



# WE ARE NOT ALONE

We can count on people and resources around us if we lose our job

## KNOW SOMEONE GOING THROUGH CHANGE?

We can journey with them by:

-  Being positive, patient and supportive
-  Letting them know that they are accepted and loved for who they are
-  Encouraging them to reach out to networks and community resources



**National Council of Social Service**  
 Ulu Pandan Community Building,  
 170 Ghim Moh Road, #01-02 Singapore 279621  
 Tel: 6210 2500 Fax: 6468 1012  
[www.ncss.gov.sg](http://www.ncss.gov.sg)

Care Corner Counselling Hotline (for Mandarin-Speaking Callers)	1800 353 5800	<a href="http://www.carecorner.org.sg">www.carecorner.org.sg</a>
Institute of Mental Health Hotline	6389 2222	<a href="http://www.imh.com.sg">www.imh.com.sg</a>
Samaritans of Singapore (SOS) (Crisis Helpline)	1800 221 4444	<a href="http://www.sos.org.sg">www.sos.org.sg</a>
Singapore Association for Mental Health	1800 283 7019	<a href="http://www.samhealth.org.sg">www.samhealth.org.sg</a>
The Seniors	1800 555 5555	<a href="http://www.sagecc.org.sg">www.sagecc.org.sg</a>

### SELF-HELP ORGANISATIONS

Association of Muslim Professionals	6416 3960	<a href="http://www.amp.org.sg">www.amp.org.sg</a>
Chinese Development Assistance Council	6841 4889 6603 5566	<a href="http://www.cdac.org.sg">www.cdac.org.sg</a>
Yayasan MENDAKI	6245 5555	<a href="http://www.mendaki.org.sg">www.mendaki.org.sg</a>
Singapore Indian Development Association	1800 295 4554	<a href="http://www.sinda.org.sg">www.sinda.org.sg</a>
The Eurasian Association, Singapore	6447 1578	<a href="http://www.eurasians.org.sg">www.eurasians.org.sg</a>

### EMPLOYMENT SUPPORT

Employment and Employability Institute (e2i)	6474 0606	<a href="http://www.e2i.com.sg">www.e2i.com.sg</a>
Singapore Workforce Development Agency*	6883 5885	<a href="http://www.wda.gov.sg">www.wda.gov.sg</a>
Centre for Seniors	6478 5015	<a href="http://www.centreforseniors.org.sg">www.centreforseniors.org.sg</a>

*Last updated October 2015*

\* The Singapore Workforce Development Agency (WDA) Career Centres provide career and training services for the local workforce. It is located island-wide at Jurong, Paya Lebar, Tampines, Toa Payoh and Woodlands. Search for a career centre near us by entering our postal code at [www.wda.gov.sg](http://www.wda.gov.sg).

<b>TOA PAYOH / BISHAN</b>		
REACH	6252 2566	<a href="http://www.reach.org.sg">www.reach.org.sg</a>
Viriya	6285 8033	<a href="http://www.viriya.org.sg">www.viriya.org.sg</a>

<b>WOODLANDS</b>		
Care Corner (Admiralty)	6365 8751	<a href="http://www.carecorner.org.sg">www.carecorner.org.sg</a>
Care Corner (Woodlands)	6362 2481	<a href="http://www.carecorner.org.sg">www.carecorner.org.sg</a>
Fei Yue (Champions Way)	6690 1000	<a href="http://www.fycc.org">www.fycc.org</a>

<b>YISHUN</b>		
Daybreak	6756 4995	<a href="http://www.mws.sg">www.mws.sg</a>
Singapore Children's Society (Yishun)	6753 7331	<a href="http://www.childrensociety.org.sg">www.childrensociety.org.sg</a>

### COUNSELLING SERVICES

These centres provide counselling for persons and families facing psychological and emotional challenges, marital issues and difficult relationships.

<b>FOR ALL</b>		
Care Corner Counselling Centre	6353 1180	<a href="http://www.carecorner.org.sg">www.carecorner.org.sg</a>
Counselling and Care Centre	6536 6366	<a href="http://www.counsel.org.sg">www.counsel.org.sg</a>
Eagles Mediation and Counselling Centre	6788 8220	<a href="http://www.emcc.org.sg">www.emcc.org.sg</a>
REACH Counselling Centre	6801 0730	<a href="http://www.reach.org.sg">www.reach.org.sg</a>
Shan You Counselling Centre	6741 9293	<a href="http://www.shanyou.org.sg">www.shanyou.org.sg</a>

### FOR SENIORS AND THEIR CAREGIVERS

SAGE Counselling Centre	6354 1191	<a href="http://www.sagecc.org.sg">www.sagecc.org.sg</a>
O'Joy Care Services	6749 0190	<a href="http://www.ojoy.org">www.ojoy.org</a>
Hua Mei Centre for Successful Ageing	6593 9512	<a href="http://www.tsaofoundation.org">www.tsaofoundation.org</a>

### HELPLINES THAT PROVIDE A LISTENING EAR

AWARE Helpline (for Women)	1800 774 5935	<a href="http://www.aware.org.sg">www.aware.org.sg</a>
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## COPING WITH CHANGE

An economic downturn and losing our job can be stressful for us and our families. It is normal to feel shocked, upset and angry. It is important to allow ourselves to experience and accept these feelings. Consider taking the below steps to cope and emerge stronger from this challenging period.



### EXPERIENCE AND ACCEPT FEELINGS

- ➔ **Talk to our family members or our trusted friends.** Often, sharing and knowing that someone is listening makes us feel better
- ➔ **Acknowledge the reality.** The sooner we do, the sooner we overcome our challenges
- ➔ **Seek professional advice** if our challenges weigh us down and are prolonged



### COMMUNICATE OPENLY WITH OUR LOVED ONES

- ➔ **Listen and respond to our family members' concerns.** Often, shared experiences bring us closer and provide us with support to overcome our challenges

- ➔ **Inform our children** that our job loss is because of reasons beyond our control and assure them that it is not anyone's fault
- ➔ **Assure our family members** that we are focusing on what we can control and inform them of what we are doing to overcome our challenges – Examples are searching for jobs and planning the family's finances



### REACH OUT TO OUR NETWORKS AND COMMUNITY RESOURCES

- ➔ **Acknowledge that no one is judging us**  
Often, concerns about how others view us deters us from reaching out
- ➔ **Reach out to our networks**  
These could be our former classmates, colleagues or clients
- ➔ **Harness community resources**  
Examples are the Employment and Employability Institute, the Singapore Workforce Development Agency Career Centre and the Jobs Bank
- ➔ **Volunteer**  
We can contribute our time and talents to improving the lives of those who are less fortunate than we are. This also enables us to widen our support network and gain information on employment opportunities.

## RESOURCES

**Financial and/or Social Resources**  
**ComCare Call: 1800 222 0000**

**Employment Resources**  
**Singapore Workforce Development Agency**  
**6883 5885 / [www.wda.gov.sg](http://www.wda.gov.sg)**

### FAMILY SERVICE CENTRES (FSCS)

These are community-based agencies with professional social workers and qualified staff to provide support to persons and families facing challenges.

#### ANG MO KIO

Ang Mo Kio	6453 5349	<a href="http://www.amkfsc.org.sg">www.amkfsc.org.sg</a>
Cheng San	6454 6678	<a href="http://www.amkfsc.org.sg">www.amkfsc.org.sg</a>

#### BEDOK

PPIS (East)	6848 4661	<a href="http://www.ppis.sg">www.ppis.sg</a>
THK @ Bedok North	6449 1440	<a href="http://www.thkmc.org.sg">www.thkmc.org.sg</a>
TRANS (Bedok)	6449 0762	<a href="http://www.transfamilyservices.org.sg">www.transfamilyservices.org.sg</a>

#### BOON LAY

Lakeside (Jurong West)	6567 1908	<a href="http://www.lakeside.org.sg">www.lakeside.org.sg</a>
THK @ Jurong	6716 9466	<a href="http://www.thkmc.org.sg">www.thkmc.org.sg</a>
Whispering Hearts	6795 1008	<a href="http://www.viriya.org.sg">www.viriya.org.sg</a>

#### BUKIT BATOK

Fei Yue (Bukit Batok)	6569 0381	<a href="http://www.fyccs.org">www.fyccs.org</a>
PPIS (West)	6561 3462	<a href="http://www.ppis.sg">www.ppis.sg</a>

#### BUKIT MERAH

@27	6270 8327	<a href="http://www.montfortcare.org.sg">www.montfortcare.org.sg</a>
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#### BUKIT PANJANG

THK @ Bukit Panjang	6767 1740	<a href="http://www.thkmc.org.sg">www.thkmc.org.sg</a>
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#### CHUA CHU KANG

Fei Yue (Choa Chu Kang)	6762 5215	<a href="http://www.fyccs.org">www.fyccs.org</a>
Fei Yue (Yew Tee)	6416 2162	<a href="http://www.fyccs.org">www.fyccs.org</a>

#### CLEMENTI / BUKIT TIMAH

Rotary	6779 9488	<a href="http://www.rotaryfsc.org">www.rotaryfsc.org</a>
TRANS (Bukit Timah)	6466 2287	<a href="http://www.transfamilyservices.org.sg">www.transfamilyservices.org.sg</a>

#### GEYLANG / MARINE PARADE

Marine Parade	6445 0100	<a href="http://www.montfortcare.org.sg">www.montfortcare.org.sg</a>
THK @ MacPherson	6741 4255	<a href="http://www.thkmc.org.sg">www.thkmc.org.sg</a>

#### HOUGANG

Covenant	6282 8558	<a href="http://www.mws.sg">www.mws.sg</a>
Hougang Sheng Hong	6289 5022	<a href="http://www.shenghong.org.sg">www.shenghong.org.sg</a>

#### JALAN BESAR

AWWA	6511 9456	<a href="http://www.awwa.org.sg">www.awwa.org.sg</a>
Kampong Kapor	6299 7662	<a href="http://www.kkfsc.org.sg">www.kkfsc.org.sg</a>
SINDA	6298 5911	<a href="http://www.sinda.org.sg">www.sinda.org.sg</a>

#### JURONG EAST

Lakeside (Jurong East)	6564 9722	<a href="http://www.lakeside.org.sg">www.lakeside.org.sg</a>
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#### KRETA AYER

South Central Community	6461 9200	<a href="http://www.sccfsc.sg">www.sccfsc.sg</a>
THK @ Tanjong Pagar	6270 6711	<a href="http://www.thkmc.org.sg">www.thkmc.org.sg</a>

#### PASIR RIS

Pasir Ris	6581 2159	<a href="http://www.goodnews.org.sg">www.goodnews.org.sg</a>
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#### PUNGGOL

Punggol	6435 5323	<a href="http://www.amkfsc.org.sg">www.amkfsc.org.sg</a>
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#### QUEENSTOWN

Care Corner (Queenstown)	6476 1481	<a href="http://www.carecorner.org.sg">www.carecorner.org.sg</a>
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#### SEMBAWANG

Sembawang	6754 7050	<a href="http://www.sfsc.org.sg">www.sfsc.org.sg</a>
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#### SENGKANG

Sengkang	6312 8100	<a href="http://www.amkfsc.org.sg">www.amkfsc.org.sg</a>
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#### SERANGOON

Serangoon Moral	6284 7123	<a href="http://www.smfsc.org.sg">www.smfsc.org.sg</a>
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#### TAMPINES

Care Corner (Tampines)	6786 6225	<a href="http://www.carecorner.org.sg">www.carecorner.org.sg</a>
SBL Vision	6544 2263	<a href="http://www.sblvisionfsc.org.sg">www.sblvisionfsc.org.sg</a>
Tampines	6787 2001	<a href="http://www.mws.sg">www.mws.sg</a>

#### TOA PAYOH / BISHAN

Care Corner (Toa Payoh)	6356 1622	<a href="http://www.carecorner.org.sg">www.carecorner.org.sg</a>
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