

# Guide 11: Resource List

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*Everyone needs a helping hand sometimes. Here's where you can seek help for any issues you may be facing.*



Motherhood is both exciting and challenging at times. As a new mum, you have to deal with many different things that seem to come up all at once. You have a new baby to feed and care for, you need to look after yourself and your household, and things can feel overwhelming at times. That's why it's important to know that there are avenues for you to seek help and support. Many people turn to support groups they find online, of which there are many in Singapore. These groups are made up of some first-time and some experienced mums who share experiences and support each other through the trials and joys of motherhood.

Here are some other avenues for you to get support:

## **Antenatal Classes / Lactation Consultant Services / Parentcraft Services**

### Gleneagles Hospital

Antenatal classes: Tel 6470 5852  
Lactation consultant services: Tel 6470 5852  
Parentcraft services: Tel 6470 5852  
Website: [www.gleneagles.com.sg](http://www.gleneagles.com.sg)

### KK Women's and Children's Hospital

Antenatal classes: Tel 6394 1268  
Lactation consultant services: Tel 6225 5554  
Parentcraft services: Tel 6394 1268  
Website: <http://www.kkh.com.sg>

### Mount Alvernia Hospital

Antenatal classes: Tel 6347 6641  
Lactation consultant services: Tel 6347 6641  
Parentcraft services: Tel 6347 6641  
Website: [www.mtalvernia.sg](http://www.mtalvernia.sg)

### Mount Elizabeth Hospital (Orchard)

Antenatal classes: Tel 6731 2313 / 9646 8308  
Lactation consultant services: Tel 6731 2313 / 9646 8308  
Parentcraft services: Tel 6731 2313 / 9646 8308  
Website: [www.mountelizabeth.com.sg](http://www.mountelizabeth.com.sg)

### National University Hospital

Antenatal classes: Tel 6772 2002  
Lactation consultant services: Tel 6772 2002  
Parentcraft services: Tel 6772 2002  
Website: [www.nuhgynae.com.sg](http://www.nuhgynae.com.sg)

### Parkway East Hospital

Antenatal classes: Tel 6340 8738  
Lactation consultant services: Tel 6340 8681  
Parentcraft services: Tel 6340 8681  
Website: [www.parkwayeast.com.sg](http://www.parkwayeast.com.sg)

### Raffles Hospital

Antenatal classes: Tel 6311 1516 / 1517  
Lactation consultant services: Tel 6311 1516 / 1517  
Parentcraft services: Tel 6311 1516 / 1517

Website: [www.raffleshospital.com](http://www.raffleshospital.com)

### Singapore General Hospital

Antenatal classes: Tel 6321 4516 / 6326 5923

Lactation clinic: Tel 6326 5923 / 6326 5926

Breastfeeding issues helpline: Tel 6321 4530 / 4531

Website: [www.sgh.com.sg](http://www.sgh.com.sg)

### Thomson Medical Centre

Antenatal classes: Tel 6350 8818

Lactation consultant services: Tel 6251 4090

Parentcraft services: Tel 6251 4090

Website: [www.thomsonmedical.com](http://www.thomsonmedical.com)

## **Breastfeeding resources**

### Breastfeeding Mothers' Support Group (Singapore)

Counselling Hotline: Tel 6339 3558

Email: [counselling@breastfeeding.org.sg](mailto:counselling@breastfeeding.org.sg)

Website: [www.breastfeeding.org.sg](http://www.breastfeeding.org.sg)

### Joyful Parenting and Breastfeeding

Tel: 6488 0286

### Association for Breastfeeding Advocacy Singapore (ABAS)

Email: [abas.sec@gmail.com](mailto:abas.sec@gmail.com)

Website: [www.abas.org.sg](http://www.abas.org.sg)

## **Community services**

### Counselling and Care Centre

Tel: 6536 6366

Website: [www.counsel.org.sg](http://www.counsel.org.sg)

### Family Service Centre Hotline

(Find your nearest counselling centre)

## **Helplines**

### Association of Women for Action & Research (AWARE)

Website: [www.aware.org.sg](http://www.aware.org.sg)

### ComCare Hotline

Tel: 1800 222 0000

### Institute of Mental Health

Tel 6389 2200

Website: [www.imh.com.sg](http://www.imh.com.sg)

### Samaritans of Singapore

Tel: 1800 221 4444 (24 hours)

Website: [www.sos.org.sg](http://www.sos.org.sg)

### ParentLine (For parents with parenting and child care issues)

Tel: 6289 8811

## **Child Development Co-Savings (Baby Bonus) Scheme**

For queries relating to the Baby Bonus Scheme, visit [www.babybonus.msf.gov.sg](http://www.babybonus.msf.gov.sg) or call 1800 253 7707.

### Health Promotion Board

#### HealthLine

For more information or advice on general health issues, call HealthLine at 1800 223 1313\* to speak to the experienced Nurse Advisers.

#### QuitLine

For advice on how to quit smoking or how to help someone quit, call QuitLine at 1800 438 2000\* to speak to the Quit consultants.

#### QuitLine SMS

Text your questions or concerns on quitting smoking to +65 9463 3771\*  
Standard connection charges apply.

#### \*Operating hours

Monday to Friday: 8.30am to 5.00pm

Saturday: 8.30am to 1.00pm

All contact details are correct at the time of printing.

By Health Promotion Board

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#### Sources:

The New Art and Science of Pregnancy and Childbirth 2008, World Scientific Healthy Start for your Pregnancy 2012, Health Promotion Board Singapore