

Invisible Disabilities: Support Groups, Govt Funds and Schemes				
Target Group	Type of Assistance	Details of Organisation	Who can apply/ Age	Comment
ADHD	Diagnosis & Treatment	<p>Early Intervention Programme for Infants & Children (EIPIC)</p> <p>SG Enable provides referrals to government-aided EIPIC centres in Singapore. https://www.sgenable.sg/pages/content.aspx?path=/for-children/early-intervention-programme-for-infants-children-eipic/</p>	<p>Applicants should be:</p> <ul style="list-style-type: none"> • 6 years old and below • Singapore Citizen or PR • Diagnosed with developmental, intellectual, sensory, or physical disabilities, or a combination of disabilities. • Recommended for EIPIC by a doctor from the Child Development Unit (CDU) at KK Women's and Children's Hospital (KKH), National University Hospital (NUH) or Singapore General Hospital (SGH). 	<p>The Early Intervention Programme for Infants & Children (EIPIC) helps equip children with motor, communication, social, self-help and cognitive skills.</p> <p>Children will participate in activities that maximise their developmental growth potential and minimise the development of secondary disabilities.</p>
ADHD ASD	Diagnosis & Treatment	<p>Child Guidance Clinic, IMH Institute of Mental Health Buangkok Green Medical Park 10 Buangkok View, Block 3, Basement 1 Singapore 539747</p> <p>Child Guidance Clinic, HPB Health Promotion Board Building 3 Second Hospital Avenue, #03-01 Singapore 168937 Tel: 6435-3878/9</p> <p>ADHD - https://www.imh.com.sg/page.aspx?id=26</p>	<p>Singaporeans & PR up to age 18 years</p> <p>ASD – 6-18 yrs</p>	<p>The main government clinic in Singapore under the Institute of Mental Health that assesses and treats behavioural and developmental disorders.</p> <p>Students can pay a subsidized fee if there is a referral letter from school or polyclinic (Long queue expected)</p>

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ADHD ASD	Diagnosis & Treatment	Department of Child Development (KK Women's and Children's Hospital) Level 5, Women's Tower 100 Bukit Timah Road Singapore 229899 Tel : 6294 4050 http://www.kkh.com.sg/services/children/childdevelopment/Pages/Home.aspx		Students can pay a subsidized fee if there is a referral letter from school or polyclinic (Long queue expected) Helps children with developmental issues, including ADHD /ASD Children diagnosed with such problems are followed-up at intervention centres where speech therapy, occupational therapy, special educational services and psychological services are provided. Intervention Services: Department of Child Development (HPB) Level 2 & 4 Health Promotion Board (Outram Polyclinic) 3 Second Hospital Avenue Singapore 168937 Department of Child Development (Sengkang) Sengkang Community Hub (Sengkang Polyclinic) 2 Sengkang Square #03-320 Singapore 545025

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ASD		<p>Child Development Unit @Jurong Medical Centre (Jurong West) Appointment line 6665 2530 / 6665 2531 https://www.nuh.com.sg/wbn/slot/u3609/Clinical%20Care/Disease%20&%20Conditions/Learning_n_Behavioural_Problems/CDU-JMCBrochure-E.pdf</p>	Children under 7 years	
ADHD Dementia	Diagnosis & Treatment	<p>James Cook University Psychology Clinic JCU Singapore Psychology Clinic 149 Sims Drive Singapore 387380 Tel: 6709 3762 Email psyclinic-singapore@jcu.edu.au https://www.jcu.edu.sg/student-</p>	<p>Children & adults</p> <p>No need to obtain a referral from a professional or an agency.</p>	<p>Psychological services are provided by JCU Singapore students who are completing post-graduate practical training at the JCU Singapore Psychology Clinic to qualify as Clinical Psychologists. These intern clinical psychologists work under the direction of the Clinic Manager and are</p>

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		life/student-support-services/psychology-clinic		<p>supervised by qualified Clinical Psychologists.</p> <p>A modest fee of SGD \$25 - \$40 is chargeable regardless of the type of assessment or therapy. Contact to inquire if you qualify for fee waiver.</p>
ASD	Diagnosis & Treatment	<p>WeCAN Early Intervention Programme (EIP) of the Autism Resource Centre (Singapore)</p> <p>http://www.wecaneip.com/child-services/our-programme</p>	Children 0-6yrs	The ARC(S) EIP receives a grant from the government for each child served in the programme. Part of the grant is also Means Tested (i.e. dependent on the family income of the child) using the National Means Testing System (NMTS) which is managed by Ministry of Health and Ministry of Social & Family Development. These grants are used to offset the cost of the intervention programme for every child.
ADHD ASD	Therapy & Services	<p>Student Care Services (SCS) – Educational Psychology Services (EPS)</p> <p>The EPS provides diagnostic and intervention programmes for students with learning difficulties, special behavioural / emotional / developmental issues, and special needs eg autism, dyslexia, attention deficit.</p> <p>There are 3 centres:</p> <p>SCS Clementi Centre Blk 437 Clementi Ave 3 #01-98 Singapore 120437 Tel: 6778 6867</p>	Students aged 5 to 18 years coming from families with less than \$2000 monthly income.	Also provides support services for parents.

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		<p>SCS Hougang Centre Blk 463 Hougang Ave 10 #01-964 Singapore 530463 Tel: 6286 9905</p> <p>SCS Yishun Centre Blk 202 Yishun St 21 #01-89 Singapore 760202 Tel: 6759 6821</p> <p>Email: epsenquiries@students.org.sg Website: www.students.org.sg</p>		
ADHD	Therapy & Services	<p>Care Corner Educational Therapy Service (ETS)</p> <p>Services Locations:</p> <ul style="list-style-type: none"> • ETS Centre in Toa Payoh • ETS Centre in Tampines • ETS Service Point in Woodlands (to commence operations in July 2016) • Selected pre-schools • Selected primary schools <p>Email: ets@carecorner.org.sg Website: www.carecorner.org.sg/ets.html</p>	<p>Children from 5 to 13 years old, studying in mainstream schools with a range of learning difficulties and conditions</p> <p>Referred mainly from schools and children clinics (e.g. Child Development Units of KK Women's and Children's Hospital and National University Hospital).</p>	<p>Offers specialised services for children with special learning needs</p> <p>Services include consultation, specialist tuition and intervention programs to improve learning abilities</p> <p>Subsidies are available to families needing financial assistance.</p>
ADHD ASD Dyslexia Developmental delays	Therapy & Services	<p>Learning To Learn Centres (Kampung Senang Charity and Education Foundation)</p> <p>They run 2 Centres :</p> <p>Kovan MRT Centre Blk 221 Hougang St 21 #01-90 Singapore 530221</p>		<p>The Learning To Learn Centre is run by Kampung Senang Charity and Education Foundation. The Centre helps children with learning challenges, including ADHD, Autism Spectrum, Dyslexia, developmental delays and children who do not respond well to traditional teaching methods, at affordable and</p>

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		<p>Tel: 6487 3430 (Mr. Ong Chee Seng)</p> <p>Tampines Centre Blk 840 Tampines St 82 #01-113 Singapore 520840 Tel: 6788 2568</p> <p>Email: email@kg-senang.org.sg Website: www.kg-senang.org.sg</p>		subsidized rates.
	Therapy & Services	<p>Special Student Care Centres (SSCCs) provide before / after-school care services</p> <p>https://www.sgenable.sg/pages/content.aspx?path=/for-youths/special-student-care-centres/</p> <p>https://www.sgenable.sg/uploads/SSCC%20Service%20Matrix.pdf</p>	Students with special needs, who attend mainstream or Special Education (SPED) schools.	<p>Subsidies for SSCCs</p> <p>If eligible, you can tap on the ComCare Student Subsidies scheme, also known as Student Care Fee Assistance (SCFA).</p> <p>Applicants must meet the following criteria:</p> <ul style="list-style-type: none"> • Singaporean or PR (one immediate family member must be Singaporean) • Aged between 7 and 18 years old • Attending a mainstream or Special Education school • Certified by a medical doctor confirming the student's disability • Have a gross monthly household income of less than \$4,000 and a gross per capita family income of less than \$1,000.

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ASD GDD, Intellectual Disability		<ul style="list-style-type: none"> • AWWA Special Student Care Centre www.awwa.org.sg 	Students aged 7-18 years	Dedicated SSCC i.e. located in SPED school and caters only to students with special needs.
Mild Intellectual Disability, Mild ASD, GDD		<ul style="list-style-type: none"> • APSN Student Care Centre www.apsn.org.sg 	Students aged 7-18 years	Dedicated SSCC i.e. located in SPED school and caters only to students with special needs.
ASD (applicable to students studying in mainstream schools only), Mild Intellectual Disability, ADHD Dyslexia, Hard of Hearing		<ul style="list-style-type: none"> • Bethesda Sunshine Club - Student Care Centre www.bccsc.org 	Students aged 7-18 years	Integrated SSCC i.e. mainstream student care centre catering to both mainstream students and students with Mild to Moderate special needs
		<ul style="list-style-type: none"> • Canossaville Children's Home www.cch.org.sg 	Students aged 7-14 years	Integrated SSCC i.e. mainstream student care centre catering to both mainstream students and students with Mild to Moderate special needs
ASD, Intellectual disability, Hard of Hearing		<ul style="list-style-type: none"> • Waterfalls Student Care Centre 	Students aged 7-18 years	Integrated SSCC i.e. mainstream student care centre catering to both mainstream students and students with Mild to Moderate special needs
ASD	Therapy & Services	The Employability and Employment Centre (E2C) - Autism Resource Centre 20, Lengkok Bahru	The eligibility criteria of the client is as follows: <ul style="list-style-type: none"> • Singapore Citizen or PR • aged 16 and above 	Equips adults with autism with employability skills through training and place them in suitable jobs with appropriate job support.

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		<p>The Enabling Village #01-08 Singapore 159053</p> <p>Tel: 6592 0426 Email: E2C@autism.org.sg</p>	<ul style="list-style-type: none"> • has a primary diagnosis of Autism Spectrum Disorder (ASD) • is not currently enrolled in another SPED school / program 	
ASD	Therapy & Services	<p>Autism Therapy Unit - Autism Resource Centre</p> <p>5, Ang Mo Kio Avenue 10, Singapore 569739</p> <p>Contact: Ms Syn Pooi Yoke Tel: 6323 3258 Email: pooiyoke.syn@autism.org.sg</p>	Primary, secondary students and young adults with autism	Therapy services to help those with ASD improve their social interaction, communication skills and flexibility.
ADHD	Support	<p>Society for the Promotion of ADHD Research and Knowledge (SPARK) 1008 Toa Payoh North, #03-08 Singapore 318996</p> <p>Email: Spark_Singapore@yahoogroups.com Website: www.spark.org.sg</p> <p>ADHD Singapore Mailing Group - a mailing group which offers a forum for people to connect with others in the group to ask questions on ADHD related issues and to share learning. To join the mailing group, just send an empty email to:</p> <p>Email: ADHD_Singapore-subscribe@yahoogroups.com Website: http://groups.yahoo.com/group/ADHD_Sin</p>		<p>SPARK is an independent, voluntary welfare organization which promotes ADHD awareness and runs a support group for parents who have children with ADHD.</p> <p>SPARK holds monthly Parent Support Group meetings and talks relating to ADHD, treatment methods and coping strategies.</p> <p>They are held on the first Saturday of every month, from 9am–12noon at the Child Guidance Clinic, 3rd floor of the Health Promotion Board Building, 3 Second Hospital Ave, Singapore 168937. All new comers are welcome. Just come for the meeting and decide at the end of meeting whether to sign</p>

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		<p>gapore/</p> <p>ADHD Singapore Mailing Group (For adult ADHD) - to join the mailing group to connect with adults with ADHD, just send an empty email to ADHD_Adult_Singapore-subscribe@yahoogroups.com.</p>		<p>up and join the group. (Membership : \$25 per year).</p>
Moderate Intellectual Disabilities	Support & Services	<p>Mamre Oaks Day Activity Centre 7A Lorong 8 Toa Payoh Agape Village #04-01 Singapore 319264</p> <p>Email: admin@mamreoaks.sg Tel: 6801 7476 Website: Mamreoaks.sg FB: https://www.facebook.com/search/top/?q=mamre%20oaks%20ltd</p> <p>Centre Manager: Mr. Joseph Lim</p>	Over 18 - currently not engaged in any services provided by MINDS, APSN, Metta and other existing VWOs.	<p>Capacity increased to 30 pax in 2017 Day Activity Centre for beneficiaries aged 18 years and above</p> <ul style="list-style-type: none"> • indoor/ outdoor exercise programs • skilled-based activities through the use of arts & craft • building of social skills and self-confidence • specific workshops that address behaviour issues, self-defence, sexuality, self-care and finances • engagement in work-related projects within Agape Village such as ushers, area cleaning and horticulture activities • time for reflection and quiet meditation <p>Opens daily from 8.30am to 6pm except weekends</p>
Mental illness / Dementia	Diagnosis & Treatment	<p>Early Psychosis Intervention Programme (EPIP)</p> <p>Early Psychosis Screening Clinics are run at the following locations:</p>		<p>EPIP is a national programme set up in April 2001 under the auspices of the Ministry of Health which seeks to make a positive impact on the lives of our clients who are seeking treatment.</p>

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		<p>Outpatient Clinics</p> <p>Specialist Clinic B (subsidised)</p> <p>Community Wellness Clinic (subsidised)</p> <ul style="list-style-type: none"> Community Wellness Clinic, Geylang (21 Geylang East Central, Singapore 389707) Community Wellness Clinic, Queenstown (580 Stirling Road, Level 4, Singapore 148958) <p>EPIP also maintains a hotline (DID 9017 8212) between 9 am to 5 pm, Mon to Fri. The duty case manager will make a quick assessment over the phone and arrange for an assessment at one of the outpatient clinics if necessary.</p>		Institute of Mental Health - https://www.imh.com.sg/wellness/page.aspx?id=559
Mental illness / Dementia	Support	<p>Community Psychogeriatric Programme (CPGP) by Changi General Hospital</p> <p>Helplines: 6850 1840 / 6850 1841 Mon – Fri: 8.30am - 6pm</p>	NE/SE CDC Elderly	Provides information and referral services for residents living within Northeast and Southeast CDC districts.
Mental illness / Dementia	Support - Caregivers	<p>Alzheimer's Disease Association Dementia Helpline: 6377 0700 Mon – Fri: 9am - 6pm</p>		Provides a listening ear for caregivers and assist them in managing any crisis situation at home.
Mental illness / Dementia	Funds & Subsidies	<p>Medisave https://www.imh.com.sg/clinical/page.aspx?id=245</p>		The use of Medisave for inpatient psychiatric treatment is subject to a withdrawal limit of \$150 per day and a maximum of \$5,000 a year. The use of Medisave for outpatient treatment of

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				schizophrenia, major depression, Bipolar Disorder, Anxiety and Dementia is subject to a 15% co-payment by the patient per claim. In addition, the amount of Medisave withdrawn for the treatment of one or more approved chronic diseases, shall not exceed \$400 per Medisave account per calendar year or the remaining balance in the Medisave account holder, whichever is lower.
Mental illness / Dementia	Support	<p>In addition to outpatient clinics, Early Psychosis Intervention Programme (EPIP) provides inpatient services at Woodbridge Hospital, running the various support groups and day activities at Club EPIP.</p> <p>Club EPIP has programmes to help our clients regain their functional roles. The main aim of Club EPIP is to empower our clients to resume their pre-illness roles. Here, we also assess our clients' social skills, work habits, quality of work and coping skills through formal functional assessments or through programmes that are designed to help them during their transitional period between the onset of their illnesses and their age-appropriate roles (i.e. student, employee, homemaker, etc.). Programmes in Club EPIP include discussions, social groups and sports</p> <p>For more information, please visit EPIP's website at www.epip.org.sg</p>		

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Mental illness / Psychosis	Support	Care Corner Counselling Hotline Helpline: 1800 353 5800 Mon - Sun (except Public Holidays): 10am – 10pm	Mandarin speakers	Provides mandarin counselling service by professional counsellors.
Mental illness / Psychosis	Support	Institute of Mental Health (IMH) Helpline 6389 2222 24 hrs		Provides counselling for those suffering from psychological and psychiatric problems.
Mental illness / Psychosis	Support	Lifeline NUS Helpline: 6516 7777 24 hrs	NUS students, staff etc	Provides counselling and psychological services in the event of a life-threatening psychological emergency for NUS students, staff, their family and friends.
Mental illness / Psychosis	Support	Singapore Association of Mental Health (SAMH) Helpline: 1800 283 7019 Mon – Fri: 9am - 6pm (After-hours by SOS)		Provides counselling for people who have psychological, psychiatric or social problems and others who need information for such persons.
Mental illness / Psychosis	Support	Samaritans of Singapore (SOS)		Provides counselling for anyone in crisis and persons with suicidal tendencies, thinking of suicide or affected by suicide.
Mental illness / Psychosis	Support - Caregivers	Caregiver Association Of Mentally Ill (CAMI) Helpline: 6782 9371 Mon – Fri: 8.30am - 5.30pm	Caregivers	Provides support for caregivers of those with mental illness.
Caregivers	Support	AWWA Centre for Caregivers Helpline: 1800 777 5555 Mon - Fri: 8.30am - 5.30pm	Caregivers	Provides information, training and support for caregivers.
Caregivers	Support	TOUCH Care Line Helpline: 6804 6555 Mon – Sat (except PH): 9am - 9pm		Provides information and referral services for caregivers
	Support	Association of Women for Action and Research (AWARE)	Women	Provides empathy, support, information and encouragement to women in need

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		Helpline: 1800 774 5935 Mon – Fri: 3pm - 9.30pm		of assistance.
	Support	Com Care / National Family Service Centre Helpline:	Vulnerable and low income individuals and families	Provides assistance to the public by directing to the appropriate agency and links all FSCs for the public to access. Operates in English, Mandarin, Malay and Tamil.