# CLARITY

Happiness Within Your Reach

A Catholic charity that lights the way to mental well-being

Clarity Singapore Limited is a mental health charity endorsed by the Catholic Archdiocese of Singapore, and is a member organisation of Caritas Singapore and National Council of Social Service (NCSS).

We focus on responding to mental health needs through community-based mental health services in individual or group settings.

We serve clients regardless of race, religion, or culture, aged 15 - 65, with mild to moderate psychological and emotional difficulties including:

- Anxiety Disorders
- Depressive Disorders
- Obsessive-Compulsive Disorders
- Traumatic Disorders
- Maternal Mental Health

*"Your mental health is a priority.*

*Your happiness is an essential.*

*Your self-care is a necessity."*

HealthyPlace.com

We provide a safe and therapeutic space to help you gain insights to your situation by equipping you with clinical tools to cope and thrive in your journey towards recovery and mental wellness.

## SERVICES WE PROVIDE

We provide mental health services for:

- **Adults**
- **Expectant & new mothers**
- **Youths**

In the form of:
- Professional counselling, psychotherapy
- Group Psychotherapy and Intervention programmes
- Online mental health tool
- Mental wellness social activities
- Mental health public talks and workshops
- Customised training workshops for better understanding and management of mental health

*If you are feeling overwhelmed and unable to cope, contact us at* 📞 **67577990  or** ✉ **ask@clarity-singapore.org** *to make an appointment.*

**Our contacts:**

📞 67577990

✉️ ask@clarity-singapore.org

**Our centres:**

**YISHUN**
Block 854 Yishun Ring Road, #01-3511
Singapore 760854

**AGAPE VILLAGE**
7A Lorong 8 Toa Payoh, #04-01
Singapore 319264

**For more information, go to:**

🌐 www.clarity-singapore.org

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📷 @theYESinitiative

✈️ t.me/claritysg

A member organisation of



Caritas
SINGAPORE
*God's Love in Action*