

SAMARITANS OF SINGAPORE

An Available Lifeline to Anyone in Crisis



24-hour Hotline
1767

24-hour CareText
9151 1767 (via WhatsApp)

SOS
Samaritans
of Singapore

“I’m struggling with suicidal thoughts”

Suicidal thoughts can occur to anyone at any point in their life. You may never have expected that you would be affected and you may be at a loss.

Keeping yourself safe and letting someone know how you’re coping are important first steps in getting through a suicide crisis.

- Postpone any urge to harm yourself by removing dangerous objects from your surroundings and staying around others.
- Reach out to someone you trust, share what you're going through, and ask for their help in finding the help you need.

If you're feeling overwhelmed, reach out.

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Light in the Dark Support Group

A support group specifically designed to help those struggling with suicidality.



[Sign Up Here](#)



“I’ve lost someone to suicide”

Losing a loved one to suicide can be a traumatic and devastating experience. You may feel empty, lost and confused, like your world has fallen apart. While these emotions can be difficult to navigate, know that you do not have to face your grief alone.

Many suicide loss survivors find comfort in talking about their grief, though it can be difficult to turn to family and friends. At SOS, we offer emotional support, suicide bereavement counselling and support groups to those coping with the loss of a loved one to suicide.

Healing Bridge Support Group

An in-person bereavement support group that takes place on the last Friday of every month for suicide loss survivors.



[Sign Up Here](#)

Healing Within Support Group

An online structured 6-week support group that takes place twice a year for suicide loss survivors.



[Sign Up Here](#)



“I want to help someone in crisis”

If someone confides in you about their suicidal thoughts, it can feel overwhelming. You may not know how to respond, but staying patient, non-judgemental and showing genuine concern can make a real difference. It might be a tough conversation to have, but it could also save a life.

Instead of offering advice, focus on listening. Acknowledge their struggle and encourage them to keep sharing. Let them know it is okay to seek professional help, and offer to support them in finding the right resources or even accompany them to an appointment if needed.

Community Programmes

SOS offers a variety of community programmes aimed at empowering individuals with the knowledge and skills necessary to provide effective support to those in crisis. These programmes equip participants with practical tools to assist others, ultimately enhancing the community's ability to create a supportive environment for individuals in need.

Find out more: community@sos.org.sg



[Sign Up Here](#)

Be A Samaritan Programme

A 2-part programme to equip the community with the knowledge and skills to be a first responder to anyone facing a suicide crisis.

Be A Samaritan Junior Programme

A programme designed to equip youths aged 13-16 with the knowledge and skills in suicide prevention and awareness.



[Sign Up Here](#)

Mindful Bytes Programme

A programme to teach youths to engage in safe and constructive online conversations to support those at risk of suicide.



[Sign Up Here](#)

Professional Training

SOS provides professional training programmes that focus on specialised services requiring expertise in mental health and crisis intervention. These programmes equip professionals with the skills and knowledge needed to effectively support individuals in crisis, enhancing their ability to respond empathetically and appropriately.

Find out more: externaltraining@sos.org.sg



[Get Trained](#)

Suicide prevention is everyone's business.

Be a part of the cause.

VOLUNTEER

As a volunteer of SOS, you'll learn to provide emotional support to anyone who may be in need of a listening ear, while remaining anonymous.



Volunteer With Us

DONATE

Your donations allow us to continue providing these services free of charge to anyone who may be thinking about or affected by suicide, or those who may be going through a crisis.

All donations are eligible for a 250% tax deduction and this will be automatically processed by the Inland Revenue Authority of Singapore (IRAS) according to your NRIC or UEN number provided.



Donate To SOS



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.

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@samaritansofsingapore

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