

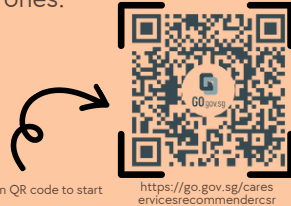
CAREGIVERS RESOURCES DIRECTORY

CARE SERVICES RECOMMENDER (CSR)

A simple self-assessment tool to facilitate caregivers' decisions on the appropriate care and scheme options for their loved ones.



- Care Services
- Financial Schemes
- Care Tips



Scan QR code to start

<https://go.gov.sg/careservicesrecommendercsr>

COMMUNITY MENTAL HEALTH (CMH) WAYFINDING TOOL

A variety of mental health services and resources available in the community. Find the most appropriate service to meet your needs.



Scan QR code to search

<https://go.gov.sg/cmhwayfindingtool>

RESOURCES IN & NEARBY BUKIT PANJANG TOWN

MENTAL HEALTH FIRST STOP TOUCHPOINT (CREST)

Primary contact for residents

The Community Outreach Team (CREST), also known as Community Resource, Engagement and Support Team, provides emotional support to individuals and their **caregivers** and link individuals to relevant health and social care services when necessary.



Fei Yue Community Services

6011 7653

crest@fycs.org



THERAPY & COUNSELLING (COMIT)

The Community Intervention Team (COMIT) provides assessment, counseling, therapy, case management and psychoeducation support for clients with mental issues and dementia including their **caregivers**.

Singapore Anglican Community Services

6562 4881

acc_bukitbatok@sacs.org.sg

St Luke's Hospital

6896 2794

slh-comit@stluke.org.sg



FOR CAREGIVERS

The Caregiver Community Outreach Team, also known as the CREST Caregivers (CD) focuses on caregivers who have or are at risk of developing depression, anxiety and burn-out themselves due to their caregiving role.



Caregivers Alliance Limited

6460 4400

general@cal.org.sg

Club HEAL

6899 3463

referral@clubheal.org.sg



Dementia Singapore

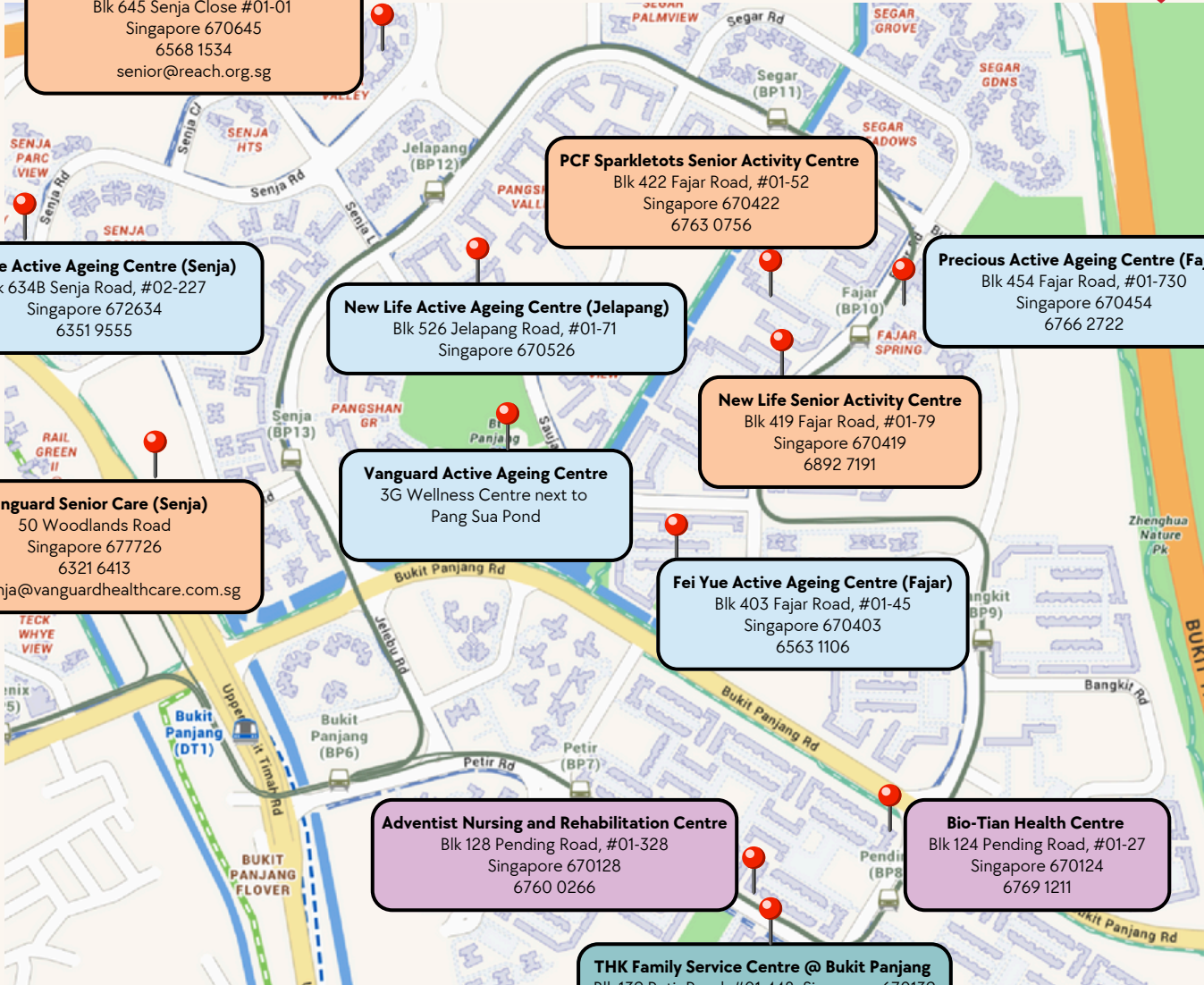
6377 0700

anna.lee@dementia.org.sg

tessia.keow@dementia.org.sg

CAREGIVERS RESOURCES DIRECTORY

OTHER SERVICES IN BUKIT PANJANG TOWN

REACH Senior Care Centre (Senja Valley)
Blk 645 Senja Close #01-01
Singapore 670645
6568 1534
senior@reach.org.sg

PCF Sparkletots Senior Activity Centre
Blk 422 Fajar Road, #01-52
Singapore 670422
6763 0756

Precious Active Ageing Centre (Fajar)
Blk 454 Fajar Road, #01-730
Singapore 670454
6766 2722

Fei Yue Active Ageing Centre (Senja)
Blk 634B Senja Road, #02-227
Singapore 672634
6351 9555

New Life Active Ageing Centre (Jelapang)
Blk 526 Jelapang Road, #01-71
Singapore 670526

New Life Senior Activity Centre
Blk 419 Fajar Road, #01-79
Singapore 670419
6892 7191

Vanguard Senior Care (Senja)
50 Woodlands Road
Singapore 677726
6321 6413
vsc_senja@vanguardhealthcare.com.sg

Vanguard Active Ageing Centre
3G Wellness Centre next to
Pang Sua Pond

Fei Yue Active Ageing Centre (Fajar)
Blk 403 Fajar Road, #01-45
Singapore 670403
6563 1106

Adventist Nursing and Rehabilitation Centre
Blk 128 Pending Road, #01-328
Singapore 670128
6760 0266

Bio-Tian Health Centre
Blk 124 Pending Road, #01-27
Singapore 670124
6769 1211

THK Family Service Centre @ Bukit Panjang
Blk 139 Petir Road, #01-448, Singapore 670139
6767 1740
bpfsc@thkmc.org.sg

OTHER RESOURCES

DEMENTIA



MENTAL HEALTH



CAREGIVING

