



WORKPLACE MENTAL WELLBEING PROGRAMME

DIRECTORY OF SERVICE PROVIDERS

“The key to success is to keep growing in all areas of life - mental, emotional, spiritual, as well as physical.”

Julius Erving

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INTRODUCTION

This Directory of services aims to provide workplaces with a selection of corporate mental wellbeing services available in Singapore. Each of the service providers listed in this Directory are equipped with the knowledge and expertise to help you plan activities for your company's Workplace Mental Wellbeing Programme.

A short description of the customised programmes and packages, and the price range for the services are listed by each service provider. The Directory also contains a Glossary of Terms to explain some of the mental wellbeing training programmes provided by the service providers.

We hope this Directory will help you make an informed choice as you plan a Mental Wellbeing Programme for your company.

Please note that the selection of corporate mental wellbeing services listed in the Directory is not exhaustive. Inclusion of a service provider does not imply referral, recommendation or endorsement by HPB. As the areas of mental wellbeing specialisation differ among the service providers, please contact the relevant service provider and seek appropriate advice before contracting their service.



SELECTING SERVICE PROVIDERS

Service providers in the market vary in the type of mental wellbeing services they offer as well as in the areas of specialisation. They range from single-topic providers to those who offer a comprehensive range of mental wellbeing programmes and activities. Hence, it is important to be clear about your programme objectives that meet the needs of your organisation. It is also important to have a good understanding of your service provider's strengths and limitations so as to ensure that the service provider you finally select is able to meet your expectations.

QUESTIONS TO ASK BEFORE ENGAGING A SERVICE PROVIDER

- How much time and resources (e.g. financial, manpower) should I commit for such a programme?
- Have clear and specific objectives been set for this programme? Have these objectives been conveyed clearly to the service provider?
- What are my expectations of the service provider? Are they realistic and have they been conveyed clearly to the service provider?
- Will I be able to measure whether the services rendered have met my objectives and expectations?
- Do I expect follow-up services from the same provider? Do I foresee that the data/results from the programme will be used to plan for subsequent mental wellbeing programmes I want to run in the company?
- If I engage a different service provider to deliver the programme, will that affect the consistency and continuity of the programme?

BASIC THINGS YOU NEED TO KNOW ABOUT YOUR SERVICE PROVIDERS

- How long have they been in the business?
- What is their experience in providing the mental wellbeing services that you require?
- Who are their clients? Are references provided if you request for it?
- Which trainer or facilitator in the company will deliver the training to your company? What are their qualifications, skills and training?

QUESTIONS TO ASK POTENTIAL SERVICE PROVIDERS

- What resources do they need from your company to successfully conduct the programme?
- Will resources such as print materials, VCDs or DVDs be provided?
- What sort of follow-up services (where required) can they provide?
- Is there a referral mechanism for participants who require professional services such as treatment or counselling?
- How do they cater to your company's specific needs (e.g. workers who work on shifts) and individual differences (e.g. older workers, blue-collar staff or staff with family commitments)?
- How flexible are they if major amendments to the programme are needed? Will there be additional costs incurred?
- Will they be able to help evaluate the effectiveness of the programme?
- Will they provide an evaluation report of their service? If so, what will the report cover and at what intervals will the report be given?



RESOURCES FROM THE HEALTH PROMOTION BOARD (HPB)

Mental Health Education Department

If you need help to plan and implement mental wellbeing programmes at your company, contact HPB's Mental Health Education Department. The Department provides support services for mental wellbeing programmes such as *Treasure Your Mind*, which promotes good mental health at workplaces.

For more information, please call 6435 3285 or email HPB_MHE@hpb.gov.sg. You can also visit the website at www.hpb.gov.sg/healthatwork

Health Information Centre (HIC)

The Health Information Centre (HIC) is HPB's one-stop centre for health education resources to support health promotion programmes and activities. Health professionals and health promotion facilitators can join HIC as members free-of-charge. As a member of HIC, you can borrow books and loan AV and other educational resources for your programmes.

For more information, please call 6435 3954 or email HPB_HIC@hpb.gov.sg



		Services	Price Range				
ATMAN COUNSELLING & TRAINING CONSULTANCY Blk 261 Waterloo Street #02-11 Waterloo Centre Singapore 180261 Tel: (65) 6338 9498 Fax: (65) 6338 9498 Contact Person: Mr Ganesan Email: atman@counsellingweb.com Website: www.counsellingweb.com		Talks	✓ \$				
		Workshops	✓ \$ - \$\$\$				
		Training (Train the Trainers for Peer Counsellors)	✓ \$				
		Training (Train the Trainers for Para-Counsellors)	✓ \$\$\$				
		Organisational Mental Health Assessment Tools	✓ *				
		Psychometric / Personality Assessment Tools	✓ *				
		Personal Counselling / Coaching	✓ *				
		Helplines					
		Other Services: - Corporate Training and Development - Critical Incidence Stress Debriefing (CISD)					
PROGRAMMES / PACKAGES: <ul style="list-style-type: none"> Workplace Stress and Burnout Management Achieving Work-Life Balance Personal Transformation Programme Interpersonal and Communication Skills Programme Workplace Crisis Management Workplace Violence Management Employee Assistance Programme 							
Remarks: * Please call for pricing details and for more information on the services provided.							
✓	Services available	\$	Rates below S\$500 per session	\$\$	Rates at S\$500 – S\$1,000 per session	\$\$\$	Rates at S\$1,000 and above per session



		Services	Price Range				
CENTRE FOR EFFECTIVE LIVING 1 Orchard Boulevard #09-04 Camden Medical Centre Singapore 248649 Tel: (65) 6338 3383 Fax: (65) 6338 3188 Contact Person: Ms Monica Lau Email: admin@livingeffectively.com Website: www.livingeffectively.com	Talks	✓	*				
	Workshops	✓	*				
	Training (Train the Trainers for Peer Counsellors)	✓	*				
	Training (Train the Trainers for Para-Counsellors)	✓	*				
	Organisational Mental Health Assessment Tools	✓	*				
	Psychometric / Personality Assessment Tools	✓	*				
	Personal Counselling / Coaching	✓	*				
	Helplines						
	Other Services: - Training and Organisational Development - Leadership Assessment - Recruitment and Selection - Critical Stress Management						
PROGRAMMES / PACKAGES: <ul style="list-style-type: none"> Work-Life Balance Programmes ADAPT! (managing organisational change) Employee Assistance Programme Manager Assistance Programme 							
Remarks: * Please call for pricing details and for more information on the services provided.							
✓	Services available	\$	Rates below S\$500 per session	\$	Rates at S\$500 – S\$1,000 per session	\$\$\$	Rates at S\$1,000 and above per session



		Services	Price Range				
CHANGI GENERAL HOSPITAL 2 Simei Street 3 Business Development, Changi General Hospital Singapore 529889 Tel: (65) 6850 2987 / (65) 6850 3389 Fax: (65) 6850 2905 Contact Persons: Mr Mervyn Lau / Ms Pauline Koh Email: bd@cgh.com.sg Website: www.cgh.com.sg		Talks	✓ \$				
		Workshops	✓ \$				
		Training (Train the Trainers for Peer Counsellors)	✓ \$\$\$				
		Training (Train the Trainers for Para-Counsellors)					
		Organisational Mental Health Assessment Tools	✓ \$-\$				
		Psychometric / Personality Assessment Tools					
		Personal Counselling / Coaching					
		Helplines	✓ Retainer Fee				
		Other Services: - Mental Health First Aid					
PROGRAMMES / PACKAGES: <ul style="list-style-type: none"> Employee Assistance Programme Hotline Critical Incident Stress Management (CISM) Programme iWorkHealth and iWorkHealth Plus Online Assessment Tool Crisis Intervention Workshop Crisis Management Workshop for Managers Postive Parenting Programme (Triple P) 							
Remarks: Please call for more information on the services provided and for details of the price range. Prices rated are subjected to changes.							
✓	Services available	\$	Rates below S\$500 per session	\$\$	Rates at S\$500 – S\$1,000 per session	\$\$\$	Rates at S\$1,000 and above per session



		Services	Price Range				
CORPORATE WELLNESS PTE LTD 3 Shenton Way #21-04 Shenton House Singapore 068805 Tel: (65) 9021 8255 Fax: (65) 6226 5492 Contact Person: Ms Nelly Tan Email: corpwellness@yahoo.com.sg	Talks	✓	\$				
	Workshops	✓	\$				
	Training (Train the Trainers for Peer Counsellors)						
	Training (Train the Trainers for Para-Counsellors)						
	Organisational Mental Health Assessment Tools						
	Psychometric / Personality Assessment Tools	✓	\$				
	Personal Counselling / Coaching	✓	\$				
	Helplines						
	Other Services: _____						
PROGRAMMES / PACKAGES: _____							
Remarks: Please call for more information on the services provided and for details of the price range.							
✓	Services available	\$	Rates below S\$500 per session	\$\$	Rates at S\$500 – S\$1,000 per session	\$\$\$	Rates at S\$1,000 and above per session



		Services	Price Range				
EAGLES MEDIATION & COUNSELLING CENTRE 31 Boon Tat Street #02-01 Eagles Center Singapore 069625 Tel: (65) 6788 8220 Fax: (65) 6788 8218 Contact Persons: Mr Wilson Mack/Ms Jenny Basuki Email: emcc@eagles.org.sg Website: www.emcc.org.sg		Talks	✓ \$				
		Workshops	✓ \$\$				
		Training (Train the Trainers for Peer Counsellors)	✓ \$\$\$				
		Training (Train the Trainers for Para-Counsellors)	✓ \$\$\$				
		Organisational Mental Health Assessment Tools	✓ \$				
		Psychometric / Personality Assessment Tools	✓ \$				
		Personal Counselling / Coaching	✓ \$				
		Helplines	✓ Retainer Fee				
		Other Services: – Executive and Middle Management Coaching					
		PROGRAMMES / PACKAGES: <ul style="list-style-type: none"> Mediation and Conflict Management Programme Para-Counselling Training Programme Post-Crisis and Trauma (Train-The-Helper) Programme Certificate in Mediation and Conflict Management Individual and Family Therapy Stress Management and Mental/Emotional Wellness Programme (for corporates) 					
Remarks: Please call for more information on the services provided and for details of the price range.							
✓	Services available	\$	Rates below S\$500 per session	\$\$	Rates at S\$500 – S\$1,000 per session	\$\$\$	Rates at S\$1,000 and above per session



		Services	Price Range				
EKA TRAINING GROUP PTE LTD 7 Purvis Street #05-01 Singapore 188586 Tel: (65) 6837 0683 Fax: (65) 6837 3683 Contact Person: Mr Ruben Wen Email: ruben@ekatraining.com Website: www.ekatraining.com		Talks	✓ \$				
		Workshops	✓ \$\$\$				
		Training (Train the Trainers for Peer Counsellors)	✓ \$\$\$				
		Training (Train the Trainers for Para-Counsellors)					
		Organisational Mental Health Assessment Tools					
		Psychometric / Personality Assessment Tools	✓ \$\$\$				
		Personal Counselling / Coaching					
		Helplines					
		Other Services: - Corporate Training and Development					
PROGRAMMES / PACKAGES: <ul style="list-style-type: none"> • Leadership and Change Management Programme • Interpersonal and Communication Skills Programme • Team-Building Programme • Personal Effectiveness Programme • Motivational Programme • Value Innovation Programme • Presentation Skills Programme • Scenario Planning Programme • Personnel Profiling Programme 							
Remarks: Please call for more information on the services provided and for details of the price range.							
✓	Services available	\$	Rates below S\$500 per session	\$\$	Rates at S\$500 – S\$1,000 per session	\$\$\$	Rates at S\$1,000 and above per session



		Services	Price Range				
FITNESS AND HEALTH INTERNATIONAL PTE LTD 365A Beach Road Singapore 199576 Tel: (65) 6294 0860 Fax: (65) 6294 0849 Contact Person: Ms Phern Tan Email: info@fhi-online.com Website: www.fhi-online.com	Talks	✓	\$				
	Workshops	✓	\$				
	Training (Train the Trainers for Peer Counsellors)						
	Training (Train the Trainers for Para-Counsellors)						
	Organisational Mental Health Assessment Tools						
	Psychometric / Personality Assessment Tools						
	Personal Counselling / Coaching	✓	\$				
	Helplines	✓	Retainer Fee				
	Other Services: - Mental Wellness Awareness Education - Exercise for Stress Relief - Psychologist Consultation						
	PROGRAMMES / PACKAGES: —						
Remarks: Please call for more information on the services provided and for details of the price range.							
✓	Services available	\$	Rates below S\$500 per session	\$\$	Rates at S\$500 – S\$1,000 per session	\$\$\$	Rates at S\$1,000 and above per session



		Services	Price Range				
HDAP SINGAPORE PTE LTD (A Member of the Human Dynamic Group) 65 Chulia Street #49-08 OCBC Centre (East Lobby) Singapore 049513 Tel: (65) 6535 5977 Fax: (65) 6535 0771 Contact Person: Ms Laura Lynn Lee Email: sgoffice@hdap.com Website: www.hdap.com		Talks	✓ \$				
		Workshops	✓ \$\$-\$\$\$				
		Training (Train the Trainers for Peer Counsellors)	✓ \$\$-\$\$\$				
		Training (Train the Trainers for Para-Counsellors)	✓ \$\$-\$\$\$				
		Organisational Mental Health Assessment Tools	✓ *				
		Psychometric / Personality Assessment Tools	✓ *				
		Personal Counselling / Coaching	✓ *				
		Helplines	✓ Retainer Fee				
		Other Services: - Work-Life Coaching™ - Healthy Work Life - Critical Incident Management - Crisis Management Training - Corporate Learning and Development e.g. Managerial/Supervisory - People Management Training and Consultation - Outplacement Consultation Services - Relocation Assignment Consultation					
		PROGRAMMES / PACKAGES: <ul style="list-style-type: none"> • Leadership and Change Management Programme • Interpersonal and Communication Skills Programme • Personal Effectiveness Programme • Motivational Programme • Emotional Fitness: What's in it for Me (by HPB and HDAP) • Executive Coaching Programme • Team-Building Training • Emotional First-Aider Programme • Crisis Preparation, Communication and Response • Employee Counselling and Coaching Programme • Other People Management Programmes 					
Remarks: * Please call for pricing details and for more information on the services provided.							
✓	Services available	\$	Rates below S\$500 per session	\$\$	Rates at S\$500 – S\$1,000 per session	\$\$\$	Rates at S\$1,000 and above per session



	Services	Price Range
HOPE WORLDWIDE (SINGAPORE) 1 Edgefield Walk Singapore 828850 Tel: (65) 6312 9671 Fax: (65) 6343 8463 Contact Persons: Ms Esther Sui / Ms Patricia Tay Email: pat_tay@hopewwsea.org Website: www.hopewwsea.org www.movietherapy.com	Talks	✓ \$
	Workshops	✓ \$\$
	Training (Train the Trainers for Peer Counsellors)	
	Training (Train the Trainers for Para-Counsellors)	
	Organisational Mental Health Assessment Tools	
	Psychometric / Personality Assessment Tools	
	Personal Counselling / Coaching	✓ \$
	Helplines	
	Other Services: - Movie Therapy™ (Movie Therapy™ uses Movies as a counselling tool to help people deal with their life issues with the help of a counsellor)	
	PROGRAMMES / PACKAGES: <ul style="list-style-type: none"> • Health @ Work Programme • Lunchtime Movie Therapy™ Workshop <ul style="list-style-type: none"> - Take Care of Me - Building Resilience to Cope with Stress - Breaking the Anger Habit - Anger Management 	
Remarks: Please call for more information on the services provided and for details of the price range.		
✓ Services available	\$ Rates below S\$500 per session	\$\$ Rates at S\$500 – S\$1,000 per session
	\$\$\$ Rates at S\$1,000 and above per session	



		Services	Price Range				
HUA MEI TRAINING ACADEMY 378 Alexandra Road #02-05/06 Community Services Complex Alexandra Hospital Singapore 159964 Tel: (65) 6471 7740 Fax: (65) 6472 0318 Contact Person: Dr Soo Wai Man Email: hmte@tsaofoundation.org Website: www.tsaofoundation.org		Talks	✓ \$				
		Workshops	✓ \$\$				
		Training (Train the Trainers for Peer Counsellors)					
		Training (Train the Trainers for Para-Counsellors)					
		Organisational Mental Health Assessment Tools					
		Psychometric / Personality Assessment Tools					
		Personal Counselling / Coaching					
		Helplines					
		Other Services: - Customised Corporate Wellness Programme					
PROGRAMMES / PACKAGES: <ul style="list-style-type: none"> • Colours of Life (COL) Series: <ul style="list-style-type: none"> - COL Relationship: Creating Happy and Successful Relationship at Home and Work - COL Health: Health Management – A Personalised Approach for Officers in Their 40s and Above - COL Women: Creating Positive Bodies and Minds in Mid-Life and Beyond 							
Remarks: Please call for more information on the services provided and for details of the price range.							
✓	Services available	\$	Rates below S\$500 per session	\$\$	Rates at S\$500 – S\$1,000 per session	\$\$\$	Rates at S\$1,000 and above per session



		Services	Price Range				
INSTITUTE OF MENTAL HEALTH 10 Buangkok View Buangkok Green Medical Park Singapore 539747 Tel: (65) 6389 2832 / (65) 6389 2831 Fax: (65) 6389 2834 Contact Persons: Ms Annette Aw / Ms Valerie Tan Email: annette_aw@imh.com.sg / valerie_tx_tan@imh.com.sg Website: www.imh.com.sg	Talks	✓	\$				
	Workshops	✓	\$\$-\$\$\$				
	Training (Train the Trainers for Peer Counsellors)	✓	\$\$\$				
	Training (Train the Trainers for Para-Counsellors)	✓	\$\$\$				
	Organisational Mental Health Assessment Tools	✓	\$\$-\$\$\$				
	Psychometric / Personality Assessment Tools	✓	\$\$\$				
	Personal Counselling / Coaching	✓	\$				
	Helplines	✓	Retainer Fee				
	Other Services: _____						
PROGRAMMES / PACKAGES: <ul style="list-style-type: none"> Crisis Management Workshop Workplace Emotional Health Programme Health and Resilience Daily and Yearly (H.A.R.D.Y) Stress Management is Life Enhancing (S.M.I.L.E) StressBuster Workshop 							
Remarks: Please call for more information on the services provided and for details of the price range.							
✓	Services available	\$	Rates below S\$500 per session	\$\$	Rates at S\$500 – S\$1,000 per session	\$\$\$	Rates at S\$1,000 and above per session



		Services	Price Range				
MIND EDGE PTE LTD 10 Eunos Road 8 #02-03/06 Singapore Post Centre Singapore 408600 Tel: (65) 6345 1618 Fax: (65) 6745 2341 Contact Person: Ms Lina Email: enquiries@mindedge.com.sg Website: www.mindedge.com.sg	Talks	✓	\$				
	Workshops	✓	\$\$\$				
	Training (Train the Trainers for Peer Counsellors)						
	Training (Train the Trainers for Para-Counsellors)						
	Organisational Mental Health Assessment Tools						
	Psychometric / Personality Assessment Tools						
	Personal Counselling / Coaching						
	Helplines						
	Other Services: _____						
	<p>PROGRAMMES / PACKAGES:</p> <ul style="list-style-type: none"> • FUNtastic®Memory • FUNtastic®Creativity and Innovation • Peak Performance • Power Speaking • Emotional Selling™ • FUNtastic®Mind Power • FUNtastic®Humour • FUNtastic®Parenting • Influencing and Empowering Employees • FUNtastic®Achievers (children's programme as part of staff welfare) 						
<p>Remarks: Please call for more information on the services provided and for details of the price range.</p>							
✓	Services available	\$	Rates below S\$500 per session	\$\$	Rates at S\$500 – S\$1,000 per session	\$\$\$	Rates at S\$1,000 and above per session



	Services	Price Range
ONE PLACE CONSULTANCY 50 Market Street #10-02 Golden Shoe Car Park Singapore 048940 Tel: (65) 9006 5790 Contact Person: Mr Danny Ho Email: danny@oneplace.com.sg Website: www.oneplace.com.sg	Talks	✓ \$
	Workshops	✓ \$
	Training (Train the Trainers for Peer Counsellors)	✓ \$\$\$
	Training (Train the Trainers for Para-Counsellors)	✓ \$\$\$
	Organisational Mental Health Assessment Tools	
	Psychometric / Personality Assessment Tools	✓ \$
	Personal Counselling / Coaching	✓ \$
	Helplines	
	Other Services: - Corporate Training and Development - Corporate Events Management - Public Relation Services - Crisis Management	
	PROGRAMMES / PACKAGES: <ul style="list-style-type: none"> • Making Peace with Your Past • Handling Emotion • Anger: Calming the Stormy Mind • Stress Management • Making Peace with One Another • Crisis Intervention • If We Are Married, Why You Seem like an Alien • Connecting with Your Teens • Positive Parenting, Positive Bonding • Why Do We Always Argue When We Talk • Understand Me to Understand You (DiSC profiling) • Manage Your Emotions Before They Manage You • Basic Counselling Skills • Understanding Grief and Loss 	
Remarks: Please call for more information on the services provided and for details of the price range.		
✓ Services available	\$ Rates below S\$500 per session	\$\$ Rates at S\$500 – S\$1,000 per session
	\$\$\$ Rates at S\$1,000 and above per session	



		Services	Price Range				
OTI CONSULTING PTE LTD 1 Coleman Street #07-06 The Adelphi Singapore 179803 Tel: (65) 6225 7811 Fax: (65) 6224 0723 Contact Persons: Ms Selena Huynh / Ms Perryn Khoo Email: Selena_huynh@oticonsulting.com Perryn_Khoo@oticonsulting.com Website: www.oticonsulting.com		Talks	✓ \$\$\$				
		Workshops	✓ \$\$\$				
		Training (Train the Trainers for Peer Counsellors)					
		Training (Train the Trainers for Para-Counsellors)	✓ \$\$\$				
		Organisational Mental Health Assessment Tools					
		Psychometric / Personality Assessment Tools	✓ \$-\$\$\$				
		Personal Counselling / Coaching					
		Helplines					
		Other Services: _____					
PROGRAMMES / PACKAGES: <ul style="list-style-type: none"> • Achieving Personal Work-Life Effectiveness • Coping and Stress • Time Mastery • Managing Work Expectations • Building People Relationships • ESS (Employability Skills System) Personal Effectiveness • ESS Communication and Relationship Management • ESS Problem Solving and Decision Making • ESS Initiative and Enterprise • Business Excellence Assessment • Up Your Service! College-Courses 100 to 300 • DiSC (Dominance, Influence, Steadiness and Conscientiousness) Certification - Levels 1-4 • DiSC Personal Development Profile® • DiSC Relationship Profile® • Time Mastery Profile® • Team Dimensions Profile® • Coping and Stress Profile® • Work Expectations Profile® • Personal Listening Profile® • The Values System Survey 							
Remarks: Please call for more information on the services provided and for details of the price range.							
✓	Services available	\$	Rates below S\$500 per session	\$\$	Rates at S\$500 – S\$1,000 per session	\$\$\$	Rates at S\$1,000 and above per session



	Services	Price Range
PEAK PERFORMANCE CONSULTANTS 10 Holland Hill #05-10 Singapore 278733 Tel: (65) 9450 8054 Fax: (65) 6270 3792 Contact Person: Mr Danny Chong Email: enquiry@peakperformance.com.sg Website: www.peakperformance.com.sg	Talks	✓ \$\$\$
	Workshops	✓ *
	Training (Train the Trainers for Peer Counsellors)	
	Training (Train the Trainers for Para-Counsellors)	
	Organisational Mental Health Assessment Tools	
	Psychometric / Personality Assessment Tools	✓ *
	Personal Counselling / Coaching	
	Helplines	
	Other Services: - Team Building Indoor/Outdoor - Leadership Courses - Motivational and Personal Effectiveness	
PROGRAMMES / PACKAGES: <ul style="list-style-type: none"> The Leader in You Making Team Work Enhancing Performance for Effective Supervision Professional Customer Service Assertiveness Skills for Leaders Raising Your Self Esteem for Greater Confidence Stress Management and Crisis Management Reach Your Peak! – The Four Keys to Achieving Success in Life 		
Remarks: * Please call for pricing details and for more information on the services provided.		
✓ Services available	\$ Rates below S\$500 per session	\$\$ Rates at S\$500 – S\$1,000 per session
	\$\$\$ Rates at S\$1,000 and above per session	



		Services	Price Range				
RAFFLES COUNSELLING CENTRE 585 North Bridge Road # 13-00 Raffles Hospital Singapore 188770 Tel: (65) 6311 2330 Fax: (65) 6311 1186 Email: counsellingcentre@rafflesmedical.com Website: www.raffleshospital.com/raffles_counselling_centre.html		Talks	✓ \$				
		Workshops	✓ \$\$				
		Training (Train the Trainers for Peer Counsellors)	✓ \$\$				
		Training (Train the Trainers for Para-Counsellors)	✓ \$\$				
		Organisational Mental Health Assessment Tools	✓ \$				
		Psychometric / Personality Assessment Tools	✓ \$\$				
		Personal Counselling / Coaching	✓ \$				
		Helplines	✓ Retainer Fee				
		Other Services: _____					
PROGRAMMES / PACKAGES: <ul style="list-style-type: none"> Interpersonal and Communication Skills Programme Personal Effectiveness Programme Motivational Programme Crisis Management Programme Employee Assisted Programme Art Therapy Psychological Assessment 							
Remarks: Please call for more information on the services provided and for details of the price range.							
✓	Services available	\$	Rates below S\$500 per session	\$\$	Rates at S\$500 – S\$1,000 per session	\$\$\$	Rates at S\$1,000 and above per session



		Services	Price Range
SHAN YOU COUNSELLING CENTRE Blk 5 Upper Boon Keng Road #02-15 Singapore 380005 Tel: (65) 6741 9293 Fax: (65) 6741 9352 Contact Person: Ms Wong Mei Yin Email: meiyin@shanyou.org.sg /sebastian@shanyou.org.sg Website: www.shanyou.org.sg		Talks	✓ \$
		Workshops	✓ \$
		Training (Train the Trainers for Peer Counsellors)	✓ \$
		Training (Train the Trainers for Para-Counsellors)	✓ \$
		Organisational Mental Health Assessment Tools	
		Psychometric / Personality Assessment Tools	
		Personal Counselling / Coaching	✓ \$
		Helplines	
		Other Services: _____	
PROGRAMMES / PACKAGES: <ul style="list-style-type: none"> Individual and Group Counselling (children, youths, couples, families and the elderly) Counselling and Consultancy Services (individuals and groups) Psychological Testing and Assessment Services Public and Professional Education Programmes (on physical and mental wellbeing) Workplace Health Promotion Programme Mentoring and Befriending Services for the Elderly Support Service for Caregivers of Dementia Patients Public and Professional Behavioural Health Education Programmes (elderly and caregivers) Inter-Generational Bonding Programmes Training Volunteers and Paraprofessionals (to serve the needs of the elderly) 			
Remarks: Please call for more information on the services provided and for details of the price range.			
✓ Services available	\$ Rates below S\$500 per session	\$\$ Rates at S\$500 – S\$1,000 per session	\$\$\$ Rates at S\$1,000 and above per session



	Services	Price Range
SINGAPORE ASSOCIATION FOR MENTAL HEALTH (SAMH) Blk 139 Potong Pasir Ave 3 #01-136 Singapore 350139 Tel: (65) 6283 1576 Fax: (65) 6283 2140 Counselling Helpline: 1800 283 7019 (Monday – Friday: 9am – 1pm, 2pm – 6pm) Contact Person: Mr Joseph Prakash Email: samhic@pacific.net.sg Website: www.samhealth.org.sg	Talks	✓ \$
	Workshops	✓ \$
	Training (Train the Trainers for Peer Counsellors)	✓ \$
	Training (Train the Trainers for Para-Counsellors)	
	Organisational Mental Health Assessment Tools	
	Psychometric / Personality Assessment Tools	
	Personal Counselling / Coaching	
	Helplines	✓ Free
	Other Services: _____	
	PROGRAMMES / PACKAGES: _____	
Remarks: Please call for more information on the services provided and for details of the price range.		
✓ Services available	\$ Rates below S\$500 per session	\$\$ Rates at S\$500 – S\$1,000 per session
	\$\$\$ Rates at S\$1,000 and above per session	



		Services	Price Range				
SINGAPORE GENERAL HOSPITAL Outram Road Singapore 169608 Tel: (65) 6326 6802 / 8127 9043 Fax: (65) 6220 2780 Contact Person: Ms Tan Mui Tin Email: tan.mui.tin@sgh.com.sg Website: www.sgh.com.sg		Talks	✓ \$				
		Workshops	✓ \$-\$\$\$				
		Training (Train the Trainers for Peer Counsellors)					
		Training (Train the Trainers for Para-Counsellors)					
		Organisational Mental Health Assessment Tools					
		Psychometric / Personality Assessment Tools					
		Personal Counselling / Coaching					
		Helplines					
		Other Services: _____					
		PROGRAMMES / PACKAGES: <ul style="list-style-type: none"> Stress Management Workshop <ul style="list-style-type: none"> - Stress and Self Workshop - Lifestyle Stress Workshop - Work-Life Stress Workshop Essential Counselling Skills Workshop 					
Remarks: Please call for more information on the services provided and for details of the price range.							
✓	Services available	\$	Rates below S\$500 per session	\$\$	Rates at S\$500 – S\$1,000 per session	\$\$\$	Rates at S\$1,000 and above per session



		Services	Price Range				
SINGAPORE HUMAN RESOURCES INSTITUTE 2 Serangoon Road Level 6 Tekka Mall Singapore 218227 Tel: (65) 6438 0012 Fax: (65) 6299 4864 Contact Person: Ms Kris Lee Email: kris@shri.org.sg Website: www.shri.org.sg	Talks	✓	\$\$				
	Workshops	✓	\$\$\$				
	Training (Train the Trainers for Peer Counsellors)	✓	\$\$\$				
	Training (Train the Trainers for Para-Counsellors)						
	Organisational Mental Health Assessment Tools						
	Psychometric / Personality Assessment Tools						
	Personal Counselling / Coaching						
	Helplines						
	Other Services: - Music Therapy - Time and Stress Management - Emotional Continuity Planning: Implementing Psychological First Aid						
PROGRAMMES / PACKAGES: <ul style="list-style-type: none"> Realising and Releasing Resiliency Within Us First Aid for the Mind at the Workplace 							
Remarks: Please call for more information on the services provided and for details of the price range.							
✓	Services available	\$	Rates below S\$500 per session	\$\$	Rates at S\$500 – S\$1,000 per session	\$\$\$	Rates at S\$1,000 and above per session



	Services	Price Range
THE CENTER FOR PSYCHOLOGY 1 Orchard Boulevard #10-02A Camden Medical Centre Singapore 248649 Tel: (65) 6733 2893 Fax: (65) 6733 4890 Contact Person: Dr Kit S Ng Email: contact@center4psy.com Website: www.center4psy.com	Talks	✓ \$
	Workshops	✓ \$
	Training (Train the Trainers for Peer Counsellors)	✓ \$
	Training (Train the Trainers for Para-Counsellors)	✓ \$
	Organisational Mental Health Assessment Tools	✓ \$\$
	Psychometric / Personality Assessment Tools	✓ \$\$
	Personal Counselling / Coaching	✓ \$
	Helplines	
	Other Services: _____	
	PROGRAMMES / PACKAGES: <ul style="list-style-type: none"> • Crisis and Critical Incidence Debriefing • Crisis Management • Stress Management • Grief and Bereavement • Anger Management • Assertive Training • EQ in the Workplace • Counselling in the Workplace 	
Remarks: Please call for more information on the services provided and for details of the price range.		
✓ Services available	\$ Rates below S\$500 per session	\$\$ Rates at S\$500 – S\$1,000 per session
	\$\$\$ Rates at S\$1,000 and above per session	



		Services	Price Range	
THE CLARION INSTITUTE PTE LTD 10 Genting Road #04-00 The Blue Building Singapore 349473 Tel: (65) 6532 7532 Fax: (65) 6532 5565 Contact Person: Mr David Lock Email: david@theclarioninstitute.com Website: www.arrowswithsoul.com		Talks	✓ \$\$\$	
		Workshops	✓ \$\$\$	
		Training (Train the Trainers for Peer Counsellors)		
		Training (Train the Trainers for Para-Counsellors)		
		Organisational Mental Health Assessment Tools		
		Psychometric / Personality Assessment Tools	✓ \$\$\$	
		Personal Counselling / Coaching	✓ \$\$\$	
		Helplines		
		Other Services: - Consulting Services		
PROGRAMMES / PACKAGES: <ul style="list-style-type: none"> • Holistic Work-Life Integration • Living and Application • Heartware of Service • Engaging Matured Workers for Value-add in the New Economy • Heartware of Leadership and Influence • Coaching and Counselling • Heartware of Mental Resilience Awareness and Introduction • Heartware of Mental Resilience • Heartware of Mental Resilience for Leaders • Holistic Work-Life Integration • Implementing Work-Life Programmes Through Organisational Culture Lens • Work -Life Programmes Strategy and Implementation • Sirota Enthusiasm Survey • The Personal Work-Life Survey 				
Remarks: Please call for more information on the services provided and for details of the price range.				
✓	Services available	\$ Rates below S\$500 per session	\$\$ Rates at S\$500 – S\$1,000 per session	\$\$\$ Rates at S\$1,000 and above per session



		Services	Price Range				
WAND INSPIRATION 130 Lorong K Telok Kurau Singapore 425769 Tel: (65) 9383 8052 Contact Person: Ms Wendy Chua K Wand Email: wendy@wandinspiration.com Website: www.wandinspiration.com		Talks	✓ \$				
		Workshops	✓ \$-\$\$\$				
		Training (Train the Trainers for Peer Counsellors)	✓ \$-\$\$\$				
		Training (Train the Trainers for Para-Counsellors)					
		Organisational Mental Health Assessment Tools					
		Psychometric / Personality Assessment Tools	✓ \$				
		Personal Counselling / Coaching	✓ \$				
		Helplines					
		Other Services: - Corporate Workshops on EQ - Personal Effectiveness					
PROGRAMMES / PACKAGES: <ul style="list-style-type: none"> Leading Self and Others Coaching Skills for Managers Emotional Resilience Personal Effectiveness Achieving Work-Life Balance Building Team Engagement Using MBTI (Myer-Briggs Type Indicator) for Self and Team Improvement 							
Remarks: Please call for more information on the services provided and for details of the price range.							
✓	Services available	\$	Rates below S\$500 per session	\$\$	Rates at S\$500 – S\$1,000 per session	\$\$\$	Rates at S\$1,000 and above per session



		Services	Price Range				
WORKLIFE SOLUTIONS		Talks	✓ \$				
		Workshops	✓ \$				
122 Middle Road #08-06 Midlink Plaza Singapore 188973 Tel: (65) 6784 1482 Fax: (65) 6784 1482 Mobile: (65) 9766 8717 Contact Person: Mr John Quek Email: john@greatworksolutions.com Website: www.greatworksolutions.com		Training (Train the Trainers for Peer Counsellors)	✓ \$\$\$				
		Training (Train the Trainers for Para-Counsellors)	✓ \$\$\$				
		Organisational Mental Health Assessment Tools	✓ \$\$				
		Psychometric / Personality Assessment Tools					
		Personal Counselling / Coaching	✓ \$				
		Helplines					
		Other Services: - Alternative / Natural Healing Therapy - Basic Counselling Skills for Staff Empowerment - Managing Conflicts - Managing Emotions: EQ in the Workplace - Peak Performance with Energy Field Techniques - Emotional Freedom Technique Incorporating Acupressure - Emotional Intelligence and Holistic Health - Emotionally Intelligent Parenting - Positive Discipline and Shaping Behaviour					
		PROGRAMMES / PACKAGES: <ul style="list-style-type: none"> • Interpersonal and Communication Skills Programme • Stress Management Workshop • Anger Management Workshop • Time Management Workshop • Mind-Body Workshop • Water Therapy Workshop • Laughter Therapy Workshop • Colour Therapy Workshop • Work-Life Balance Workshop • Sports Coaching • Personal Work-life Effectiveness Course (PWLE) • Confidence Building Techniques Workshop • Listening, Communicating and Presentation Skills Workshop • Team Building / Leadership Programmes and Activities • Entrepreneurship Workshop • Isolex Exercise System • Acupressure Workshop • Basic Counselling Skills for Parents Workshop • Motivating Your Child to Study Workshop • Dealing with Teenagers Workshop • Managing Your Child Exam's Anxiety Workshop • Communicate to Empower Your Child Workshop 					
Remarks: Please call for more information on the services provided and for details of the price range.							
✓	Services available	\$	Rates below S\$500 per session	\$\$	Rates at S\$500 – S\$1,000 per session	\$\$\$	Rates at S\$1,000 and above per session



		Services	Price Range				
WOUTER MANAGEMENT CONSULTANTS PTE LTD 135 Middle Road #04-03 Bylands Building Singapore 188975 Tel: (65) 6337 8366 Fax: (65) 6722 4156 Contact Person: Ms Norkiah Natassia Noor Email: nnorkiah@woutermgmt.com Website: www.woutermgmt.com		Talks	✓ \$				
		Workshops	✓ \$\$\$				
		Training (Train the Trainers for Peer Counsellors)	✓ \$\$\$				
		Training (Train the Trainers for Para-Counsellors)					
		Organisational Mental Health Assessment Tools					
		Psychometric / Personality Assessment Tools					
		Personal Counselling / Coaching					
		Helplines					
		Other Services: - Corporate Training and Development - Corporate Events Management - Public Relation Services					
PROGRAMMES / PACKAGES: <ul style="list-style-type: none"> Leadership and Change Management Programme Interpersonal and Communication Skills Programme Personal Effectiveness Programme Motivational Programme Crisis Management Programme 							
Remarks: Please call for more information on the services provided and for details of the price range.							
✓	Services available	\$	Rates below S\$500 per session	\$\$	Rates at S\$500 – S\$1,000 per session	\$\$\$	Rates at S\$1,000 and above per session



	Services	Price Range
YOUNGBERG WELLNESS CENTRE PTE LTD 798 Thomson Road Singapore 298186 Tel: (65) 6355 2600 Fax: (65) 6252 3006 Contact Person: Ms Sheryl Pan Email: admin@youngbergwellness.com.sg Website: www.youngbergwellness.com.sg	Talks	✓ \$
	Workshops	✓ \$\$\$
	Training (Train the Trainers for Peer Counsellors)	
	Training (Train the Trainers for Para-Counsellors)	
	Organisational Mental Health Assessment Tools	
	Psychometric / Personality Assessment Tools	
	Personal Counselling / Coaching	
	Helplines	
	Other Services: _____	
	PROGRAMMES / PACKAGES: • Stress Management Programme - Stress Beyond Coping	
Remarks: Please call for more information on the services provided and for details of the price range.		
✓ Services available	\$ Rates below S\$500 per session	\$\$ Rates at S\$500 – S\$1,000 per session
	\$\$\$ Rates at S\$1,000 and above per session	



GLOSSARY OF TERMS

Term	Description
Talks	One- to two-hour interactive presentation which includes a question-and-answer session and the distribution of handouts and relevant teaching materials.
Training (Train the Trainers for Peer Counsellors)	An interactive programme lasting at least half a day that aims to equip participants with the basic knowledge and skills to observe for signs and symptoms of mental illness among their peers or colleagues, offer constructive emotional support and refer such individuals to the relevant mental health services they need. This is done through a range of learning and experiential activities.
Training (Train the Trainers for Para-Counsellors)	An interactive programme lasting at least half a day that aims to equip participants with intermediate to advanced level counselling skills. This is done through a range of learning and experiential activities. Applicants will go through a selection process to participate in this programme. Participants will also be subjected to performance audits after completion of programme.
Workshops (Skills-Building)	An interactive programme lasting at least half a day that aims to equip participants with the knowledge and skills to achieve different aspects of positive mental wellbeing through a range of learning and experiential activities.
Psychometric Assessment Tools	Psychological measurement tools which measure knowledge, abilities, attitudes and personality traits. Examples include stress assessment tools, personality and IQ tests.
Employee Assistance Programmes (EAP)	An Employee Assistance Programme (EAP) is an arrangement between a company and its employees that provides a variety of support programmes for the employees. Although EAPs are aimed mainly at work-related difficulties, they can also help employees with problems that originate outside the workplace that affect job performance.
Personal Coaching / Counselling	Refers to one-to-one counselling or coaching.

FOR MORE INFORMATION

Call HealthLine, for personal advice by a nurse counsellor: **1800 223 1313**
Mondays-Fridays: 8.30am-5.00pm
Saturdays: 8.30am-1pm

To make an appointment to see a counsellor*:

Institute of Mental Health
Tel: 6389 2200 (for making appointments only)
Tel: 6389 2222 (24-hr Emergency Helpline)
www.imh.com.sg

Counselling and Care Centre
Tel: 6536 6366

Family Service Centre Hotline
Tel: 1800 838 0100
(to find your nearest counselling centre)

Fei Yue Counselling Centre
Tel: 6563 1106

Shan You Counselling Centre
Tel: 6741 9293

*fees may apply

To call a helpline:

Samaritans of Singapore (24-hour)
Tel: 1800 221 4444
www.samaritans.org.sg

Singapore Association for Mental Health
(Mon-Fri: 9am-1pm, 2-6pm)
Tel: 1800 283 7019
www.samhealth.org.sg

Care Corner (Mandarin)
(10am-10pm daily)
Tel: 1800 353 5800
www.carecorner.org.sg

Singapore Action Group of Elders (for older adults)
(Mon-Fri: 9am-7pm, Sat: 9am-12.30pm)
Tel: 1800 555 5555
www.sage.org.sg

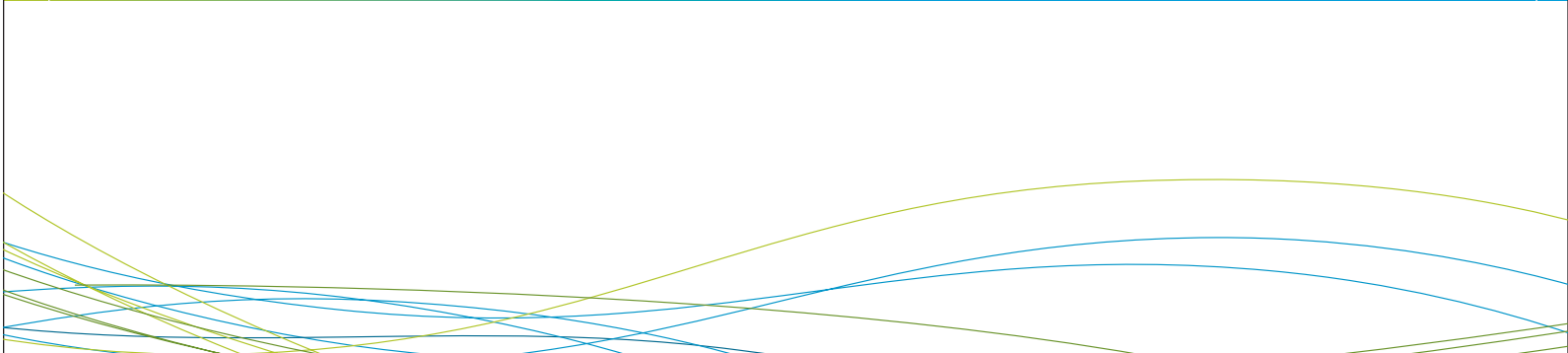
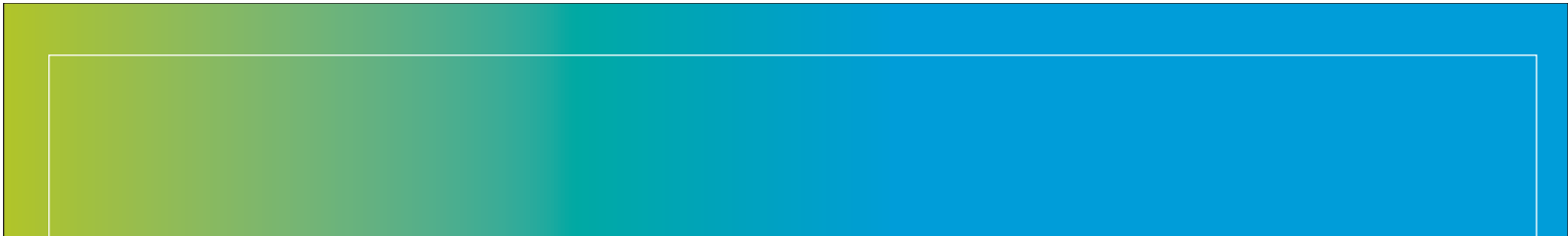
AWWA Centre for Caregivers (for caregivers)
(Mon-Fri: 9am-6pm, Sat: 9am-1pm)
Tel: 1800 299 2992

Association of Women for Action & Research
(AWARE - for women in distress)
(Mon-Fri: 4-10pm)
Tel: 1800 774 5935
www.aware.org.sg

Parent Line (for parents with parenting and childcare issues)
(Mon-Fri: 9am-5pm)
Tel: 6289 8811

Mount Elizabeth-Charter's Helpline (24-hr)
Tel: 1800 738 9595

SAF Hotline (for SAF personnel only)
Tel: 1800 278 0022



Health
Promotion
Board

www.hpb.gov.sg

Health Promotion Board
3 Second Hospital Avenue, Singapore 168937

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