to make an appointment)	https://www.samhealth.org.sg/our-services/outreach/samh-say-it	6362 4845	sayitnorth@samhealth.org.sg
6	Singapore Association for Mental Health	124 Bedok North Road, #01-133, 460124	Mon to Fri: 9am - 6pm (Call or email to make an appointment)	https://www.samhealth.org.sg/our-services/outreach/samh-say-it	6344 8451	samhsayit@samhealth.org.sg
7	Singapore Children's Society	9 Bishan Place, Junction 8 Office Tower, #05-02, 579837	Mon - Fri: 9.00am - 6.00pm (Call or email to make an appointment)	https://www.childrensociety.org.sg	6358 0911	fm@childrensociety.org.sg
8	TOUCH Community Services Limited	2 Orchard Link, *SCAPE, #04-06, 237978	Mon - Fri: 9.00am - 6.00pm (Call or email to make an appointment)	https://www.touch.org.sg/about-touch/our-services/counselling-services	1800-377 2252	mentalhealth@touch.org.sg

Services not available on Public Holidays

You can also consider the Counselling services from Limitless via their website: https://www.limitless.sg if you meet the criteria listed above.

Pilot NCSS Supported Counselling Services

NCSS Supported Counselling Services provide accessible and affordable counselling support to those who require, through a network of newly approved service providers across Singapore.

They provide **subsidized** rates for counselling for the following:

- **Pioneer** or **Merdeka** Generation cardholder
- **Blue** or **Orange CHAS** cardholder
- **Student** from MOE schools (Primary to Tertiary education) with a valid **Student Identification Card**
- **Recipient of ongoing assistance** from **Social Service Office (SSO)** or **Restructured Hospital**

S/N	Name of Agency	Address of Service	Operating hours	Website	Contact	Email address
1	AppleTree Counselling Pte Ltd	Katong Shopping Centre, 865 Mountbatten Road #06–01, Singapore 437844	Mon to Sun: 9am - 6pm (last appointment)	https://www.appletreecounselling.sg/projecthope	8809 0920 (Call or WhatsApp)	enquiries@AppleTreeCounselling.sg
2	Care Community Services Society	103 Lavender St., #01-02, CarePoint 338725	Mon to Fri: 9am - 6pm Weekday evenings and Sat: (on appointment basis only)	https://www.ccsscares.sg	6950 7500 (Call)	ccsscounsellingservices@ccsscares.sg
3	Centre for Psychotherapy	7 Race Course Lane, #02-01 Tai Guan Ong See Association Building, Singapore 218734	Mon to Fri: 10am - 5pm, Sat: 10am to 2pm	https://www.centreforpsychotherapy.com	8856 2408 (Call or WhatsApp)	Contact via website
4	Hope For Tomorrow Psychology Centre Private Limited	19 #01-04 Lor Kilat, Singapore 598120	Mon to Fri: 11am – 6pm Sat: 10am - 3:30pm	https://hope4tmr.com	8812 4673 (Call or WhatsApp)	hello@hope4tmr.com
5	Incontact Counselling & Training Pte Ltd	7 Maxwell Rd, #04-04, Annexe B MND Complex, Singapore 069111	Mon to Fri: 9am - 5pm Sat: 9am - 3pm Online sessions can be offered on Weekdays: 5pm - 7pm	https://incontact.com.sg	9134 8147 (Call or WhatsApp)	admin@incontact.com.sg

6	Intellect Company Pte Ltd	171 Tras St, Union Building #02-179, Singapore 079025 5 Straits View, Marina One East Tower B2-60/61, Singapore 018935 11 Prinsep Link, The Foundry, Singapore 187949 11 Bidadari Park Dr, The Woodleigh Mall #02-03/05/06/07, Singapore 367803 252 Tembeling Rd, Tembeling Centre #01-09, Singapore 423731	Mon to Fri: 10am – 9pm Sat: 10am – 2pm	https://clinic.intellect.co	8043 5120 (Call or WhatsApp)	clinic@intellect.co
7	REACH Community Service Ltd	307 Shunfu Rd, #01-137, Singapore 570307	Mon: 9am - 9pm Tue to Fri: 9am - 6pm	https://reach.org.sg/services/counselling-service	6801 0730 (Call)	counselling@reach.org.sg
8	Singapore Counselling Centre	51 Cuppage Road #03-03 Singapore 229469 (former Starhub Centre located behind The Centrepoint)	Mon to Sun: 9am - 8pm (In-Person Counselling) Mon to Sun: 8am - 9pm (Online Counselling)	http://www.scc.sg	6339 5411 (Call or WhatsApp)	funding@scc.sg
9	Viriya Community Services	Viriya Mental Wellness Hub (52 Kent Rd, #01-16, Singapore 210052) Viriya Therapy Centre (72 Shrewsbury Road)	Mon to Fri: 9am - 6pm	https://viriya.org.sg	6256 1311 (Call)	vtc@viriya.org.sg

Services not available on Public Holidays

Family Service Centre (FSC)

FSCs provide support for vulnerable individuals and families with social and emotional issues, and work towards stability, self-reliance and social mobility.
To check FSC's service boundary, enter your postal code at https://www.msf.gov.sg/our-services/directories#familytab

FSCs are open to provide **subsidized** counselling support to families and individuals:

- Regardless of age, race, language or religion.
- At different life stages (such as couples, families with young children, adolescents, or elderly members); and
- Of various family structures

S/N	Name of Agency	Address of Service	Operating hours	Website	Contact	Email address
1	Allkin Family Service Centre @ Ang Mo Kio 230	Blk 230 Ang Mo Kio Avenue 3, #01-1264, Singapore 560230	Mon to Fri: 9am - 6pm	https://www.allkin.org.sg/services/family-service-centres	6038 4100	fscamk@allkin.org.sg
2	Allkin Family Service Centre @ Cheng San 445	Blk 445 Ang Mo Kio Avenue 10, #01-1647, Singapore 560445	Mon to Fri: 9am - 6pm	https://www.allkin.org.sg/services/family-service-centres	6038 4120	fsccs@allkin.org.sg
3	Allkin Family Service Centre @ Punggol 616	Blk 616 Punggol Drive, #01-01, Singapore 820616	Mon to Fri: 9am - 6pm	https://www.allkin.org.sg/services/family-service-centres	6038 4140	fscpg@allkin.org.sg
4	Allkin Family Service Centre @ Sengkang 223D	Blk 223D Compassvale Walk, #01-673, Singapore 544223	Mon to Fri: 9am - 6pm (except for Public Holidays)	https://www.allkin.org.sg/services/family-service-centres	6312 8100	fscsk@allkin.org.sg
5	AWWA Family Service Centre	Blk 107 Towner Road, #01-356, Singapore 321107	Mon, Wed to Fri: 8:30am - 5:30pm Tue: 8:30am - 9pm	https://www.awwa.org.sg/our-services/family-service-centre	6511 9456	contactus@awwa.org.sg
6	Care Corner Family Service Centre (Admiralty)	Blk 718 Woodlands Avenue 6, #01-658, Singapore 730718	Mon, Wed & Fri: 9am - 6pm Tues & Thurs: 9am - 9pm	https://www.carecorner.org.sg/services/family-service-centre	6365 8751	am.fsc@carecorner.org.sg
7	Care Corner Family Service Centre (Punggol)	Blk 616 Punggol Drive, #01-01, Singapore 820616 (interim address)	Mon, Wed & Fri: 9am - 6pm Tues & Thurs: 9am - 9pm	https://www.carecorner.org.sg/services/family-service-centre	6978 6594	tm.fsc@carecorner.org.sg

8	Care Corner Family Service Centre (Queenstown)	Blk 88 Tanglin Halt Road, #05-01, Singapore 141088	Mon, Wed & Fri: 9am - 6pm Tues & Thurs: 9am - 9pm	https://www.carecorner.org.sg/services/family-service-centre	6476 1481	qt.fsc@carecorner.org.sg
9	Care Corner Family Service Centre (Tampines)	Blk 299B Tampines Street 22, #01-670, Singapore 522299	Mon, Wed & Fri: 9am - 6pm Tues & Thurs: 9am - 9pm	https://www.carecorner.org.sg/services/family-service-centre	6786 6225	pg.fsc@carecorner.org.sg
10	Care Corner Family Service Centre (Toa Payoh)	Blk 158 Lorong 1 Toa Payoh, #01-1522, Singapore 310158	Mon, Wed & Fri: 9am - 6pm Tues & Thurs: 9am - 9pm	https://www.carecorner.org.sg/services/family-service-centre	6356 1622	tp.fsc@carecorner.org.sg
11	Care Corner Family Service Centre (Woodlands)	Blk 345 Woodlands Street 32, #01-198, Singapore 730345	Mon, Wed & Fri: 9am - 6pm Tues & Thurs: 9am - 9pm	https://www.carecorner.org.sg/services/family-service-centre	6362 2481	wl.fsc@carecorner.org.sg
12	Fei Yue Family Service Centre (Bukit Batok)	Blk 185 Bukit Batok West Avenue 6, #01-187, Singapore 650185	Mon to Fri: 9.30am - 6pm (Last call-in and walk in at 5pm)	https://fycs.org	6569 0381	enquiry_FeiYueBBFSC@fycs.org
13	Fei Yue Family Service Centre (Champions Way)	Blk 569B Champions Way, #01-380, Singapore 732569	Mon to Fri: 9.30am - 6pm (Last call-in and walk in at 5pm)	https://fycs.org	6690 1000	enquiry_FeiYueCWFSC@fycs.org
14	Fei Yue Family Service Centre (Choa Chu Kang)	Blk 280 Choa Chu Kang Avenue 3, #01-360, Singapore 680280	Mon to Fri: 9.30am - 6pm (Last call-in and walk in at 5pm)	https://fycs.org	6762 5215	enquiry_FeiYueCCKFSC@fycs.org
15	Fei Yue Family Service Centre (Yew Tee)	Blk 604 Choa Chu Kang Street 62, #01-53, Singapore 680604	Mon to Fri: 9.30am - 6pm (Last call-in and walk in at 5pm)	https://fycs.org	6416 2162	enquiry_FeiYueYTFSC@fycs.org
16	Fei Yue Family Services at SSO @ Taman Jurong	301A Corporation Drive Singapore 619773	Mon to Fri: 9.30am - 6pm (Last call-in and walk in at 5pm)	https://fycs.org	6267 2900	enquiry_FeiYueTJFST@fycs.org
17	Foundation of Rotary Clubs (Singapore) (FRCS) Family	Blk 346 Clementi Avenue 5, #01-10/32, Singapore 120346	Mon & Wed: 9am - 6pm Tues & Thurs: 9am - 9pm (6pm-9pm – On Appointment Basis) Fri: 9am - 5.30pm	https://frcsfsc.sg	6779 9488	enquiry@frcsfsc.sg

	Service Centre (Clementi)					
18	Good News Family Service Centre @ Pasir Ris	Blk 256 Pasir Ris Street 21, #01-289, Singapore 510256	Mon, Wed & Fri: 9am - 6pm Tues & Thurs: 9am - 9pm	https://www.goodnews.org.sg/services/prfsc	6581 2159	gnfsc@goodnews.org.sg
19	Hougang Sheng Hong Family Service Centre	Blk 237 Hougang Street 21, #01-406, Singapore 530237	Mon to Fri: 9am - 6pm Saturdays: 9am - 1pm	https://shenghong.org.sg/family-services	6289 5022	fsc@shenghong.org.sg
20	Kampong Kapor Family Service Centre	Blk 2 Kitchener Road, #03-89, Singapore 200002	Mon, Wed & Fri: 9am -6pm Tues & Thurs: 9am - 9pm	https://www.kkcs.org.sg/we-can-help/kampong-kapor-family-service-centre	6485 4720	kkfsc@kkcs.org.sg
21	Lakeside Family Centre (Jurong East)	Blk 302 Jurong East Street 32, #01-22, Singapore 600302	Mon to Fri: 9am - 5:30pm	https://lakeside.org.sg/our-services/family-service-centres	6564 9722	lfsje@lakeside.org.sg
22	Lakeside Family Centre (Jurong West)	Blk 516 Jurong West Street 52, #01-73, Singapore 640516	Mon to Fri: 9am - 5:30pm	https://lakeside.org.sg/our-services/family-service-centres	6567 1908	lfsjw@lakeside.org.sg
23	Montfort Care Family Service (Kreta Ayer)	28A Kreta Ayer Road, #01-03, Singapore 088995	Mon to Fri: 9am - 6pm	https://montfortcare.org.sg/services/families/	6325 4753	familyservice@montfortcare.org.sg
24	Montfort Care Family Service (Marine Parade)	Blk 53 Marine Terrace, #01-227, Singapore 440053	Mon to Fri: 9am - 6pm	https://montfortcare.org.sg/services/families/	6445 0100	familyservice@montfortcare.org.sg
25	Montfort Care Family Service (Telok Blangah)	Blk 27 Telok Blangah Way, #01-1018, Singapore 090027	Mon to Fri: 9am - 6pm	https://montfortcare.org.sg/services/families/	6270 8327	familyservice@montfortcare.org.sg
26	MWS Covenant Family Service Centre – Hougang	Blk 613 Hougang Avenue 8, #01-432, Singapore 530613	Mon to Fri: 8:30am - 5:30pm Evenings by appointment only	https://mws.sg/centre-location/mws-covenant-family-service-centre-hougang-and-buangkok	6282 8558	MWScfsc@mws.sg
27	MWS Family Service Centre – Sengkang West	Blk 223D Compassvale Walk, #01-673, Singapore 544223 (interim address)	Mon to Fri: 9am - 5pm, Evenings by appointment only	https://mws.sg/centre-location/mws-family-service-sengkangwest	6485 5500	MWSfscsk@mws.sg

28	MWS Family Service Centre – Tampines	Blk 470 Tampines Street 44, #01-194, Singapore 520470	Mon to Thurs: 9am - 12pm, 1pm - 6pm Fri: 9am - 12pm, 1pm - 5pm Evenings by appointment only	https://mws.sg/centre-location/mws-family-service-centre-tampines	6787 2001	mwsfsct@mws.sg
29	MWS Family Service Centre – Yishun	Blk 855 Yishun Ring Road, #01-3539, Singapore 760855	Mon to Thurs: 9am - 12pm, 1pm - 6pm Fri: 9am - 12pm, 1pm -5pm Evenings by appointment only	https://mws.sg/centre-location/mws-family-service-centre-yishun	6756 4995	mwsfscy@mws.sg
30	PPIS Family Service Centre (East)	Wisma Geylang Serai 1 Engku Aman Turn, #03-01, Singapore 408528	Mon to Fri: 9am - 5pm	https://ppis.sg/family-services/family-service-centre	6015 6970	fsceast@ppis.sg
31	PPIS Family Service Centre (West)	Blk 301 Bukit Batok Street 31, #01-01, Singapore 650301	Mon to Fri: 9am - 5pm	https://ppis.sg/family-services/family-service-centre	6561 3462	fscwest@ppis.sg
32	REACH Family Service Centre	Blk 187 Bishan Street 13, #01-475, Singapore 570187	Mon to Fri: 9am - 6pm Night sessions by appointment only	https://reach.org.sg/services/family-service	6252 2566	family@reach.org.sg
33	Sembawang Family Service Centre	Blk 326 Sembawang Crescent, #01-52, Singapore 750326	Mon to Fri: 9am - 6pm	https://www.sfsc.org.sg	6754 7050	admin@sfsc.org.sg
34	Serangoon Moral Family Service Centre	Blk 238 Serangoon Avenue 2, #01-47, Singapore 550238	Mon to Fri: 9am - 6pm	https://smfsc.org.sg	6284 7123	contact@smfsc.org.sg
35	SINDA Family Service Centre	1 Beatty Road Singapore 209943	Mon to Fri: 9am - 6pm	https://www.sinda.org.sg/programme/fsc	6298 5911	queries@sinda.org.sg
36	South Central Community Family Service Centre	Blk 5 Delta Avenue, #01-09, Singapore 160005	Mondays: 10am - 9pm Tues to Fri: 9am - 6pm	https://sccfsc.sg	6461 9200	hello@sccfsc.org.sg
37	The SBL Vision Family Service Centre	Blk 945 Tampines Avenue 4, #01-328, Singapore 520945	Mon, Tues & Thurs: 8:30am - 6pm Wed: 8:30am - 9pm	https://sblvisionfsc.org.sg	6544 2263	sbl@sblvisionfsc.org.sg

			Fri: 8:30am - 5:30pm			
38	THK Family Service Centre @ Bedok North	Blk 554 Bedok North Street 3, #01-241, Singapore 460554	Mon to Fri: 9am - 6pm	https://www.thkmc.org.sg/for-the-families	6449 1440	bnfsc@thkmc.org.sg
39	THK Family Service Centre @ Bukit Panjang	Blk 139 Petir Road, #01-448, Singapore 670139	Mon to Fri: 9am - 6pm	https://www.thkmc.org.sg/for-the-families	6767 1740	bpfsc@thkmc.org.sg
40	THK Family Service Centre @ Jurong	Blk 183B Boon Lay Avenue, #01-716, Singapore 642183	Mon to Fri: 9am - 6pm	https://www.thkmc.org.sg/for-the-families	6716 9466	jurongfsc@thkmc.org.sg
41	THK Family Service Centre @ MacPherson	Blk 91 Paya Lebar Way, #01-3023, Singapore 370091	Mon to Fri: 9am - 6pm	https://www.thkmc.org.sg/for-the-families	6741 4255	macfsc@thkmc.org.sg
42	THK Family Service Centre @ Tanjong Pagar	Blk 18 Jalan Membina, #04-01, Singapore 164018	Mon to Fri: 9am - 6pm	https://www.thkmc.org.sg/for-the-families	6270 6711	tpfsc@thkmc.org.sg
43	TRANS Family Service Centre (Bedok Reservoir)	Blk 133 Bedok Reservoir Road, #01-1205, Singapore 470133	Mon to Fri: 9am - 12:30 pm, 1:30 pm - 5pm	https://www.trans.org.sg/services/family-service-centres	6747 3202	transbr@trans.org.sg
44	TRANS Family Service Centre (Bedok)	Blk 411 Bedok North Avenue 2, #01-106, Singapore 460411	Mon to Fri: 9am - 12:30pm, 1:30 pm - 5pm	https://www.trans.org.sg/services/family-service-centres	6449 0762	transbd@trans.org.sg
45	TRANS Family Service Centre (Bukit Timah)	Blk 1 Toh Yi Drive, #01-143, Singapore 591501	Mon to Fri: 9am - 12:30pm, 1:30 pm - 5pm	https://www.trans.org.sg/services/family-service-centres	6466 2287	transbt@trans.org.sg
46	Viriya Family Service Centre	Blk 142 Potong Pasir Avenue 3, #01-224, Singapore 350142	Mon, Wed & Fri: 9am - 6pm Tues & Thurs: 9am - 9pm	https://viriya.org.sg/services/viriya-family-service-centre	6285 8033	vfsc@viriya.org.sg
47	Whampoa Family Service Centre	Blk 78A Lorong Limau ,#01-01, Singapore 321078	Mon, Wed, Fri: 9am - 6pm Tues & Thurs: 9am - 9pm	https://www.kkcs.org.sg/we-can-help/whampoa-family-service-centre	6485 4750	wfsc@kkcs.org.sg
48	Whispering Hearts Family Service Centre	Blk 646 Jurong West Street 61, #01-142, Singapore 640646	Mon, Wed & Fri: 9am - 6pm Tues & Thurs: 9am - 9pm	https://viriya.org.sg/services/whispering-hearts-family-service-centre	6795 1008	whfsc@viriya.org.sg

49	Yishun Family Service @ Children's Society	Blk 107 Yishun Ring Road, #01-233, Singapore 760107	Mon to Fri: 9am - 5:50pm Sat: 9am - 12:15pm	https://www.childrensociety.org.sg/services/family-services	6753 7331	https://threebestrated.sg/counselling-services/yishun-family-service-@-childrens-society-yishun-192462982#contact

Services not available on Public Holidays

Information verified to be accurate as of 4 September 2025