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Let's Talk about It

Sponsor



Being a victim of

molestation, rape or domestic violence

can be a **traumatic experience**.

You may be worried about how you are going to face your family and friends or whether they will believe you.

Perhaps you may feel that

no one understands

what you are going through.

With all that's happening around you, you may find it **difficult to cope** or think the best thing to do is to keep quiet.

You need to know that what happened to you

is not your fault.

It has nothing to do with what you said, did or did not do.

you need to know that you are not alone

More than that,

and that

you don't have to keep quiet about it.

Women's Centre for Change (WCC) and Pusat Perkhidmatan Wanita (PPW) have a Support Network in Penang

for victims of sexual violence and domestic violence.

We are here to listen to you,

answer any questions you may have and support you through this difficult period.

If you want to talk to someone about what has happened to you, please call

WCC 04-2280342 (Penang Island)

PPW 04-3988340 (Seberang Perai).

Let us help you.

Our services are free and confidential.

Remember you are not alone.