

*Our counsellors will be available during working hours (9.00am – 6.00pm), but if you face difficulties and need to talk with a counsellor outside of working hours, you may contact the resources or hotlines below for support. In these challenging times, we care about your mental health.*

## MENTAL HEALTH SUPPORT RESOURCES OR HOTLINES

Available languages: ● Chinese ● English ● Malay ● Tamil

<p><b>Befrienders (24 Hours)</b>            Contact number: 03-7627 2929            Email: <a href="mailto:sam@befrienders.org.my">sam@befrienders.org.my</a></p>	<p><b>Pelita</b>            Tue &amp; Thu: 8.00pm - 10.00pm            Sat : 3pm-6pm            Contact number: 03-2022 5505            Email: <a href="mailto:pelita@ybam.org.my">pelita@ybam.org.my</a></p>
<p><b>Gem Helpline</b>            Monday - Friday: 2.00pm – 4.00pm &amp; 7.30pm - 9.30 PM            Contact number: 011-2528 9610 &amp; 011-5994 4384            Email: <a href="mailto:bgf.counselingunit@gmail.com">bgf.counselingunit@gmail.com</a></p>	<p><b>Sneham Malaysia</b>            24 Hours (Started from MCO until further notice)            Contact number: 1-800-22-5757            Email: <a href="mailto:snehammalaysia@gmail.com">snehammalaysia@gmail.com</a></p>
<p><b>Talian Kasih</b>            24 hours            Mon – Sunday: 8.00pm – 12.00am            Domestic abuse: 15999 (hotlines)            Contact number: 019-2615 999 (Whatsapp)</p>	<p><b>Than Hsiang Mitra Welfare Centre</b>            Sun - Fri: 8.00pm – 10.00pm (Closed on Saturday)            Contact number: 010-821 7681/ 011-3601 8303            Email: <a href="mailto:mitraklcounseling@gmail.com">mitraklcounseling@gmail.com</a></p>
<p><b>Life Line Association Malaysia</b>            Mon – Fri: 10am – 12pm, 6pm – 10pm            Mon &amp; Fri: 2pm – 4pm            Saturday: 2pm – 5pm            Contact number: 011-3157 1495/ 016-7201 495            Email: <a href="mailto:counseling@lifeline.org.my">counseling@lifeline.org.my</a></p>	<p><b>Telenisa</b>            Tue, Wed and Thu: 10am – 5pm (Except for Public Holiday)            Contact number: 012-8123 424            Email: <a href="mailto:telenisa.sis@gmail.com">telenisa.sis@gmail.com</a></p>
<p><b>Mercy Malaysia</b>            Mon – Fri: 8.00am – 5.00pm            Sat: 8.00am – 1.00pm            Contact number: 03-2935 9935</p>	<p><b>Talian Rahmah</b>            Daily: 10.00am – 4.00pm            Contact number: 017-543 7650 (Azura)/ 013-238 8408 (Ummi)            Contact the number and the person-in-charge will provide information on trained volunteer available.</p>
<p><b>MyCareCov19</b>            Mon – Fri: 8.30am – 4.30pm            Contact number: 03 – 8870 7519 / 7527 / 7528 &amp; 03 – 8880 4300            Email: <a href="mailto:mycarecov19@islam.gov.my">mycarecov19@islam.gov.my</a></p>	<p><b>Buddy Bear Childline (for children)</b>            Mon – Sun: 12.00pm – 12.00am            Contact number: 1-800-18-BEAR (1800-18-2327)            Email: <a href="mailto:buddybear@humankind.my">buddybear@humankind.my</a></p>
<p><b>Protect and Save the Children</b>            Mon – Fri: 8.30am - 5.30pm            Contact number: 016-7213 065 (Call/Whatsapp)            Email: <a href="mailto:protect@psthechildren.org.my">protect@psthechildren.org.my</a></p>	<p><b>UNHCR</b>            8.00am – 4.00pm            Contact number: 03-2118 4800            Email: <a href="mailto:mlsru@unhcr.org">mlsru@unhcr.org</a></p>

## Domestic Abuse/ Violence Resources and Hotlines

<p><b>Women's Aid Organization</b>                  24 Hours                  Hotline: 03-3000 8858                  SMS/WhatsApp TINA: +6018-988 8058                  Email: <a href="mailto:info@wao.org.my">info@wao.org.my</a>                  Website: <a href="http://www.wao.org.my">www.wao.org.my</a></p>	<p><b>Telenita Helpline (All Women's Action Society (AWAM))</b>                  Mon- Fri: 8.30am – 6.00pm                  Contact number: 016-2374421                  Telegram &amp; WhatApp: 016-2374421 (Leave a text during weekend and an AWAM officer will get back to you)                  Email: <a href="mailto:telenita@awam.org.my">telenita@awam.org.my</a>                  Website: <a href="http://www.awam.org.my">www.awam.org.my</a></p>
<p><b>Tenaganita</b>                  24 Hours                  Contact number: 603-7770 3671 / 3691 &amp; 012-3350512 &amp; 012-3395350                  Email: <a href="mailto:general@tenaganita.net">general@tenaganita.net</a>                  Website: <a href="http://www.tenaganita.net">http://www.tenaganita.net</a></p>	<p><b>Women's Center for Change</b>                  Mon - Fri: 9.00am – 5.00pm                  Telephone: 04-228 0342                  WhatsApp: 011-3108 4001                  Email: <a href="mailto:wcc@wccpenang.org">wcc@wccpenang.org</a>                  Website: <a href="https://www.wccpenang.org">https://www.wccpenang.org</a></p>
<p><b>Sabah Women's Action Resource Group</b>                  Mon - Fri: 9.00am – 5.00pm                  Helpline: 088-280 200 / 011-2790 8020                  Email: <a href="mailto:sawo.women@yahoo.com">sawo.women@yahoo.com</a>                  Website: <a href="http://www.sawo.org.my">http://www.sawo.org.my</a></p>	<p><b>Sarawak Women for Women</b>                  Contact Number: 082-416 053                  WhatsApp: 013-804 4285                  Email: <a href="mailto:sarswws@gmail.com">sarswws@gmail.com</a> / <a href="mailto:info@sarswws.org">info@sarswws.org</a>                  Website: <a href="http://sarswws.org">sarswws.org</a></p>

### UCSI1Card Partners

Present your Student or Staff ID to enjoy discount from listed UCSI1Card partners as below. For more information on the deals and privileges, kindly visit: [www.ucsi1card.com/privileges](http://www.ucsi1card.com/privileges)

<p><b>SOLS Health</b>                  Centre Operating Hours:                  Tue, Thu, Fri &amp; Sat: 9.30am – 9.00pm                  Online Operating Hours:                  Tue – Sat: 9.30am – 6.00pm                  Off Days: Sunday and Monday                  Contact number: 018-664 0247                  (For consultation &amp; appointment)                  Email: <a href="mailto:navigaide@sols247.org">navigaide@sols247.org</a> &amp; <a href="mailto:liana@sols247.org">liana@sols247.org</a>                  Website: <a href="https://www.solshealth.org/">https://www.solshealth.org/</a></p>	<p><b>ASK Psychologist</b>                  Mon – Fri: 10.00am – 6.00pm                  Weekend and after working hours-                  By appointment only                  Contact number: 011-3676 2478                  Email: <a href="mailto:admin@mpspsy.com.my">admin@mpspsy.com.my</a>                  Website: <a href="http://www.mpspsy.com.my">www.mpspsy.com.my</a></p>
<p><b>Klinik Pakar Dr. Yeoh &amp; Dr. Hazli (Psychiatry)</b>                  Mon - Thu: 9.30am- 1.30pm &amp; 2.30pm - 5.30pm                  Friday: 9.30am – 12.30pm &amp; 2.30pm - 5.30pm                  Saturday: 8.30am - 5.30pm (By appointment only)                  Contact number: 03-9103 0388 &amp; 012-2440 609                  Email: <a href="mailto:gingging91@gmail.com">gingging91@gmail.com</a></p>	<p><b>Inpsych</b>                  Mon – Sat: 9.00am -6.00pm                  By appointment only                  Contact number: 017-3311 216                  Email: <a href="mailto:inquiry@inpsych.com.my">inquiry@inpsych.com.my</a>                  Website: <a href="http://www.inpsych.com.my">http://www.inpsych.com.my</a></p>