

Save Lives with a Listening Ear

Make a Difference as a Volunteer

Join us in our mission to provide confidential emotional support for those facing a crisis, thinking about or affected by suicide.

By simply being a listening ear, you provide a lifeline to those who feel overwhelmed, supporting them in their darkest days.



About SOS

Samaritans of Singapore Limited (SOS) is a secular, non-profit suicide prevention centre. Since its establishment in 1969, SOS has developed into a professionally run and managed organisation. It adopts a holistic approach to suicide-related topics, focusing on prevention, intervention and postvention, an intervention conducted after a suicide for loved ones and friends. With the mission to be an available lifeline to anyone in crisis, SOS offers emotional support to people in crisis, thinking of suicide, or affected by suicide. All information shared with SOS is treated as confidential and people can choose to remain anonymous.

24-hour Hotline: 1767

24-hour CareText: 9151 1767 (via WhatsApp)

For more information, please visit www.sos.org.sg

   @samaritansofsingapore

SOS
Samaritans
of Singapore

Hotline Volunteer

Commitment

- 3-4 hours each week, with 1 overnight shift every month
- At least 2 years after completion of training

Training

9-12 months of training conducted on a weekly basis in 3 phases:

1. Classroom-based training
2. Supervised training
3. Advanced pre- and post-vention skills training

Who Should Apply?

- 23 years and above
- Proficient in English
- Open to learning the SOS way!

Hi, this is SOS.
How can we support
you today?



CareText Volunteer

Commitment

- 3.5 hours each week
- At least 1 year after completion of training

Training

3-6 months of training conducted on a weekly basis in 2 phases:

1. E-learning and classroom-based training
2. Practical stimulation exercises

Who Should Apply?

- 18 years and above
- Proficient in English
- IT savvy
- Open to learning the SOS way!

There is a strict anonymity and confidentiality policy due to the nature of the voluntary work at SOS.

It sounds like this
is a difficult time
for you...



You have the power to save lives

Take the first step today – scan the QR code to sign up to be our volunteer and bring hope to those in crisis.

Information accurate as of March 2025