

## Counselling and Support Services in Malaysia

No.	Counselling Services	Contact Details	Remarks
1	<p><b>Women's Centre for Change Penang (WCC)</b> 241, Jalan Burma, 10350 Penang.</p> <p><b>Pusat Perkhidmatan Wanita (PPW)</b> 13, Lorong Sutera 6, Taman Sutera, 13700 Seberang Jaya, Penang.</p>	<p>(T) 04-228 0342/011-3108 4001 (E) wcc@wccpenang.org (W) www.wccpenang.org</p> <p>(T) 04-398 8340/016-439 0698 (E) ppw@wccpenang.org</p> <p>Mon-Fri, 9am-5pm</p>	Provides counselling, legal advice, court support and temporary shelter to women and children who are abused, raped or sexually assaulted.
2	<p><b>Agape Counselling Centre Malaysia (HQ)</b> 56, Jalan PJS 1/46, Taman Petaling Utama, 46150 Petaling Jaya, Selangor.</p> <p><b>Penang Branch</b> CO-21-UP, Kompleks Masyarakat Penyayang, Jalan Utama, 10450 Penang.</p> <p><b>Ipoh Branch</b> 43B, Jalan Leong Boon Swee, 31650 Ipoh, Perak</p> <p><b>Melaka Branch</b> 387-B, Taman Peringgit Jaya, 75400 Melaka.</p> <p><b>Johor Bahru Branch</b> 02-45, 02-47, Jalan Masai Jaya 1, 81750 Masai, Johor.</p> <p><b>Kota Kinabalu Branch</b> Lot 5, 2nd Floor, Block A, Damai Plaza Phase 4, 88300 Kota Kinabalu, Sabah.</p>	<p>(T) 03-7785 4833/5955/03-7781 0800 (E) agapemal@yahoo.com / sand_playtherapy@yahoo.com / agape_emailcounselling@yahoo.com (W) www.agape.org.my Tue-Sat, 9am-1pm, 2pm-6pm</p> <p>(T) 04-228 0709/017-499 4236 (E) agapepenang@yahoo.com Tue-Sat, 9am-6pm</p> <p>(T) 018-913 4833 (E) agapeipoh@gmail.com Tue-Sat, 9am-6pm</p> <p>(T) 06-288 9026/06-281 9659/ (WhatsApp) 016-250 1127 (E) agapemlk@gmail.com Tue-Sat, 9am-5:30pm</p> <p>(T) 07-357 9195 (E) agapejb@gmail.com Tue-Fri, 9am-5.30pm; Sat, 8.30am-5pm</p> <p>(T) 088-252 357 (E) agapekk@gmail.com Tue-Sat, 8am-5pm</p>	Provides counselling and therapy.
3	<p><b>All Women's Action Society (AWAM)</b> No. 85, Jalan 21/1, Taman Paramount, 46300 Petaling Jaya, Selangor.</p>	<p>(T) 03-7877 4221/0224/ 016-237 4221/016-228 4221 (E) awam@awam.org.my / telenita@awam.org.my (W) www.awam.org.my</p>	Provides counselling and legal information for domestic violence and sexual violence cases.

4	<p><b>Association of Social Services and Community Development of Gombak District Selangor (PSPK)</b>  <b>No 21, Jalan 2, Selayang Baru, 68100 Batu Caves, Selangor.</b></p>	<p>(T) 03-6137 9634/ 7634 / 019-246 7226  (E) info@pspk.org  (W) <a href="http://www.pspk.org/">http://www.pspk.org/</a></p>	<ul style="list-style-type: none"> <li>• Provides counselling services to families.</li> <li>• Provides a home for abused mothers and children.</li> <li>• Conducts life skills training for women, e.g., sewing, bakery and computer classes.</li> </ul>
5	<p><b>Befrienders Penang</b>  <b>Mewah Court, Blok 104 – 1A, Jalan Tan Sri Teh Ewe Lim, 11600 Penang.</b></p> <p><b>Befrienders Kuala Lumpur</b>  <b>95, Jalan Templer, Petaling Jaya, 46006. Selangor.</b></p> <p><b>Befrienders Ipoh</b>  <b>No. 8 Jalan Sybil Karthigasu, Fairpark, 31400 Ipoh, Perak.</b></p> <p><b>Befrienders Johor Bahru</b>  <b>P.O. Box 153 Pos Malaysia Berhad, Taman Sri Tebrau, 80050 Johor Bahru, Johor.</b></p> <p><b>Befrienders Muar</b>  <b>No.3A, Jalan Marin 1, Taman Marin, 84000 Muar, Johor.</b></p> <p><b>Befrienders Malacca</b>  <b>364k, Jalan Low Hee Kong, 75050 Ujong Pasir, Melaka.</b></p> <p><b>Befrienders Seremban</b>  <b>171, Tingkat 2, Jalan Dato' Bandar Tanggal Seremban, 70000 Negeri Seremban.</b></p> <p><b>Befrienders Kuching</b>  <b>P.O Box 19, Pejabat Pos Besar Jalan Tun Abang Haji Openg 93670 Kuching, Sarawak.</b></p> <p><b>Befrienders Kota Kinabalu</b></p>	<p>(T) 04-291 0100  (WhatsApp) 011-5670 6261  (E) pat@befpen.org  (W) <a href="http://www.befpen.org">www.befpen.org</a>  Mon-Sun, 3pm-12am</p> <p>(T) 03-7627 2929  (E) sam@befrienders.org.my  (W) <a href="http://www.befrienders.org.my">www.befrienders.org.my</a>  Mon-Sun, 24 hours</p> <p>(T) 05-547 7933/7955  (E) sam.befriendersipoh@gmail.com</p> <p>(T) 07-331 2300  (E) sam@befriendersjb.org</p> <p>(T) 06-952 0313  (E) sam@befriendersmuar.org</p> <p>(T) 06-225 0791  (E) befriendersmelaka99@gmail.com</p> <p>(T) 06-632 1772/06-632 1773  (E) sam.befriendersseremban@gmail.com  Mon, Wed, Fri &amp; Sun, 7pm-10pm</p> <p>(T) 082-242 800  (E) sam@befrienderskch.org.my</p> <p>(T) 088-335 793  (E) befrienderskk@gmail.com</p>	<p>Provides emotional support to people in distress and suicidal.</p>

6	<b>Buddhist Gem Fellowship</b> D-G-2, Block D Jalan PJU 1A/3K, Taipan 1, Ara Damansara, 47301 Petaling Jaya, Selangor.	(T) 011-2528 9610/011-5994 4384 (WhatsApp) 018-663 5730 (E) info@bgf.org.my (W) www.bgf.org.my Mon-Fri, 2pm-4pm & 7.30pm-9.30pm	Provides telephone and face-to-face counselling.
7	<b>Buddy Bear</b>	(T) 1-800-18-2327 (E) buddybear.humankind.my (FB) Buddy Bear Childline Mon-Sun, 12pm-12am	Provides psychosocial support to children experiencing sexual harassment, abuse, self-harm and emotional distress.
8	<b>Calvary Life Ministries (CLM)</b> No. 4, Jalan Damansara Endah, Damansara Heights, 50490 Kuala Lumpur.	(T) 03-2095 6360 (E) clm@clm.org.my (W) http://www.clm.org.my Tues, Fri & Sat, 9am-5pm Wed & Thurs, 9am-9pm	Provides counselling services to children, adolescents, adults, couples and families.
9	<b>Chinese Christian Mission Fei Yue Family Service Center</b> 31A, Jalan Sungai Besi Indah 1/19, 43300 Seri Kembangan, Selangor.	(T) 03-8945 1612 (E) saltlight.ccmfy@gmail.com (W) http://www.ccmfy.org Mon-Fri, 10am-5pm	Provides counselling services related to family and marital issues.
10	<b>Community Aids Service Penang</b> No 2077, MK 10, Jalan Pow Nee, Off Jalan Kulim, 14000 Bukit Mertajam, Penang.	(T) 04-539 8510/9510 (FB) Community Aids Service Penang	<ul style="list-style-type: none"> <li>• Provides emotional support to marginalised communities.</li> <li>• Provides shelter to homeless people living with HIV/AIDS.</li> </ul>
11	<b>Creativity at Heart</b> 53 Westland Road, 10400 Penang.	(T) 016-4426456 (E) cr8tvtheart@gmail.com	Provides therapy sessions on parent-child relationships.
12	<b>D'Home Mental Health Asso.</b> 66, Lintang Bukit Jambul, 11900 Bayan Lepas, Penang.	(T) 012-4251600 (E) dhomepg@gmail.com (W) www.d-home.org.my Mon-Fri, 10am-6pm	Provides psychotherapy and emotional support to people with mental health issues.
13	<b>Eden Welfare Charity Society</b> 11-1, Jalan Bakar Sampah, 86000 Kluang, Johor.	(T) 07-776 8618 (E) edenkluang@gmail.com (W) www.eden.org.my Tues-Fri, 10am-5pm	Provides counselling services to the public.
14	<b>Eden Handicap Service Centre</b> CO-9-GF, Kompleks Masyarakat Penyayang, Jalan Utama, 10450 Penang.	(T) 016-254 2758 (E) info@edenhandicap.org / edenhdc@yahoo.com (W) https://www.edenhandicap.org/	<ul style="list-style-type: none"> <li>• Provides children day care, general office cleaning and housekeeping services and recycling collection services.</li> <li>• Conducts craft skills training for people with disabilities.</li> </ul>

<p>15</p>	<p><b>Federation of Reproductive Health Associations, Malaysia (FRHAM)</b> 81-B, Jalan SS15/5A, SS15, 47500 Subang Jaya, Selangor</p> <p><b>Penang Family Health Development Association (Penang FHDA)</b> 333, Jalan Perak, 11600 Penang.</p> <p><b>Perlis Family Planning Association</b> 140, Persiaran Jubli Emas, 01000 Kangar, Perlis.</p> <p><b>Kedah Family Health Association</b> 2 Jalan Kampong Baru, 05000 Alor Setar, Kedah.</p> <p><b>Perak Family Health Association</b> 58A &amp; 60A, Regat Sri Cempaka, Taman Cempaka, 31400 Ipoh, Perak.</p> <p><b>Selangor &amp; Federal Territory Family Reproductive Health Association (FREHA)</b> No 2B, Lorong Syed Putra Kiri, P.O. Bix 10710, 50722 Kuala Lumpur.</p> <p><b>Negeri Sembilan Family Planning Association</b> 3, Jalan Dr Krishnan, 70000 Seremban, Negeri Sembilan.</p> <p><b>Reproductive Health Association Melaka</b> 2A-3, 1st Floor, Dewan Hang Tuah, Jalan Hang Tuah, Melaka.</p> <p><b>Johor Family Health Association</b> 10-A, Jalan Abiad Satu, Taman Pelangi, 80400 Johor Bahru, Johor.</p> <p><b>Reproductive Health Association Pahang</b> B-1582, Jalan Beresah, 25300 Kuantan, Pahang.</p>	<p>(T) 03-5633 7514/7516/7528 (E) frham@frham.org.my (W) <a href="https://www.frham.org.my/">https://www.frham.org.my/</a> Mon-Fri, 8am-5pm</p> <p>(T) 04-282 5191 (E) info@fhdapenang.org (W) <a href="http://www.fhdapenang.org/">http://www.fhdapenang.org/</a> Tues-Sat, 8.30am-5.30pm</p> <p>(T) 04-976 0739 (E) c.kimeng@yahoo.com Mon-Fri, 8am-5pm</p> <p>(T) 04-732 1280 (E) kedahfpa@yahoo.com Thu-Sun, 8am-5pm</p> <p>(T) 05-547 7849 / 016-526 4233/ 5233/8233 (E) pfhaperak@gmail.com Mon-Fri, 8am-5pm</p> <p>(T) 03-2274 3489 (E) swpfreha@gmail.com Mon-Fri, 8am-5pm</p> <p>(T) 06-762 2969/06-763 5778 (E) nsfpa29@yahoo.com Mon-Fri, 8.30am-4.30pm Sat, 8.30am-2.30pm</p> <p>(T) 06-284 4475 (E) rhamelaka@gmail.com Tue-Sat, 8.30am-5pm</p> <p>(T) 07-333 7772 (E) johorfpa@gmail.com Mon-Thur, 8.30am-4.30pm; Sat, 8.30am-4.30pm</p> <p>(T) 09-566 6403 (E) rha.phg@gmail.com Mon-Fri, 8.30am-4.30pm; Sat, 8.30am-1pm</p>	<ul style="list-style-type: none"> <li>• Provides sexual and reproductive health related services and family planning information to women, men and young people.</li> <li>• Conducts talks, workshops and programmes on HIV/AIDS, sexual and reproductive health and rights to raise awareness.</li> </ul>
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	<p><b>Reproductive Health Association of Kelantan (REHAK)</b> 4261-F, Jalan Kebun Sultan, 15350 Kota Bharu, Kelantan.</p> <p><b>Family Planning Association Terengganu</b> 12G, Jalan Engku Pengiran Anom 2, 20300 Kuala Terengganu, Terengganu.</p> <p><b>Sarawak Family Planning Association</b> Jalan P Ramlee, P.O. Box 788, 93716 Kuching, Sarawak.</p> <p><b>Sabah Family Planning Association</b> 613 Jalan Family Planning Centre, Off Jalan Kebajikan, 8800 Kota Kinabalu, Sabah.</p>	<p>(T) 09-748 3323 / 09-743 2407 (E) rehakelantan@gmail.com Sat, Wed, 8am-5pm</p> <p>(T) 09-622 1763 (E) fpatrg@gmail.com Sun-Thu, 8.30-4.30pm</p> <p>(T) 082-426 982 (E) sfpaswk@gmail.com Mon-Fri, 8am-5pm</p> <p>(T) 088-245 209 (E) hqsfp@gmail.com Mon-Fri, 8am-4.30pm Sat (2nd &amp; 4th), 8am-12pm</p>	
16	<b>Foreign Spouses Support Group Malaysia</b>	<p>(T) 016-310 1972 (E) foreignspouses@gmail.com (FB) FSSGMY</p>	Provides information to support Malaysians and their foreign spouses.
17	<b>Glad Tidings Assembly of God</b> No. 6, Jalan 13/4, 46200 Petaling Jaya, Selangor.	<p>(T) 03-7958 2777 (E) contact@gladtidings.my (W) www.gladtidings.my Tues-Sat, 9am-5pm</p>	Provides counselling to children, youth, adults, couples and families. Also provides support groups, when the need arises.
18	<p><b>Good Shepherd Services (GSS) (HQ)</b> Lorong Setiabistari 2, Medan Damansara, 50490 Kuala Lumpur.</p> <p><b>Good Shepherd Services (Perak)</b> No. 34, Jalan Wayang, Taman Pertama, 30100 Ipoh, Perak.</p> <p><b>Good Shepherd Services (Sabah) %</b> Pusat Belia Youth PREP Alamesra 1st Floor, Lot 25, Block E, Phase 2, Lorong Plaza Utama 1, Alamesra, Jalan Sulaiman, 88450 Kota Kinabalu, Sabah.</p>	<p>(T) 03-2095 7406 (E) info@goodshepherd.my (W) www.goodshepherd.my</p> <p>(T) 05-242 0388</p> <p>(T) 088-395 632</p>	Temporary shelter for women and girls experiencing pregnancy crisis, domestic violence and other forms of crisis situations.

19	<p><b>Grace Community Services</b> No. 7, Jalan Dendang 1, Kawasan 16, Berkeley Town Centre, 41300 Klang, Selangor.</p> <p><b>Grace Home Klang</b> No. 925, Jalan Sekinchan, Pandamaran, 42000 Port Klang, Selangor.</p> <p><b>Pusat Grace</b> Lot 845, Jalan Sellathevan, Off Jalan Sungai Kandis, 41000 Klang, Selangor.</p>	<p>(T) 03-3341 4044 (E) <a href="mailto:inquiry@gracecommunityservices.my">inquiry@gracecommunityservices.my</a> (W) <a href="http://www.gracecommunityservices.my">www.gracecommunityservices.my</a></p> <p>(T) 03-3166 3500/3501 (E) <a href="mailto:gracehomeklang@gmail.com">gracehomeklang@gmail.com</a> (W) <a href="https://www.gracehomeklang.org/">https://www.gracehomeklang.org/</a></p> <p>(T) 012-380 7013 (E) <a href="mailto:ignatiuswong31@gmail.com">ignatiuswong31@gmail.com</a></p>	<p>Provides basic medical care and food aid for marginalised communities.</p> <p>Provides shelter for the poor.</p> <p>Provides shelter, food and counselling to drugs and substance abusers.</p>
20	<p><b>Home Dynamics (Penang Branch)</b> 93-1, Jalan Gurdwara, 10300 Penang.</p> <p><b>Home Dynamics (Kuala Lumpur Branch)</b> 59-C, Jalan Desa Bakti, Taman Desa 58100 Kuala Lumpur.</p>	<p>(T) 04-210 9928 (E) <a href="mailto:infopg@hdhouse.org">infopg@hdhouse.org</a> (W) <a href="http://hdhouse.org/">http://hdhouse.org/</a></p> <p>(T) 03-7982 5773/03-7980 2503 (E) <a href="mailto:infokl@hdhouse.org">infokl@hdhouse.org</a></p> <p>(Hotline) 011-1062 9927 / 017-331 7013 / 012-941 5691 [Mon-Sat, 10am-12pn, 2pm-5pm]</p>	<p>Provides counselling services to the public.</p>
21	<p><b>International Catholic Migration Commission (ICMC)</b> 43-2A, Tingkat 2, Persiaran Ara Kiri, Kompleks Taman Lucky, Bangsar, 59100 Kuala Lumpur.</p>	<p>(T) 03-2201 7743 (E) <a href="https://www.icmc.net/">https://www.icmc.net/</a></p>	<p>Provides humanitarian assistance and protection to refugees and migrants.</p>
22	<p><b>Kawan Centre</b> No. 23 &amp; 25, Lebuhraya Klang, 10200 Georgetown, Penang.</p>	<p>(W) <a href="http://ywampenang.org/ministries/kawan/">ywampenang.org/ministries/kawan/</a> Mon, Wed &amp; Fri, 10am-2pm</p>	<p>Provides meals, resting area and counselling services to the street-based community of Penang.</p>
23	<p><b>Klinik Mentari Selayang</b> LG 25, 26 &amp; 27, Kompleks Selayang Capitol, Lebuhraya Selayang-Kepong, Batu Caves.</p>	<p>(T) 03-6127 0946 (E) <a href="mailto:mentari.hsel@gmail.com">mentari.hsel@gmail.com</a> (FB) MENTARI Selayang Mon-Thurs, 8am-1pm, 2-5pm Fri, 8am-12.15pm, 2.45-5pm</p>	<p>Provides screening, early intervention and rehabilitation for persons with mental health issues.</p>
24	<p><b>Kuala Lumpur and Selangor Chinese Assembly Hall Counselling Centre</b> 1, Jln Maharajalela, Kampung Attap, 50150 Kuala Lumpur.</p>	<p>(T) 03-2272 1195 /03-2273 9195/ 011-2610 1195 (W) <a href="https://klscch.org.my">https://klscch.org.my</a> Mon-Fri, 3pm-9pm</p>	<p>Provides counselling and legal consulting services, organises seminars.</p>

25	<b>Kuching Buddhist Society Bodhi Counselling Unit</b> Lot 1912, Jalan Laksamana Cheng Ho, P.O.Box 1775, 93736 Kuching, Sarawak.	(T) 011-6330 5990 (E) putifudao@gmail.com (W) counselling.kbs.org.my Mon-Fri, 8pm-10pm	Provides counselling on emotional distress, marital, family and relationship issues.
26	<b>Lembaga Penduduk dan Pembangunan Keluarga Negara (LPPKN)</b> No. 12B, Bangunan LPPKN Jalan Raja Laut, 50350 Kuala Lumpur.	(T) 03-2613 7555 (E) penduduk@lppkn.gov.my	Provides family counselling and services related to family planning.
27	<b>Life Line Association Malaysia</b> No 1-3, 3rd Floor, Jalan Jelatek 1, Pusat Perniagaan Jelatek, Setiawangsa, 54200 Kuala Lumpur.	(T) 016-613 1495/011-3157 1495 (E) counselling@lifeline.org.my (W) www.lifeline.org.my  Mon-Fri, 10am-12pm & 6pm-10pm; Mon, Wed & Fri, 2pm-4pm; Sat, 2pm-5pm	Provides counselling services for people in distress, depression and suicidal.
28	<b>Malaysia Care</b> 15, Jalan Tasik Selatan 3, Bandar Tasik Selatan, 57000 Kuala Lumpur.	(T) 03-9058 2102 (E) mail@malaysiancare.org (W) https://www.malaysiancare.org/	<ul style="list-style-type: none"> <li>• Provides resource centre cater for families of children with special needs.</li> <li>• Conducts financial literacy programme to help the poor manage their finances.</li> </ul>
29	<b>Malaysian AIDS Council</b> 12, Jalan 13/48A, The Boulevard Shop Office Off Jalan Sentul, 51000 Kuala Lumpur.  <b>Malaysian AIDS Foundation</b>	(T) 03-4047 4222 (E) contactus@mac.org.my (W) www.mac.org.my  (E) maf@mac.org.my  Mon-Fri 8.30am-5.30pm	<p>Secretariat coordinating and supporting NGOs working on HIV/AIDS issues in Malaysia.</p> <p>Provides counselling and shelter home for HIV/AIDS persons.</p>
30	<b>Malaysian Mental Health Association</b> TTDI Plaza, Block A, Unit 2-8, Jalan Wan Kadir 3, Taman Tun Dr Ismail, 60000 Kuala Lumpur.	(O) 03-2780 6803/ 03-7782 5499 (E) admin@mmha.org.my (W) http://www.mmha.org.my/ Mon-Fri, 9am-5pm	<ul style="list-style-type: none"> <li>• Provides psychological support services, mental health support for caregivers &amp; peers and residential facilities.</li> <li>• Conducts psychosocial rehab programmes.</li> </ul>
31	<b>MERCY Malaysia HQ</b> 1st Floor, MCOBA Building, 42, Jalan Syed Putra, 50460 Kuala Lumpur.	(T) 03-2276 2116 (E) info@mercy.my (W) www.mercy.org.my/	Provides humanitarian assistance and medical response disasters and complex emergencies.

	<p>Perak State Chapter No. 24, Jalan PP9, Bandar Universiti, 32610 Seri Iskandar, Perak.</p> <p>Johor State Chapter Iskandar Space, CIMB Leadership Academy, No. 3, Jalan Medini Utara 1, Medini Iskandar, 79200 Iskandar Puteri, Johor.</p>	<p>(E) perakchapter@mercy.org.my</p> <p>(E) johorchapter@mercy.org.my</p>	
32	<p>Kelantan State Chapter Pejabat Mercy Kuala Krai, PT 5374 Tingkat 2, Guchil 6, 18000 Kuala Krai, Kelantan.</p> <p>Terengganu State Chapter Sumai Hotel Apartment, Jalan Persinggahan, 20400 Kuala Terengganu, Terengganu.</p> <p>Sarawak State Chapter 1st Floor, Lot 90, Block 71 (KLCD), 10th Mile, Penrissen Road, 93250 Kuching, Sarawak.</p> <p>Sabah State Chapter Lot No 2, 1st Floor, Fortuna Commercial Centre, Mile 2 1/2, Penampang Road, 88300 Kota Kinabalu, Sabah.</p>	<p>(E) terengganuchapter@mercy.org.my</p> <p>(E) sarawakchapter@mercy.org.my</p> <p>(E) sabahchapter@mercy.org.my</p>	
33	<p>Mother to Mother Peer Support c/o Dr. Balkees Abdul Majed Pediatrician and Lactation Consultant Pantai Medical Centre, Penang.</p>	<p>(T) 012-455 1551 (E) pgmmps@gmail.com (FB) MMPS (Mother to Mother Peer Supporter)</p>	<p>Provides support groups for breastfeeding and free consultation on breastfeeding.</p>
34	<p>National Cancer Society Malaysia</p>	<p>(T) 1-800-88-1000 (E) help@cancer.org.my / contact@cancer.org.my (W) https://cancer.org.my/ Mon-Fri, 8.30am-4.30pm</p>	<ul style="list-style-type: none"> <li>• Provides screening services related to cancer</li> <li>• Provides psychosocial support services to people affected by cancer.</li> <li>• Provides free accommodation for children of cancer patients and their caregivers from outside of Kuala Lumpur.</li> </ul>



35	<b>National Kidney Foundation</b> 70, Jalan 14/29, 46100 Petaling Jaya, Selangor.	(T) 03-7954 9048 (E) info@nkf.org.my (W) <a href="https://nkf.org.my/">https://nkf.org.my/</a>	Provides treatments, including kidney transplant, haemodialysis and peritoneal dialysis, and counselling support to patients and their families.
36	<b>Pahang Buddhist Association Counselling Centre</b> Lot PT 57339, Jalan Bukit Ubi, 25200 Kuantan, Pahang.	(T) 09-573 9660 (W) pahangbuddhist.my	
37	<b>Penang Breast Care Society</b>	(E) penangbreastcare@gmail.com (FB) Penang Breast Care Society	Provide emotional support and advisory services for women diagnosed with breast cancer.
38	<b>Perak Women for Women (PPW)</b> 15, Market Street, 30000 Ipoh, Perak.	(T) 05-246 9715 (E) perakwomenforwomen@gmail.com (W) www.pww.org.my Mon-Fri, 8.30am-6pm; Sat, 8.30am-1pm	Provides counselling for women and children experiencing crisis.
39	<b>Pertubuhan Kebajikan &amp; Pendidikan Rumah Kita</b>	(E) ngo.rumahkita@gmail.com (FB) ngo.rumahkita	Provides shelter, maternity and baby care to single mothers who are pregnant.
40	<b>Pertubuhan Pembangunan Wanita Tamarai Pulau Pinang</b>	(T) 012-446 5947 (E) ngotamarai@yahoo.com	Provides life skills to marginalised community, including women, high-risked youths and former inmates.
41	<b>Pusat Jagaan Anneiyin Karunai Ilham</b> No. 36, Jalan Desa 2/3, Bandar Country Home, Selangor.	(T) 011-2359 9446 (E) pksmkarunaiilham@gmail.com (W) anneiyinkarunaiillam.com.my/ Mon-Sat, 9am-10pm	Provides shelter for underprivileged children.
42	<b>Reproductive Rights Advocacy Alliance Malaysia (RRAAM)</b>	(WhatsApp) 018-368 7950 (E) rraamalaysia@gmail.com (W) <a href="https://www.rraam.org/">https://www.rraam.org/</a> Mon-Sun, 10am-5pm	Provides information on safe abortion services and contraception.
43	<b>Sabah Women Action Resource Group (SAWO)</b> Lot 24, 2rd Floor Block C, Damai Point, 88300 Kota Kinabalu W.D.T.14, Sabah, 88860 Kota Kinabalu.	(T) 088-280 200 / 011-2790 8020 (E) sawo.women@yahoo.com (W) www.sawo.org.my Mon-Fri, 9am-5pm	Provides free emotional and psychological support, information and referrals to women and families in distress or crisis.

44	<p><b>Sarawak Methodist Church (Family and Counselling Unit)</b> 18, Island Road, 96000 Sibul, Sarawak.</p> <p><b>Grace Centre (Kuching)</b> P.O. Box A415, 93808 Kuching, Sarawak</p> <p><b>Wellness Centre Sibul</b> 5A, Jalan Melor, Brooke Drive 33, 96000 Sibul, Sarawak.</p> <p><b>Sincere Miri Centre</b> Lot 1893, 1st Floor Marina Square 2, 98000 Miri, Sarawak.</p> <p><b>Turning Point Centre (Bintulu)</b> Sublot 35, 1st Floor, Tg Batu Commercial Centre, Bintulu, Sarawak.</p>	<p>(E) <a href="mailto:counselling@sarawakmethodist.org">counselling@sarawakmethodist.org</a> (W) <a href="http://www.sarawakmethodist.org">www.sarawakmethodist.org</a></p> <p>(T) 082-256 411/016-883 6411 (E) <a href="mailto:gcc_tcm@hotmail.com">gcc_tcm@hotmail.com</a> (FB) Grace Centre 恩典中心 Mon, Wed &amp; Fri, 7.30pm-9pm Tues-Sat, 8am-12pm, 1.15pm-5pm</p> <p>(T) 084-333 360 (E) <a href="mailto:welloctr@gmail.com">welloctr@gmail.com</a> Tues-Sat, 8am-12pm, 1.15pm-5pm</p> <p>(T) 085-439 359 (E) <a href="mailto:sincere.miri@gmail.com">sincere.miri@gmail.com</a> Mon, Wed &amp; Fri, 7.30pm-9pm</p> <p>(T) 086-312 280 (E) <a href="mailto:turningpointbtu@gmail.com">turningpointbtu@gmail.com</a> Tues-Sat, 8am-12pm, 1.15pm-5pm</p>	Provides counselling to the public.
45	<p><b>Sarawak Women for Women Society (SWWS)</b> Unit 16, Level 4, La Promenade Mall 2, Hock Seng Lee Tower, Kuching-Samarahan Expressway, 94300 Kota Samarahan, Sarawak.</p>	<p>(T) 082-368 853 (Hotline) 013-804 4285 / 016-582 2660 (E) <a href="mailto:info@sarswws.org">info@sarswws.org</a> (W) <a href="https://sarswws.org/">https://sarswws.org/</a></p> <p>Mon: 7pm-9pm; Tue: 2pm-4pm / 7pm-9pm; Wed: 9am- 11am; Thurs: 9am-11am / 7pm-9pm; Fri: 7pm-9pm</p>	Provides support to women in distress, experiencing domestic and sexual violence and online abuse.
46	<p><b>Shelter Home for Children</b></p>	<p>(T) 03-7960 4737 (F) 03-7781 3773 (E) <a href="mailto:office@shelterhome.org">office@shelterhome.org</a> (W) <a href="http://shelterhome.org">shelterhome.org</a></p>	Provide shelters for underprivileged teenage girls and unmarried mothers.
47	<p><b>Sisters in Islam</b> No.4 Jalan 11/8E, 46200 Petaling Jaya, Selangor.</p>	<p>(T) 03-79603357/5121/6733/ 03-7960 8802 / 012-812 3424 (E) <a href="mailto:sis@sistersinislam.org.my">sis@sistersinislam.org.my</a> / <a href="mailto:telenisa.sis@gmail.com">telenisa.sis@gmail.com</a> (W) <a href="http://www.sistersinislam.org.my">www.sistersinislam.org.my</a> Tues- Thurs, 10am-5pm</p>	Provides free legal advisory services re rights under the Islamic Family Law and Syariah Criminal Offences Law.
48	<p><b>Sneham (Pertubuhan Kebajikan Sneham Malaysia)</b></p>	<p>(T) 1 800 22 5757 (E) <a href="mailto:snehammalaysia@gmail.com">snehammalaysia@gmail.com</a> Mon-Sun, 4pm-8pm</p>	Provides counselling and emotional support to those who are depressed or are having suicidal thoughts.

49	<b>SOLS 24/7</b> 1 Petaling Commerz and Residential Condos, No. 1-9, Jalan 1C/149, Off Jalan Sungai Besi, 57100 Kuala Lumpur.	(T) 03-9054 7842	Conducts free education, vocational and social programmes to communities.
50	<b>Suri Rumah Rahmah</b>	(E) surirumahrahmah@gmail.com (FB) Suri Rumah Ramah	Provides skills training to young housewives.
51	<b>Talian Kasih</b>	Hotline: 15999 (24 hours) WhatsApp: 019-26 15999	Domestic violence, rape, child abuse and baby dumping reporting, and social welfare enquiries.
52	<b>Than Hsiang Mitra Welfare Association</b> Kuala Lumpur No.196 Batu 3 1/4, Jln Klang Lama, 58000 Kuala Lumpur.  <b>Than Hsiang Mitra Welfare Association</b> Penang Branch 132, Jalan Sultan Azlan Shah, 11900, Bayan Lepas, Penang.	(T) 03-7971 9876 (E) mitrawelfare@gmail.com (W) <a href="http://thanhsiang.org/en/">http://thanhsiang.org/en/</a> Mon-Sat, 9am-5pm  (T) 04-642 9429 (E) mitrapenang@gmail.com Mon-Fri, 1pm-6pm & 7pm-9pm; Sat, 1pm-6pm	Provides counselling services, social education and welfare services.
53	<b>Tzu-Chi Malaysia</b> KL & Selangor Office KL Tzu-Chi Jing Si Hall No. 359, Jalan Kepong, 52000 Kuala Lumpur.  <b>Penang Office</b> 316, Jalan Macalister, 10450 Penang.  <b>Kedah Office</b> 535A, Jalan Perak, Kws Perindustrian Mergong 2, 05150 Alor Setar, Kedah.  <b>Malacca Office</b> 7850, Lot 922-923 Kws Perindustrian Batu Berendam Fasa 3(B), Batu Berendam, 75350 Malacca.	(T) 03-6256 3800 (E) info@tzuchi.my (W) <a href="https://www.tzuchi.my/en/">https://www.tzuchi.my/en/</a>  (T) 04-228 1013 (E) info@tzuchi.my  (T) 04-731 1013 (E) tzwelfarekd@yahoo.com  (T) 06-281 0818 (E) btzuchi@tzuchi.my	Provides medical treatments, dental service, physiotherapy and counselling services to low-income and underprivileged groups.
54	<b>United Nations High Commissioner for Refugees (UNHCR)</b> 570 Jalan Bukit Petaling, 50460 Kuala Lumpur.	(T) 03-2118 4800 (E) mlslu@unhcr.org (W) <a href="https://www.unhcr.org/en-my/">https://www.unhcr.org/en-my/</a> Mon-Fri, 8am-4pm	Provides protection for refugees and asylum seekers by issuing UNHCR cards as documentation. Appointment is required.

55	Unit Kaunseling Dewan Perhimpunan China Negeri Sembilan 13 Pusat Komersial Lobak 1, Pusat Komersial Lobak, Jalan, Jalan Permata 1, Taman Permata, 70200 Seremban, Negeri Sembilan.	(T) 03-2022 5855/014-236 7745 (W) <a href="https://huatangns.org.my/">https://huatangns.org.my/</a> Mon & Thu, 8pm-9.30pm; Sat, 3am-5pm	Provides counselling for family and relationship issues, pre-marital counselling and emotional distress.
56	Women's Aid Organisation (WAO) P. O. Box 493, Jalan Sultan 46760 Petaling Jaya, Selangor.	(T) 03-3000 8858 (24 hours) (WhatsApp/SMS) 018-988 8058 (E) <a href="mailto:womensaidorg@gmail.com">womensaidorg@gmail.com</a> / <a href="mailto:info@wao.org.my">info@wao.org.my</a> (W) <a href="http://www.wao.org.my">www.wao.org.my</a>	Provides counselling services, temporary shelter, and child care centre for domestic violence and rape survivors.
57	Women's Welfare Council Lebuhraya Babington, 10450 Georgetown, Penang.	(T) 04-229 8355 Mon-Sat, 9am-5pm	<ul style="list-style-type: none"> <li>• Provides support for young women with unwanted pregnancies.</li> <li>• Provides dormitory, daycare-cum-nursery for children, social protection home and affordable hostel for single working girls.</li> </ul>
58	Women's Right Awareness Association (WRAA) 2401 (First floor), Jalan Kampung Baru, 14000 Bukit Mertajam, Penang.	(T) 012-415 0188 (E) <a href="mailto:wraa2counselling@gmail.com">wraa2counselling@gmail.com</a> Mon-Fri, 10am-5pm	Provides services on domestic violence, marital issues and parenting.
59	World Alliance for Breastfeeding Action (WABA) P.O.BOX 1200, 10850 Penang.	(T) 04-658 4816 (E) <a href="mailto:waba@waba.org.my">waba@waba.org.my</a> (W) <a href="http://www.waba.org.my">www.waba.org.my</a> Mon-Fri, 9am-5pm	Campaigns to protect, promote and support breastfeeding and disseminates information on breastfeeding.
60	Xiao En Centre No. 1, Jalan Kuari, 56100 Cheras, Kuala Lumpur.	(T) 1-800-888-333 (E) <a href="mailto:counselling@xiaoen.com.my">counselling@xiaoen.com.my</a> (W) <a href="http://www.xiao-en.com">www.xiao-en.com</a> Mon-Fri, 8:30am-5:30pm	Provides bereavement companionship and counselling.
61	Young Buddhist Association of Malaysia Pelita Psychological Guidance Unit 9, Jalan SS 25/24, Taman Mayang, 47301 Petaling Jaya, Selangor.	(O) 03-2022 5505 (E) <a href="mailto:pelita@ybam.org.my">pelita@ybam.org.my</a> (W) <a href="https://ybam.org.my/28805-2/">https://ybam.org.my/28805-2/</a> Tue & Thur, 8pm-10pm; Sat, 3pm-6pm	Provides counselling services to the public.

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