

## 心理健康问题和失智症的支持与服务

### 第一站接触点

您可选择亲临任何一间心理健康站或使用任何数码服务, 作为您心理健康需求的第一站。

|                |                                                   |
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| 亲临服务           |                                                   |
| 邻里咨询小组<br>CHAT | 请参阅以下联络详情<br>Scape 2 Orchard Link #04-01A S237978 |
| 网站             |                                                   |
| mindline.sg    |                                                   |

### 协助热线

通过协助热线, 您能快速与便捷地获得所需的资讯和建议。当您处于焦虑或面对压力时, 热线也可为您提供精神上的支持。

| 机构                                                            | 详情                           | 帮助热线号码                                                        |
|---------------------------------------------------------------|------------------------------|---------------------------------------------------------------|
| <b>Brahm Centre Assistline</b>                                | 支持心中充满烦恼而需要倾诉和精神支持的人         | 6655 0000<br>8823 0000<br>可通过WhatsApp联系<br>(每天 9am – 10.30pm) |
| <b>Care Corner Counselling Hotline (Mandarin)</b>             | 支持需要心理辅导及建议的人                | 1800 353 5800<br>(周一至周日,<br>10am – 10pm, 公共假期除外)              |
| <b>Dementia Helpline (by Dementia Singapore)</b>              | 支持失智症患者的看护者                  | 6377 0700<br>(周一至周五, 9am – 6pm,<br>周六, 9am – 1pm)             |
| <b>Fei Yue Online Counselling Service</b>                     | 支持12至25岁的青年谈论他们的心理健康或情绪问题    | ec2.sg                                                        |
| <b>Mental Health Helpline (by Institute of Mental Health)</b> | 支持需要精神科急症的患者                 | 6389 2222 (24 小时)                                             |
| <b>Samaritans of Singapore (SOS)</b>                          | 支持处于危机和有自杀倾向的人               | 热线: 1-767<br>CareText, Whatsapp:<br>9151 1767 (24小时)          |
| <b>Silver Ribbon (Singapore)</b>                              | 在线情感支持                       | 6386 1928<br>(周一至周五,<br>9am – 5pm, 公共假期除外)                    |
| <b>Singapore Association for Mental Health Helpline</b>       | 支持有心理、精神及社会问题的患者及需要了解相关信息的人。 | 1800 283 7019<br>(周一至周五,<br>9am – 6pm)                        |

### 邻里咨询小组

邻里咨询小组 (CREST) 主要提高公众对心理健康和失智症的意识、促进提早识别有风险者以及为病患和看护者提供情绪援助, 并且在有必要时把个人与相关保健和社区看护服务联系起来

\*看护者支援网络邻里咨询小组 (CREST-CSN), 以前称为看护者邻里咨询小组关注因看护而导致情绪抑郁、焦虑以及精疲力竭或有此风险的看护者。这个小组提高公众对看护的意识, 促进识别看护者的需求, 协助看护者自我护理, 并且在必要时把看护者与援助和辅导服务团体联系起来。

\*\*青年邻里咨询小组 (CREST-Youth) 通过主办外联活动, 提高心理健康意识, 促进识别心理健康问题, 让患者的父母和同辈朋友参与康复过程, 把他们与适当的保健和社会援助网络联系起来。

| 东部                                                                                            |                                     |
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| 支持服务                                                                                          | 联络详情                                |
| <b>Allkin Singapore</b><br>Blk 182 Rivervale Crescent #01-311 S540182                         | 电话: 6385 0260                       |
| <b>Brahm Centre</b><br>Blk 148 Simei Street 1 #01-121 S520148                                 | 电话: 6612 6125                       |
| <b>Brahm Centre</b><br>Blk 473 Tampines Street 43 #01-94 S520473                              | 电话: 6908 2122                       |
| <b>**Children-At-Risk Empowerment Association</b><br>Blk 428 Pasir Ris Drive 6 #01-21 S510428 | 电话: 6950 2206                       |
| <b>Club HEAL</b><br>Blk 148 Pasir Ris Street 13 #01-24 S510148                                | 电话: 6899 3463                       |
| <b>Club HEAL</b><br>Blk 20 Eunos Crescent #01-2961A S400020                                   | 电话: 6899 3463                       |
| <b>**Fei Yue Community Services</b><br>Blk 145 Simei Street 2 #01-06 S520145                  | 电话: 6027 7650<br>电邮: ec2sg@fycs.org |
| <b>Fei Yue Community Services</b><br>31 Anchorvale Road S545056                               | 电话: 6011 7650<br>电话: 6011 7656      |
| <b>Filos Community Services</b><br>Blk 55 Chai Chee Drive #01-222 S460055                     | 电话: 6241 1503                       |

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| <b>Home Nursing Foundation</b><br>Blk 991B Buangkok Link #01-251 S532991                      | 电话: 6854 5777                                  |
| <b>Montfort Care</b><br>Blk 613B Bedok Reservoir Road #01-1376 S472613                        | 电话: 6312 3988                                  |
| <b>Montfort Care</b><br>Blk 15 Marine Terrace #01-18 S440015                                  | 电话: 6445 0570                                  |
| <b>**Singapore Anglican Community Services</b><br>Blk 184C Rivervale Crescent #01-199 S543184 | 电话: 6258 1558                                  |
| <b>The Salvation Army</b><br>Blk 187 Bedok North Street 4 #01-02 S460187                      | 电话: 6581 9225                                  |
| <b>**Singapore Association for Mental Health</b><br>Blk 124 Bedok North Road #01-133 S460124  | 电话: 6344 8451<br>电邮: csayeast@samhealth.org.sg |

| 中部                                                                                |                        |
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| 支持服务                                                                              | 联络详情                   |
| <b>AWWA</b><br>Blk 123 Ang Mo Kio Ave 6 #01-4011 S560123                          | HP: 6511 6690          |
| <b>Brahm Centre</b><br>Blk 55 Pipit Road #01-01 S370055                           | 电话: 6741 1131          |
| <b>**Brahm Centre</b><br>47 Scotts Road #05-02 Goldbell Towers S228233            | 电话: 6690 5349          |
| <b>Care Corner Seniors Service</b><br>Blk 62B Lorong 4 Toa Payoh #02-121 S312062  | 电话: 6258 6601          |
| <b>**Limitless</b><br>176 Orchard Road JustCo #05-05 S238843                      | 电邮: hello@limitless.sg |
| <b>Montfort Care</b><br>Blk 108 Bukit Purmei Road #01-105 S090108                 | 电话: 6250 0244          |
| <b>NTUC Health</b><br>Blk 121 Bukit Merah View #01-96 S151121                     | 电话: 8223 1135          |
| <b>OJoy Limited</b><br>Blk 5 Upper Boon Keng Road #02-10 S380005                  | 电话: 6749 0190          |
| <b>Silver Ribbon (Singapore)</b><br>Blk 208 Serangoon Central #01-238 S550208     | 电话: 6386 1928          |
| <b>Singapore Anglican Community Services</b><br>Blk 5 Beach Road #02-4915 S190005 | 电话: 6291 2473          |
| <b>Thye Hua Kwan Moral Charities</b><br>Blk 44 Beo Crescent #01-57 S160044        | 电话: 6924 2951          |
| <b>TOUCH Community Services</b><br>Blk 433 Ang Mo Kio Ave 10 #01-1415 S560433     | 电话: 6804 6555          |
| <b>Viriya Community Services</b><br>Blk 142 Potong Pasir Ave 3 #01-224 S350142    | 电话: 9690 2989          |

| 北部                                                                                              |                                                |
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| 支持服务                                                                                            | 联络详情                                           |
| <b>AWWA</b><br>Blk 740 Yishun Ave 5 #01-490 S760740                                             | 电话: 9784 9247                                  |
| <b>**Care Corner Singapore</b><br>6 Woodlands Square #03-01 Woods Square Tower 2 S737737        | 电话: 6978 4217<br>电邮: insight@carecorner.org.sg |
| <b>Club HEAL</b><br>Blk 317 Woodlands Street 31 #01-194 S730317                                 | 电话: 6899 3463                                  |
| <b>Montfort Care</b><br>Blk 838 Yishun Street 81 #01-322 S760838                                | 电话: 6484 8040                                  |
| <b>TOUCH Community Services</b><br>513 Wellington Circle S750513                                | 电话: 1800 6123 123                              |
| <b>**Singapore Association for Mental Health</b><br>Blk 317 Woodlands Street 31 #01-196 S730317 | 电话: 6362 4845<br>电邮: csay@samhealth.org.sg     |

| 西部                                                                                                       |                                                                                                              |
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| 支持服务                                                                                                     | 联络详情                                                                                                         |
| <b>Fei Yue Community Services</b><br>Blk 11 Teck Whye Lane #01-222 S680011                               | 电话: 6011 7651<br>电话: 6011 7652<br>电话: 6011 7653<br>电话: 6011 7654<br>电话: 6011 7655<br>电话: 6011 7656           |
| <b>**Lakeside Family Services</b><br>Blk 997 Jurong West Street 93 #01-369 S640977                       | 电话: 6991 3000                                                                                                |
| <b>NTUC Health</b><br>Blk 361 Yung An Road #01-111 S610361                                               | 电话: 6267 4197                                                                                                |
| <b>REACH Community Services</b><br>Blk 377A Bukit Batok Street 31 #01-24 S651377                         | 电话: 6801 0876<br>电话: 6801 0878                                                                               |
| <b>SAGE Counselling Centre</b><br>1 Jurong West Central 2 #06-04<br>Jurong Point Shopping Centre S648886 | 电话: 6354 1191                                                                                                |
| <b>Singapore Anglican Community Services</b><br>Blk 374 Jurong East Street 32 #01-486 S600374            | 电话: 6262 1183                                                                                                |
| <b>Viriya Community Services</b><br>Blk 646 Jurong West Street 61 #01-142 S640646                        | HP: 9690 2989                                                                                                |
| <b>**SHINE Children and Youth Services</b><br>329 Clementi Ave 2 #01-248 S120329                         | (i) WhatsApp for caregivers: 8877 8728<br>(ii) WhatsApp for youths: 8855 3566<br>电邮: resilience@shine.org.sg |

| 全国范围                                                                                                    |               |
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| 支持服务                                                                                                    | 联络详情          |
| <b>*Caregivers Alliance Limited</b><br>491-B River Valley Road #04-04 Valley Point Office Tower S248373 | 电话: 6460 4400 |
| <b>*Club HEAL</b><br>Blk 997A Buangkok Crescent #01-809 S531997                                         | 电话: 6899 3463 |
| <b>Dementia Singapore</b><br>20 Bendemeer Road #01-02 BS Bendemeer Centre S339914                       | 电话: 6377 0700 |
| <b>*Dementia Singapore</b><br>298 Tiong Bahru Road #10-05 Central Plaza S168730                         | 电话: 6389 5389 |

### 社区辅助小组

社区辅助小组 (COMIT) 为心理健康问题和失智症患者与他们的看护者提供评估、辅导、治疗、个案管理和心理教育援助, 并且与邻里咨询小组、全科医生、综合诊所和其他社区合作伙伴密切合作, 为客户提供全面的护理。

#青年综合辅助小组 (YIT) 通过直接的接触来提高心理健康意识, 提供评估、治疗辅导和个案管理, 同时让青年参与持续的监测和援助。

| 东部                                                                                          |                                                 |
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| 支持服务                                                                                        | 联络详情                                            |
| <b>Allkin Singapore</b><br>Blk 677B Pungol Drive #01-774 S822677                            | 电话: 6904 9817                                   |
| <b>Brahm Centre</b><br>Blk 473 Tampines Street 43 #01-94 S520473                            | 电话: 6908 2122                                   |
| <b>Brahm Centre</b><br>Blk 148 Simei Street 1 #01-121 S520148                               | 电话: 6612 6125                                   |
| <b>Filos Community Services</b><br>Blk 55 Chai Chee Drive #01-222 S460055                   | 电话: 6241 1503                                   |
| <b>Montfort Care</b><br>Blk 613B Bedok Reservoir Road #01-1376 S472613                      | 电话: 6312 3988                                   |
| <b>#SHINE Children and Youth Services</b><br>463 Hougang Ave 10 #01-964 S530463             | 电话: 6286 9905                                   |
| <b>Singapore Anglican Community Services</b><br>Blk 534 Pasir Ris Drive 1 #01-266 S510534   | 电话: 6584 4633                                   |
| <b>#Singapore Association for Mental Health</b><br>Blk 124 Bedok North Road #01-133 S460124 | 电话: 6344 8451<br>电邮: samhsayit@samhealth.org.sg |

| 中部                                                                                |                                                    |
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| 支持服务                                                                              | 联络详情                                               |
| <b>Clarity Singapore</b><br>7A Lorong 8 Toa Payoh #04-01 Agape Village S319264    | 电话: 6801 7467                                      |
| <b>Montfort Care</b><br>Blk 28 电话ok Blangah Rise #01-219 S090028                  | 电话: 6274 6904                                      |
| <b>Montfort Care</b><br>Blk 223 Mountbatten Road #02-18 S398008                   | 电话: 6242 3309                                      |
| <b>Montfort Care</b><br>133 New Bridge Road #04-01 to #11 Chinatown Point S059413 | 电话: 6274 6904                                      |
| <b>Singapore Association for Mental Health</b><br>Blk 1 Maude Road #03-30 S200001 | 电话: 8511 2678                                      |
| <b>#TOUCH Community Services</b><br>Blk 162 Bukit Merah Central #05-3545 S150162  | 电话: 1800 377 2252<br>电邮: mentalhealth@touch.org.sg |
| <b>Tsao Foundation</b><br>300 Whampoa Drive ComSA Centre S327737                  | 电话: 8664 3335                                      |

| 北部                                                                                      |                                                |
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| 支持服务                                                                                    | 联络详情                                           |
| <b>#Care Corner Singapore</b><br>6 Woodlands Square #03-01 Woods Square Tower 2 S737737 | 电话: 6978 4217<br>电邮: insight@carecorner.org.sg |
| <b>Clarity Singapore</b><br>Blk 854 Yishun Ring Road #01-3511 S760854                   | 电话: 6757 7990                                  |
| <b>Club HEAL</b><br>Blk 317 Woodlands Street 31 #01-194 S730317                         | 电话: 6899 3463                                  |
| <b>Montfort Care</b><br>Blk 838 Yishun Street 81 #01-322 S760838                        | 电话: 6484 8040                                  |
| <b>Singapore Anglican Community Services</b><br>Blk 707 Yishun Ave 5 #01-36 S760707     | 电话: 6753 5311                                  |

| 西部                                                                                  |                                                                                                              |
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| 支持服务                                                                                | 联络详情                                                                                                         |
| <b>Fei Yue Community Services</b><br>Blk 11 Teck Whye Lane #01-222 S680011          | 电话: 6011 7658                                                                                                |
| <b>#SHINE Children and Youth Services</b><br>Blk 329 Clementi Ave 2 #01-248 S120329 | (i) WhatsApp for caregivers: 8788 3171<br>(ii) WhatsApp for youths: 8855 3566<br>电邮: resilience@shine.org.sg |

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| <b>Singapore Anglican Community Services</b><br>Blk 267 Bukit Batok East Ave 4 #01-206 S650267  | 电话: 6562 4881 |
| <b>Singapore Association for Mental Health</b><br>Blk 257 Jurong East Street 24 #01-405 S600257 | 电话: 8511 2678 |
| <b>St. Luke's Hospital</b><br>2 Bukit Batok Street 11 S659674                                   | 电话: 6895 2794 |
| <b>Viriya Community Services</b><br>Blk 646 Jurong West Street 61 #01-142 S640646               | 电话: 9690 2989 |

| 全国范围                                                                                |                     |
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| 支持服务                                                                                | 联络详情                |
| <b>Care Corner Singapore</b><br>Blk 159 Lorong 1 Toa Payoh #01-1530 S310159         | 电话: 6978 7151       |
| <b>Club HEAL</b><br>Blk 254 Bukit Batok East Avenue 4 #01-229 S650254               | 电话: 6899 3463       |
| <b>Dementia Singapore</b><br>20 Bendemeer Road #01-02 BS Bendemeer Centre S339914   | 电话: 6377 0700       |
| <b>Intellect Company Pte Ltd.</b><br>171 Tras Street Union Building #02-179 S079025 | WhatsApp: 8043 5120 |
| 5 Straits View B2-60/61 East Tower Marina One S018935                               |                     |
| 11 Bidadari Park Drive #02-03/05/06/07 The Woodleigh Mall S367803                   |                     |
| 252 Tembeling Road #01-09 Tembeling Centre S423731                                  |                     |
| 11 Prinsep Link The Foundry S187949                                                 |                     |

### 看护者支持小组

看护者支持小组可以由护理服务伙伴、患有心理健康问题/失智症的看护者、配偶或亲朋好友组成。小组提供看护者支持信息和资源, 以外也鼓励看护者分享信息, 相互交换实用的建议, 主动给予别人所需度支持, 同时也欣然接受别人提供的协助。

\*下面所列的支持小组大多都是供全岛服务

| 中部                                                                                                     |                                                                                    |
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| 看护者支持小组                                                                                                | 联络详情                                                                               |
| <b>Brahm Centre</b><br>Blk 55 Pipit Road #01-01 S370055                                                | 电话: 6741 1131                                                                      |
| <b>Care Corner Seniors Service</b><br>Blk 214 Lorong 8 Toa Payoh #01-745 S310214                       | 电话: 6258 6601<br>电邮: tp.crest@carecorner.org.sg                                    |
| <b>Caregivers Alliance Limited</b><br>491-B River Valley Road #04-04 Valley Point Office Tower S248373 | 电话: 6460 4400<br>www.cal.org.sg                                                    |
| <b>Dementia Singapore</b><br>20 Bendemeer Road #01-02 BS Bendemeer Centre S339914                      | 电话: 6377 0700<br>www.dementia.org.sg                                               |
| <b>Dementia Singapore</b><br>298 Tiong Bahru Road #10-05 Central Plaza S168730                         | 电话: 6389 5389<br>www.dementia.org.sg                                               |
| <b>Singapore General Hospital Dementia Support Group</b><br>Outram Road S169608                        | 电话: 6222 3322<br>www.sgh.com.sg/patient-care/inpatient-day-surgery/support-groups# |
| <b>TOUCH Caregivers Support</b><br>Blk 444 Ang Mo Kio Avenue 10 #01-1603 S560444                       | 电话: 6804 6555<br>电邮: caregivers@touch.org.sg                                       |

| 北部                                                                                                           |                                                                           |
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| 看护者支持小组                                                                                                      | 联络详情                                                                      |
| <b>AWWA</b><br>CSGs are conducted on a quarterly basis. Please contact them directly for further information | 电话: 9784 9247                                                             |
| <b>Club HEAL</b><br>Blk 317 Woodlands Street 31 #01-194 S730317                                              | 电话: 6899 3463                                                             |
| <b>Khoo Teck Puat Hospital Dementia Support Group</b><br>90 Yishun Central S768828                           | 电邮: ktph.memorycare@ktph.com.sg<br>www.ktph.com.sg/dementia_support_group |
| <b>Montfort Care</b><br>Blk 838 Yishun Street 81 #01-322 S760838                                             | 电话: 6484 8040<br>电邮: crest.north@montfortcare.org.sg                      |

| 东部                                                                    |                                                        |
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| 看护者支持小组                                                               | 联络详情                                                   |
| <b>Allkin Singapore</b><br>Blk 182 Rivervale Crescent #01-311 S540182 | 电话: 6385 0260<br>电邮: mentalhealthservice@allkin.org.sg |
| <b>Allkin Singapore</b><br>476A Pasir Ris Drive 6 #01-618 S511476     | 电话: 6246 8002<br>电邮: mentalhealthservice@allkin.org.sg |

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| <b>Club HEAL</b><br>Blk 997A Buangkok Crescent #01-809 S531997            | 电话: 6899 3463                                       |
| <b>Club HEAL</b><br>Blk 20 Eunos Crescent #01-2961A S400020               | 电话: 6899 3463                                       |
| <b>Filos Community Services</b><br>Blk 55 Chai Chee Drive #01-222 S460055 | 电话: 6241 1503                                       |
| <b>Montfort Care</b><br>Blk 613B Bedok Reservoir Road #01-1376 S472613    | 电话: 6312 3988<br>电邮: crest.east@montfortcare.org.sg |
| <b>Montfort Care</b><br>Blk 15 Marine Terrace #01-18 S440015              | 电话: 6445 0570<br>电邮: crest.east@montfortcare.org.sg |

| 西部                                                                               |                                                                                     |
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| 看护者支持小组                                                                          | 联络详情                                                                                |
| <b>Caregiving Welfare Association</b><br>Blk 3 Ghim Moh Road #01-294 S270003     | 电话: 6466 7957 / 6466 7996<br>www.cwa.org.sg                                         |
| <b>Club HEAL</b><br>Blk 254 Bukit Batok East Avenue 4 #01-229 S650254            | 电话: 6899 3463                                                                       |
| <b>Fei Yue Community Services</b><br>Blk 11 Teck Whye Lane #01-222 S680011       | 电话: 6011 7651<br>www.fycs.org                                                       |
| <b>REACH Community Services</b><br>Blk 377A Bukit Batok Street 31 #01-24 S651377 | 电话: 6801 0878 / 6801 0876<br>电邮: crest-ss@reach.org.sg<br>https://www.reach.org.sg/ |

您是否更倾向通过数码方式寻找心理健康服务?

根据您的需求、年龄和地点, 您可以使用寻找社区心理健康服务的搜索功能寻找邻里的心理健康服务。

Which statement describes you best?  
I am looking for...

Enquiry & Support  
Identify my mental health needs

Therapy & Counselling  
Speak with a mental health professional

Medical Advice  
Seek treatment from a medical doctor

Self-Help Resources  
Find resources for better mental health

Which statement describes you best?  
I am...

12-25 years old

Above 25 years old

Finding nearby services

Please enter a postal code or street name.

Search postal code or street address

1

2

3

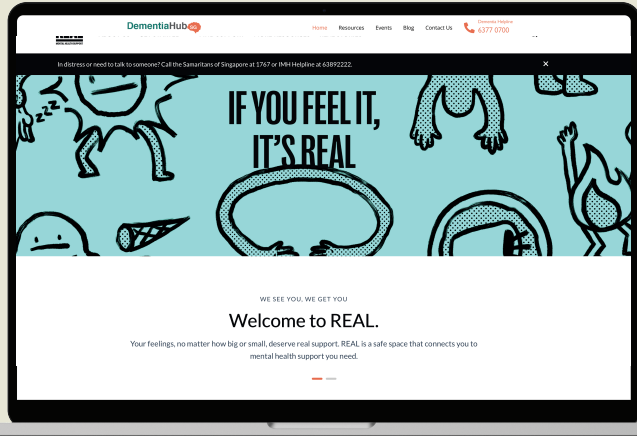


www.for.sg/wayfinding

## 不要忽略您真实的感受

realspace.sg 是一个一站式的网上资源平台, 为青少年提供可靠的心理健康资源, 并通过实际的解决方案来鼓励他们寻求帮助。扫描以查找为您精选的信息和资源。

www.realspace.sg



REAL: REALITY WE GET TOGETHER  
Welcome to REAL.  
Your feelings, emotions, thoughts or mind, become real support. REAL is a safe space that connects you to mental health support services.



www.for.sg/wayfinding



心理健康基层医疗护理计划

心理健康基层医疗护理计划协助患有轻至中度心理健康问题和慢性疾病的客户在住家附近以及不令人感到尴尬的环境里的全科诊所或综合诊所寻求全面治疗。

各区的全科医生列表

中部

|                                                                                                                                                                  |                                                                                                                                                 |
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| <b>Dr Xu Kuan</b><br>57 Medical Clinic (Geylang Bahru)<br>Blk 57 Geylang Bahru #01-3505 S330057<br>电话: 6694 7078                                                 | <b>Dr Loke Ealing</b><br>57 Medical Clinic (Pek Kio)<br>41 Cambridge Road #01-17 S210041<br>电话: 6539 9237                                       |
| <b>Dr Vincent Han Xiao</b><br>A Family Clinic (Maxwell)<br>7 Erskine Road S069320<br>电话: 9771 7967                                                               | <b>Dr Wong Kin Chan</b><br>Aspen Clinic<br>Blk 283 Bishan Street 22 #01-185 S570283<br>电话: 6455 3829                                            |
| <b>Dr Lim Hong Shen</b><br>A Medical Clinic<br>1 Everton Park #01-27 S081001<br>电话: 6226 2066                                                                    | <b>Dr Tan Swee An Benjamin</b><br>Acacia Medical Clinic<br>180 Depot Road #01-07 The Interlace S109684<br>电话: 6684 0274                         |
| <b>Dr Chai Chuan</b><br>Anteh Dispensary Pte Ltd<br>1 Lorong 22 Geylang #01-02 Grandview Suites S398664<br>电话: 6744 1809                                         | <b>Dr Choo Kay Wee</b><br>A Life Clinic Pte Ltd<br>10 Sinarin Drive Novena Medical Center #09-21 S370066<br>电话: 6737 2283                       |
| <b>Dr Koh Eng Hoe</b><br>Assurance Medicare Clinic and Surgery<br>370 Tangjong Katong Road S437127<br>电话: 6345 7810                                              | <b>Dr Au Kai Xin Charis</b><br>Assure Family Clinic Bukit Merah<br>161 Bukit Merah Central #01-3739 S150161<br>电话: 6252 8112                    |
| <b>Dr Tan Eak Chaw</b><br>Balestier Medical Clinic<br>221 Balestier Road #02-06 S329928<br>电话: 6025 4975                                                         | <b>Dr Samuel Lua</b><br>Belief Medical<br>809 French Road #02-32 Kitchener Complex S200809<br>电话: 6592 4667                                     |
| <b>Dr Mark Liew Wenjian</b><br>Binjai Medical & Paicare Clinic<br>23 Binjai Park S598928<br>电话: 6469 3727                                                        | <b>Dr Kwan Wai Chee Grace</b><br>Bishan Street Clinic<br>150 Bishan Street 11 #01-151 S570150<br>电话: 6254 2232                                  |
| <b>Dr Chin Yui-n Cheng / Dr Lee Cheng Da</b><br>Braddell Medical Clinic<br>Blk 124 Lorong 1 Toa Payoh #01-489 S310124<br>电话: 6253 6288                           | <b>Dr Eng Soo Kiang / Dr Jee Yong Hing</b><br>C3 Family Clinic @Aljunied Crescent<br>95 Aljunied Crescent #01-509 S380095<br>电话: 6742 2285      |
| <b>Dr Chang Tou Liang</b><br>Chang Clinic<br>1 Jalan Anak Bukit #B1-08 S588996<br>电话: 6466 3811                                                                  | <b>Dr Chang Chean Seng Stephen</b><br>Chang Clinic & Surgery<br>Blk 7 Everton Park #01-21 S080007<br>电话: 6221 6955                              |
| <b>Dr Teo Boon See / Dr Tham Tuck Seng</b><br>Canny Medical Clinic<br>Blk 95 Toa Payoh Lorong 4 #01-66 S310095<br>电话: 6258 0553                                  | <b>Dr Ang Lye Poh Aaron / Dr Choo Dee Pheng</b><br>Charzco Medical Clinic<br>380 Jalan Besar #05-01 Arc 380 S209000<br>电话: 6802 7972            |
| <b>Dr Cheong Pak Yeon</b><br>Cheong Medical Clinic<br>76 Jalan Jurong Kechil S598589<br>电话: 6468 6311                                                            | <b>Dr Lim Wen Siang Kevin</b><br>Cornerstone Medical Bidadari<br>Blk 106A Bidadari Park Drive #01-03 S341106<br>电话: 6707 5660                   |
| <b>Dr Koh Tee-Chung Kien</b><br>Chungkiau Clinic Pte Ltd<br>68 Jalan Jurong Kechil #01-01 Suites @ Bukit Timah S596180<br>电话: 6466 2255                          | <b>Dr Oh Cher Ming</b><br>Chinatown Fmc<br>133 New Bridge Road #02-09/10 Chinatown Point S059413<br>电话: 6225 5155                               |
| <b>Dr Toh Lim Kai</b><br>Doctors For Life Medical<br>3 Pickering Street #01-02 S048660<br>电话: 6909 0527                                                          | <b>Dr Tan Chong Hun</b><br>Dr Chen And Partners Medical Clinic<br>9 Sin Ming Road #B1-01 S575630<br>电话: 8123 3740                               |
| <b>Dr Keong Kuan Seng Gary</b><br>Dr Gary S Family Clinic<br>77 Indus Road #01-523 S160077<br>电话: 6803 9375                                                      | <b>Dr Foc Winnie</b><br>Dr W Family Clinic<br>8 Empress Road #01-09 S260008<br>电话: 6475 4262                                                    |
| <b>Dr Ng Chue Lian Lawrence</b><br>Family Medicine Clinic<br>58 Marine Terrace #01-65 S440058<br>电话: 6449 1606                                                   | <b>Dr Lily Lie</b><br>Lily Lie Clinic<br>7 Everton Park #01-17 S080007<br>电话: 6220 7872                                                         |
| <b>Dr Kiran Kashyap / Dr Sathianurthy Sujatha / Dr Simrit Kaur Dang</b><br>East Coast Family Clinic<br>121 Meyer Road #01-05 The Makena S437932<br>电话: 6440 4556 | <b>Dr Yeo Cheng Hsun Jonathan</b><br>Family Medicine Clinic Chinatown<br>133 New Bridge Road #02-09/10 Chinatown Point S059413<br>电话: 6225 5155 |
| <b>Dr Teo Hui Ling</b><br>Fraser Medical Clinic<br>78A Bidadari Park Street 32 #01-07 S101078<br>电话: 6273 3603                                                   | <b>Dr John Soh Yu Da</b><br>Frontier Family Medicine Clinic (Macpherson)<br>31 Macpherson Road #01-38/39 S382442<br>电话: 6950 0592               |
| <b>Dr Farah Syahera Binti Khairi</b><br>Frontier Medical (Geylang)<br>494 Geyland Road S389452<br>电话: 6744 6336                                                  | <b>Dr Lee Kai Xin</b><br>Goodhealth Medical & Surgery<br>16 Bishan Street 12 #01-34 S57016<br>电话: 6591 2526                                     |
| <b>Dr Lin Ee Jan</b><br>GP@Joo Chiat Clinic<br>194 Joo Chiat Road #01-01 S1427465<br>电话: 6018 9930                                                               | <b>Dr William Tan Kiam Meng</b><br>Guardian Medical Clinic<br>Blk 81 Marine Parade Central #01-628 S440081<br>电话: 6539 9488                     |
| <b>Dr Lim Soon Ann Rodney</b><br>Healthlink Medical Clinic & Surgery<br>5 Upper Aljunied Lane #01-46 S360005<br>电话: 6289 0885                                    | <b>Dr Au Kai Xin Charis</b><br>Healthsprings Medical & Laser Clinic<br>Blk 105A Bidadari Park Drive #01-09 S341105<br>电话: 8616 6166             |
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| <b>Dr Lee Chuan Shing</b><br>HeartlandHealth (Toa Payoh)<br>66 Lorong 4 Toa Payoh #01-315 S310066<br>电话: 6252 8223                                               | <b>Dr Chua Zhi Wei Ignatius / Dr Tan Wei Jie</b><br>HeartlandHealth (电:okk Blangah)<br>77 电:okk Blangah Drive #01-244 S150077<br>电话: 6970 8422  |
| <b>Dr Asri Budiman Bin Ahmad Said / Dr Seng Yi Feng Melvin</b><br>HeartlandHealth (Whampoa)<br>87 Whampoa Drive #01-869 S320087<br>电话: 6252 1070                 | <b>Dr Hong Chee Boo Allan</b><br>Hong Associates Clinic<br>111 Jalan Bukit Merah #01-1682 S160111<br>电话: 6272 2233                              |
| <b>Dr Leong Jui Min / Dr Tan Su Hern</b><br>Hua Mei Clinic Whampoa<br>300 Whampoa Drive Whampoa Community Club #02-06 S327373<br>电话: 6661 9545                   | <b>Dr Ng Chong Sheng, Ron / Dr Tan Sai Tiang</b><br>Hua Mei Clinic<br>296 Teoh Bahru Road Central Plaza #15-01/06 S168730<br>电话: 6593 9530      |
| <b>Dr Huan Meng Wah</b><br>Huan Clinic<br>Blk 51 Chin Swee Road #03-111 S160051<br>电话: 6535 7828                                                                 | <b>Dr Hoo Chee How / Dr Loh Wei Liang / Dr Tan Yingze</b><br>Inspire Medical Family Clinic<br>8 Jalan Batu #01-11 S431008<br>电话: 8815 7214      |
| <b>Dr Leow Cheng Gek</b><br>Jade Medical Clinic<br>8 Eu Tong Sen Street The Central Office Tower I #13-39 S059818<br>电话: 6225 9813                               | <b>Dr Loh Sook Heng</b><br>Kao & Tan Family Medical Centre & Surgery<br>18 Jalan Membina #02-03 S164018<br>电话: 6272 7820                        |

东部

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| <b>Dr Lin Zhongyong</b><br>Achealth Medical Clinic<br>316B Ang Mo Kio Street 31 #01-0 S563316<br>电话: 6252 6772 | <b>Dr Hong Chee Boo Allan</b><br>Hong Associates Clinic<br>111 Jalan Bukit Merah #01-1682 S160111<br>电话: 6252 6772 | <b>Dr Lam Wei Ting</b><br>Affinity Medical Clinic<br>Blk 253 Serangoon Central Drive #01-187 S550253<br>电话: 6993 9530 | <b>Dr Chua Zhi Wei Ignatius / Dr Tan Wei Jie</b><br>HeartlandHealth (电:okk Blangah)<br>77 电:okk Blangah Drive #01-244 S150077<br>电话: 6970 8422 | <b>Dr Hong Chee Boo Allan</b><br>Hong Associates Clinic<br>111 Jalan Bukit Merah #01-1682 S160111<br>电话: 6252 6772 | <b>Dr Lam Wei Ting</b><br>Affinity Medical Clinic<br>Blk 253 Serangoon Central Drive #01-187 S550253<br>电话: 6993 9530 | <b>Dr Hoo Chee How / Dr Loh Wei Liang / Dr Tan Yingze</b><br>Inspire Medical Family Clinic<br>231A Sumang Lane #01-05 Matilda Court S821231<br>电话: 6087 1750 | <b>Dr Chong Hong Lee</b><br>Cheng Clinic<br>447 Ang Mo Kio Ave 10 #01-1677 S560447<br>电话: 6454 2482 |
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南部

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| <b>Dr Chen Tak Hong Andrew</b><br>Accumed Medical Group (Sengkang)<br>215C Compassvale Drive #01-02 S543215<br>电话: 6385 0101 | <b>Dr Nur Farhan Binte Mohammad Alami</b><br>Alami Clinic<br>398 Changi Road #01-02 S419845<br>电话: 6385 8100 | <b>Dr Thien Sook Kyen</b><br>E J Tan Clinic & Surgery<br>Blk 809 Hougang Central #01-180 S530809<br>电话: 6386 7896 | <b>Dr Kang Aik Kiang</b><br>Raffles Medical (Rivervale)<br>11 Rivervale Crescent #02-17 Rivervale Mall S545082<br>电话: 6385 2154 | <b>Dr Michael Wong Wen Yao</b><br>Riverside Medical (Siglap)<br>55 Siglap Road #02-11/12 Siglap Centre S455871<br>电话: 6442 0489 | <b>Dr Foe Hui Jun / Dr Lawrence Ng Iing Hoo / Dr Lim Woei Tong / Dr Norkhalim Bin Dali / Dr Lye Tong Fong</b><br>Central 24-Hr Clinic (Pasir Ris)<br>446 Pasir Ris Drive 6 #01-122 S510446<br>电话: 6087 1750 | <b>Dr Chua Lee Leo Lim</b><br>Bedok Medical Centre Pte. Ltd.<br>Blk 17 Bedok South Road #01-565 S460017<br>电话: 6241 4111 | <b>Dr Lye Tong Fong</b><br>Calrose Medical Family Clinic<br>231A Sumang Lane #01-05 Matilda Court S821231<br>电话: 6087 1750 | <b>Dr Chong Hong Lee</b><br>Cheng Clinic<br>447 Ang Mo Kio Ave 10 #01-1677 S560447<br>电话: 6454 2482 |
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西部

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| <b>Dr Thien Sook Kyen</b><br>E J Tan Clinic & Surgery<br>Blk 809 Hougang Central #01-180 S530809<br>电话: 6386 7896 | <b>Dr Kang Aik Kiang</b><br>Raffles Medical (Rivervale)<br>11 Rivervale Crescent #02-17 Rivervale Mall S545082<br>电话: 6385 2154 | <b>Dr Michael Wong Wen Yao</b><br>Riverside Medical (Siglap)<br>55 Siglap Road #02-11/12 Siglap Centre S455871<br>电话: 6442 0489 | <b>Dr Foe Hui Jun / Dr Lawrence Ng Iing Hoo / Dr Lim Woei Tong / Dr Norkhalim Bin Dali / Dr Lye Tong Fong</b><br>Central 24-Hr Clinic (Pasir Ris)<br>446 Pasir Ris Drive 6 #01-122 S510446<br>电话: 6087 1750 | <b>Dr Chua Lee Leo Lim</b><br>Bedok Medical Centre Pte. Ltd.<br>Blk 17 Bedok South Road #01-565 S460018<br>电话: 6241 4111 | <b>Dr Lye Tong Fong</b><br>Calrose Medical Family Clinic<br>231A Sumang Lane #01-05 Matilda Court S821231<br>电话: 6087 1750 | <b>Dr Chong Hong Lee</b><br>Cheng Clinic<br>447 Ang Mo Kio Ave 10 #01-1677 S560447<br>电话: 6454 2482 |
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| <b>Dr Suresh Ramchand Mahtani</b><br>S G Clinic<br>644 Pasir Ris Drive 10 #01-20 S510644<br>电话: 6265 5123 | <b>Dr Yan Shiyuan</b><br>Edgedale Medical Centre<br>122A Edgedale Plains #01-187 S821122<br>电话: 6365 2272 | <b>Dr Pang Sze Kang Jonathan / Dr Wong Ming</b><br>Everhealth Medical Clinic<br>547 Hougang Ave 3 #B1-1235 S530540<br>电话: 6385 0815 | <b>Dr Cheng Soo Hong</b><br>Family Healthcare Clinic & Surgery (Hougang)<br>Blk 523 Hougang Ave 6 #01-119 S530523<br>电话: 6387 1120 | <b>Dr Teo Su Lin Pearlfire</b><br>Frontier People's Clinic (Bedok)<br>123 Bedok North Street 2 #01-152 S460123<br>电话: 6443 0261 | <b>Dr Fahiruz Bin Ahmad / Dr Lee Cheng Da / Dr Thambiiah Matthew Dhanaraj</b><br>Heartland Health (Tampines)<br>730 Tampines Street 71 #01-51 S20730<br>电话: 6588 7833 | <b>Dr Chng Woei / Dr Tan Yui Sing Lucienne</b><br>Healthmark Medical Clinic<br>Blk 639 Punggol Drive #01-06 S820639<br>电话: 6445 3100 | <b>Dr Hwang Tang Ben Winston / Dr Lim Shee Lai</b><br>Hwang & Liang Family Clinic & Surgery<br>476 Tampines Street 44 #01-173 S520476<br>电话: 6788 8883 | <b>Dr Aeri Budiman Bin Ahmad Said / Dr Shalidhi Binte Azli</b><br>Well Family Clinic & Surgery<br>555 Ang Mo Kio Ave 9 #01-1948 S560555<br>电话: 6454 9519 | <b>Dr Wong Juei</b><br>Well Family Clinic & Surgery<br>555 Ang Mo Kio Ave 9 #01-1948 S560555<br>电话: 6454 9519 | <b>Dr Wong Theresa / Dr Shi Yao Sam Yang</b><br>Yang & Yap Clinic & Surgery Pte Ltd<br>Blk 537 Bedok North Street 3 #01-571 S460537<br>电话: 6449 9946 |
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北部

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| <b>Dr Mumtaz D/O Mohamed Yusoff</b><br>57 Medical Clinic (Woodlands)<br>Blk 166 Woodlands Street 13 #01-533 S730166<br>电话: 6539 9236 | <b>Dr Habeeb Shakila Banu</b><br>Doctors Clinic & Surgery<br>Blk 205 Woodlands Street 31 #01-91 S730305<br>电话: 6269 1077 | <b>Dr Lim Xui Mei Laura</b><br>Frontier Medical Associates (Admiralty)<br>691 Woodlands Drive 73 #01-04 S730691<br>电话: 6334 1098 | <b>Dr Leong Yan Hoi</b><br>Millennium Medical Group<br>849 Woodlands Street 82 #01-215 S730849<br>电话: 6765 6685 | <b>Dr Neoh Jia Quan Leon</b><br>Norwood Medical Group (Simei)<br>Blk 785E Woodlands Rise #01-02 S735785<br>电话: 6937 3576 | <b>Dr Goh Cheng Hong / Dr Mohd Ab Hadi Bin Tohlar / Dr Yau Shieh Ning / Dr Yiew Jean</b><br>Raffles Medical (Causeway Point)<br>1 Woodlands Square #05-20 Causeway Point S738099<br>电话: 6894 0777 | <b>Dr Phipps Mary Ann</b><br>Raffles Medical (Sembawang Way)<br>355 Sembawang Way #01-06/07 S750355<br>电话: 6365 6855 | <b>Dr Tan Inn Lin Elaine / Dr Tan Yuan Zi</b><br>T Medical Clinic<br>Blk 210 Marling Crescent #01-05 S750115<br>电话: 6909 7550 | <b>Dr Jean Yim</b><br>Praise Family Centre<br>Blk 674 Woodlands Ave 6 #03-16 S731678<br>电话: 6893 9181 | <b>Dr Lee Jinfeng Natalie</b><br>Accumed Medical Group (Jurong West)<br>1 Jurong West Central 2 Jurong Point, Jp. 1#B1-19E S648886<br>电话: 6792 3822 | <b>Dr Jacqueline Yam</b><br>Accumed Medical Group (Teban Gardens)<br>38 Teban Gardens Road #01-318 S600038<br>电话: 6561 9366 |
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| <b>Dr Amir Adhitha</b><br>An-Raadhah Medical Clinic<br>372 Bukit Batok Street 31 #01-386 S650372<br>电话: 6567 7458 | <b>Dr Yap Siang Yew Mark</b><br>Cashew Medical & Surgery Clinic Pte Ltd<br>445 Fajar Road #02-522 S670445<br>电话: 6763 4955 | <b>Dr Lee Jian Hao Edwin</b><br>Claremont Medical Clinic<br>3 Jalan Mas Puteh S128609<br>电话: 6980 8565 | <b>Dr Pradit Thongdonpomsri</b><br>Dr Trythall, Hoy, Davies (Pho) Ltd - Jurong Point<br>1 Jurong West Central 2 Jurong Point B1-19B S648886<br>电话: 6793 0611 | <b>Dr Loke Kam Weng</b><br>E J Tan Clinic & Surgery<br>Blk 492 Jurong West Street 41 #01-40 S640492<br>电话: 6560 6600 | <b>Dr Pang Sze Kang Jonathan / Dr Wong Ming</b><br>Everhealth Family Clinic & Surgery<br>4 Bukit Batok Street 41 #01-58 La Quest S657991<br>电话: 6793 3113 | <b>Dr Ong Tong Hwe David</b><br>Foe And Ong Family Clinic Pte Ltd<br>151 Bukit Batok Street 11 #01-256 S650151<br>电话: 6567 2212 | <b>Dr Sim Choon Seng (Dave)</b><br>Health Partners Family Clinic<br>1 Bukit Batok Central Link West Mall #01-37 S658713<br>电话: 6898 9031 | <b>Dr Siaw Tung Yeng</b><br>Healthpoint Family Medicine Clinic<br>Blk 601 Choa Chu Kang Street 62 #01-09 S680601<br>电话: 6767 2281 |
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| <b>Dr Xie Bo, Cindy</b><br>Healthway Medical<br>Blk 446 Bukit Batok West Ave 8 #01-03 S650446<br>电话: 6266 5980 | <b>Dr Kay Ahn Boon Erwin</b><br>Healthwerkz Medical Centre (Cck)<br>225 Choa Chu Kang Central #01-199 S680225<br>电话: 6766 2827 | <b>Dr Kong Kah Shern Andy</b><br>HeartlandHealth (Jurong West)<br>463 Jurong West Street 41 #01-56 S640463<br>电话: 6873 2420 | <b>Dr Kok Zi Yin / Dr Tan Jia Yong Jeffrey</b><br>2 Choa Chu Kang Loop Keat Hong Community Club Lakewood #01-02 S640518<br>电话: 6769 0750 | <b>Dr Dharshini Puvanendran / Dr Lim Boon Howe Edwin / Dr Si Poh Nguan Cedric / Dr Tok Sock Cheng</b><br>Lakeside Medical Centre<br>918A Jurong East Street 52 #01-02 S645158<br>电话: 6262 6434 | <b>Dr Choo Chee Hoe Ivan</b><br>LifeCare Family Clinic<br>524A Jelaung Road #02-15 Greenridge Shopping Centre S67634<br>电话: 6769 8588 | <b>Dr Chin Yew Liang Alan</b><br>Lifetime Bukit Panjang Medical Clinic<br>103 Ganges Road #01-37 S670103<br>电话: 6776 7293 | <b>Dr Lai Shi Kun Moses</b><br>Mary Medical Clinic & Surgery<br>252 Jurong East Street 24 #01-157 S600252<br>电话: 6562 4721 | <b>Dr Saiful Nizam Bin Suhari</b><br>161 Simet Street #01-07/08 Mapletree 18 S539775<br>电话: 6384 0160 | <b>Dr Lee Chong Han / Dr Tan Shi Ching</b><br>Trucare Medical And Surgery (AMK)<br>1187 Upper Serangoon Road #01-53 The Midtown S539771<br>电话: 6385 3525 | <b>Dr Khwaja Asif</b><br>Uniq Medical Clinic<br>933 Upper Changi Road North #02-02 Lin@Changi S506785<br>电话: 6806 9489 | <b>Dr Gan Ow Tin</b><br>Raffles Medical (Lot One)<br>21 Choa Chu Kang Ave 4 #B1-07A S689812<br>电话: 6765 3363 | <b>Dr Su Wei Cheng</b><br>Raffles Medical (Hillion Mall)<br>17 Peir Road #02-07/08 Hillion Mall S678278<br>电话: 6769 0641 | <b>Dr Sanil Kumar Joseph</b><br>Tayika Medical Family Clinic<br>526 Jurong West Street 52 #01-323 S640526<br>电话: 6664 5528 | <b>Dr Chew Ee Hern Kevin</b><br>Toban Wei Medical Centre<br>61 Teban Gardens Road #01-01 S600061<br>电话: 6581 9052 |
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| <b>Dr Kuo Oi Niah Juliana</b><br>Accumed Medical Group (Woodlands)<br>Blk 111 Woodlands Street 13 #01-78 S730111<br>电话: 6362 7789 | <b>Dr Mark Low Chee Wah</b><br>Doctors Clinic & Surgery<br>Blk 205 Woodlands Street 31 #01-91 S730305<br>电话: 6269 1077 | <b>Dr Lim Xui Mei Laura</b><br>Frontier Medical Associates (Admiralty)<br>691 Woodlands Drive 73 #01-04 S730691<br>电话: 6334 1098 | <b>Dr Cheng Ke Y</b><br>Northlink (Woodlands) Clinic<br>Blk 11 Woodlands Square #B1-32 Woodlands Mrt Station S737736<br>电话: 6513 0608 | <b>Dr Ho Kay Chuan Caleb</b><br>Phonix Medical Centre (Simei)<br>689A Woodlands Drive 75 #01-86 S731689<br>电话: 6219 9648 | <b>Dr Lai Hwee Yee</b><br>SATA Commonwealth Woodlands Medical Centre<br>900 South Woodlands Drive #04-01 Woodlands Civic Centre S730390<br>电话: 6244 6686 |
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| <b>Dr Tang Yiew Liang</b><br>Raffles Medical (Sembawang Way)<br>355 Sembawang Way #01-06/07 S750355<br>电话: 6853 7703 | <b>Dr Sorinder Singh</b><br>Woodlands Medical Centre<br>Blk 210 Marling Crescent #01-09 S730210<br>电话: 6269 8888 | <b>Dr Kwak Thiam Soo</b><br>Bukit Batok Medical Clinic<br>207 Bukit Batok Street 21 #01-14 S650207<br>电话: 6560 3311 | <b>Dr Eng Soo Kiang</b><br>Cok Family Clinic<br>304 Choa Chu Kang Ave 4 #01-653 S680304<br>电话: 6891 0338 | <b>Dr Lim Wen Siang Kevin</b><br>Cornerstone Medical<br>294 Ghim Moh Link #01-03 S271029<br>电话: 6262 0018 | <b>Dr Lim Chien Chuan</b><br>E J Tan Clinic & Surgery<br>104 Jurong East Street 13 #01-100 S600104<br>电话: 6560 6600 |
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| <b>Dr Chen De Quan / Dr Tam Tak Chuan Elias</b><br>E J Tan Clinic & Surgery<br>Blk 492 Jurong West Street 41 #01-40 S640492<br>电话: 6566 0257 | <b>Dr Zhao Tian</b><br>Faircare Family Clinic (Clementi)<br>345 Clementi Street 41 #01-94 S120345<br>电话: 6250 3198 | <b>Dr Quek Kai Wen Sean</b><br>Frontier Medical Associates<br>6780 Jurong West Street 64 #01-347 S644678<br>电话: 6862 2340 | <b>Dr Yong Yuan Chen</b><br>Healthlife Family Clinic<br>296A Bukit Batok Street 22 #01-64 S651296<br>电话: 6904 8680 | <b>Dr Sarani Bte Omar</b><br>Healthpoint Family Clinic & Surgery Pte Ltd<br>Blk 53B Strathmore Ave #01-03 S44053<br>电话: 6474 0408 |
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