

ABOUT FILOS

Filos Community Services is a not-for-profit social service organisation. We focus on building the strengths of the community we live in. We work towards empowering individuals and families to live more fulfilling, meaningful and happier lives.

Whether it is equipping young families with parenting skills, shaping character in children, educating our youth, helping the elderly age in place with grace, or assisting those with financial needs, our programmes and services have something for all ages.



VISION

To see effective functioning of individuals and families



MISSION

To build resilience and empower individuals and families



VALUES

Faithfulness
Integrity
Love
Openness
Servanthood



DONATE

Filos Community Services is an independent charity that relies largely on corporate and public donations to support our programmes and services.

Help us empower the community to build their resilience and improve their lives.

EVERY DOLLAR HELPS!

CONTACT US

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SCAN THE QR CODE TO LEARN MORE ABOUT US!

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- facebook.com/filos.sg
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Community Mental Health Services

Nurturing Mental Wellness for All



Your mental health is everything - prioritise it. Make the time like your life depends on it, because it does.

- Mel Robbins

Filos Community Mental Health Services support persons who have mental health issues to live and age well in the community.



CREST (Community Outreach Team) Filos @ Bedok & Geylang

A first stop for mental health support in the community, providing early identification, support, and guidance for individuals aged 18 and above.

Key Support:

- Early detection of mental health conditions and dementia
- Outreach to improve mental health and dementia awareness
- Psychosocial education and interventions
- Case management and coordinated care with community partners

Programmes:

- Preventive programmes, including Cognitive Stimulation Activities (CSA)
- Caregiver support through education, emotional support, and referrals



CREST-PDS (Post-Diagnostic Support)

Supports persons newly diagnosed with Dementia within 18 months, focusing on early adjustment and care planning with the person and their caregiver for a period of 6 months.

Key support:

- Psycho-education on Dementia and guidance on caregiving
- Needs assessment and service linkage in the community



COMIT (Community Intervention Team) Filos @ Bedok

Provides assessment, therapy, and psychosocial support for individuals with mental health conditions and dementia.

Key support:

- Mental health assessment, psychotherapy and behavioural management
- Psychoeducation and interventions
- Case management and coordinated care
- Collaboration with healthcare and community partners



Care Connect

Enhances access to mental health and dementia support through centre and home-based services.

Programmes:

- **Reminiscence Circle (RC):**
A group programme that uses life histories and creative activities to stimulate cognition for psychological and social well-being of seniors and caregivers.
- **Cognitive Stimulation Programme (CSP):**
An evidence-informed programme that uses varied activities to stimulate the different domains of cognition.
- **Eldersitter Programme:**
Home-based support and engagement
- **Superheroes Programme:**
Support for caregivers



Care Buddy

A befriending service for individuals aged 18 years old and above who are at risk of or diagnosed with stable mental health conditions, aiming to reduce social isolation.