

# HELP FIGHT FAMILY VIOLENCE IN SINGAPORE



## Emergency Helpline Numbers

- AWARE Women's Helpline:  
1800 777 5555  
(Mon-Fri, 10am to 6pm)
- AWARE Sexual Assault Care Centre  
Helpline: 6779 0282  
(Mon-Fri, 10am to 10pm)
- Singapore Police: 999 or SMS 71999
- Samaritans of Singapore:  
1800 221 4444

## Family Violence Specialist Centres

- Care Corner Project StART: 6476 1482  
(Mon-Fri, Various hours)
- PAVE: 6555 0390  
(Mon-Fri, 9am to 1pm & 2pm to 6pm)
- TRANS Family Services SAFE Centre:  
6449 9088 (Mon-Fri, 9am to 5pm)

## Resources for Children

- Tinkle Friend Helpline:  
1800 274 4788 (Mon-Fri, 2:30pm to  
5pm & online chat  
@ [www.tinklefriend.com](http://www.tinklefriend.com))
- TOUCH Youth TOUCHline:  
1800 377 2252 (Mon-Fri, 9am to 6pm)

## Family Service Centres & Children's Protection

- Singapore Family Service Centres:  
1800 222 0000  
(Mon-Fri, 9am to 6pm)
- MSF Child Protective Services Hotline:  
1800 777 000  
(Mon-Fri, 8:30am to 5:30pm  
& Sat, 8:30am to 1pm)
- Big Love Child Protection Specialist  
Centre: 6445 0400  
(Mon-Fri, 9am to 6pm)
- HEART@ Fei Yue Child Protection  
Specialist Centre: 6819 9170  
(Mon-Fri, 9:30am to 5:30pm)
- SAFE SPACE: 6266 0171  
(Mon-Fri, 9am to 1pm & 2pm to 6pm)

## Women's Shelters

- SCWO Star Shelter: 6571 0192  
(Mon-Fri, 9am to 6pm)
- Causa Raudha Women Home:  
[enquiry@casaraudha.org](mailto:enquiry@casaraudha.org)
- Anglican Family Centre:  
1800 346 4939

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## TIPS IF YOU ARE IN AN UNSAFE SITUATION:

- Formulate an emergency safety plan, including a safe place to go, an excuse to give the abuser, a code or signal to allies, a secret stash of money & list of numbers to call
- Pack a go-bag with essential belongings, cash & documents like ID, passport, medication, documented history of abuse etc.
- Try to avoid unsafe places in the house with likely weapons, or that cannot be escaped
- Try to document abuse with phone recording, video or photos

## HOW TO SUPPORT A FRIEND OR NEIGHBOUR:

- Watch for signs such as unexplained injuries or unusual emotional/social behavior
- Listen without judgment
- Respect their decisions
- Help to discuss a safety plan
- Offer a list of resources, or to call if they would like that help
- DO NOT personally intervene

