

ANNIVERSARY CHARITY DINNER
10th August 2019 | Imperial Hotel | 6.30pm - 10.30pm

*Life is
Precious!*

You are not alone



Befrienders
KUCHING

We provide emotional support from 6.30pm-9.30pm daily
082-242800 | sam@befrienderskch.org.my

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6.30 – 7.15pm

Arrival of Guests and Networking
Registration/Ticketing
Booths: Photograph, Merchandise Sale (KAA & Borneo Soap), Befrienders Kuching Info, Lodge School Art Exhibition



7.15 – 7.25pm

Welcoming Speeches & Officiating Gimmick
by BFK President
by NCOBM President
Call Befrienders
Kuching hotline



7.25 – 7.45pm

Dishes 1 & 2 (4 Hot & Cold Combination, Vegetarian Sweet Corn Soup) served
The Red Line Train Band
Raban Kenyalang



7.45 – 8.25pm

Dishes 3 & 4 (Deep-Fried Beancurd w/ Thai Sauce, Pan-Fried Prawn w/ Sweet & Sour Sauce) served
Wordsmiths of Kuching
Lucky Draw (Consolation prizes)



8.25 – 9.05pm

Dishes 5 & 6 (Stir Fried Eight Treasures Vegetables w/ Cashew Nuts, Yang Zhou Fried Rice) served
Kuching Dance Collective
Mental Health Sharing
BFK Slideshow



9.05 – 9.45pm

Dessert (Sea Coconut & Barley w/ Dried Longan) served
Persatuan Belia Pekak Sarawak
Lucky Draw (Grand prizes)
Appreciation & Acknowledgement to sponsors



9.45 – 10.00pm

Closing Remarks by Emcee
Video Presentations on Befrienders Kuching
Photograph session
Ongoing booths
Dismissal

Programme List

Befrienders Kuching Anniversary Charity Dinner
10th August 2019 | 6.30 – 9.45pm
Imperial Hotel, Kuching



Message from President National Council of Befrienders Malaysia

On behalf of the National Council of Befrienders Malaysia (NCOBM), I would like to congratulate all members of Befrienders Kuching, Sarawak for organizing the First Anniversary Charity Dinner.

This is a great step towards spreading awareness to the public about the availability of the helpline for emotional support and suicide prevention in Kuching, Sarawak besides all others in the Befrienders Malaysia and Befrienders Worldwide.

Thanks to Befriender Rosliwati and Befriender Kelly, the founding Chairperson and Secretary who consistently made efforts to inspire the members for delivering befriending service to the community.

They have abided by the Charter, rules and principles of The Befrienders in delivering the free, strictly confidential emotional support to the public.

I am honoured to be associated with Befrienders Kuching.

It has become a youthful, energetic and caring model emotional centre in Malaysia.

Best wishes for their ongoing activities.

Happy Befriending Always!

Teo Siam Cheng (Esther Smiling)
President, National Council of Befrienders Malaysia (NCOBM)
Google: Befrienders Malaysia



Welcoming address President of Befrienders Kuching

Assalamualaikum and Salam Sejahtera

First of all, I would like to welcome all of you to our First Befrienders Kuching Anniversary Charity Dinner 2019.

The theme for this dinner is "Life Is Precious, You Are Not Alone".

I hope all of us can work together to make community know and aware that befriender is here offering support and help to all.

Thank you for your generous support by joining us to enlighten the awareness of mental health issues and suicide prevention.

I would like to extend my greatest gratitude to the dinner organising committee and members of Befrienders Kuching for their hardwork and tireless effort to make this event successful.

To all those who donated and supported us, may all of you be blessed and have a wonderful life forward. Please enjoy the dinner and I hope that you are able to gather some knowledge during the dinner.

I hope your continuous support will help Befrienders Kuching to grow and blossom in the eyes of the community.

Sincerely,

Rosliwati Binti Md Yusoff
President of Befrienders Kuching, Sarawak



Message from Organising Chairperson *Dr. Mirunaaleni Selvaraju, Befrienders Kuching*

Distinguished guests!

Ladies and gentlemen!

It is my honor to be the organising chairperson of this charity event on this wonderful evening.

It is a great pleasure for me to be here today amongst all of you who have been showing keen interest in mental health and especially in our effort to prevent suicide.

I would like to seize the opportunity to congratulate ourselves on launching this outstanding NGO Befrienders Kuching and now we are gathered to celebrate the first anniversary of the association. Our donations and profit from this event will be transferred to a fund to raise a building in order to create more opportunity to not only befriending services but also to promote mental health.

Death is inevitable.

However, in the recent days we have been hearing more death not due to illness or motor vehicle accidents but deliberate action to take away ones' life. Suicide. Regardless of age, gender and ethnicity, we have been shaken with this news. Unfortunately, awareness and support system remain scarce in most part of our state.

Suicide is preventable.

Stigma against mental health is so strong that not many of those who suffer from it admit to even their closest companion about their true condition. As a consequence, they remain to fight the though all by themselves. As a part of this community, we should act more to prevent more suicides from happening.

To all those who are nursing suicidal thoughts, here is where we want to shout out as loud as possible that you are not alone. We are here to listen to your thoughts, you are special, you are significant, you are listened to, you have someone to speak to, your presence makes us happy, your absence makes a great difference....

You are not alone.

We are living in the world that needs great changes. Talking about suicide is not something that everyone is capable or comfortable with. But, as President Obama said, **we are responsible for the future of the world** as well. Our organization has been constantly working on creating mental health awareness.

Please be reminded, we provide listening pair of ears not counselling service. As I always mention that, when someone has issue or worries that is bothering them all they want is for another person to give attention to what they got to say. Unfortunately we all tend to provide advice and solution. Try to support them by giving your undivided attention to the emotions they have and not to focus on problem solving. You will realise that we become a better listener and the counterpart too feels much appreciated.

Life is precious.

God presents us with this gift of life not to suffer from what we can have as our right. Health care protection is a hot issue in developing countries. Please do remember that, **there is no health if no mental health.**

Our mutual efforts, our support our hardwork - all this suffering from depression and emotional distressed need most of all. Together, we will fulfil our duty of cherishing every human life.

In closing, I wish to thank all of you, our sponsors and donors, supporters for your donations. And a special thanks to all our loyal volunteers who have been struggling to keep our organisation to go on and serve those in need. I bow to every one of our volunteers for making as stand still despite all the struggles that we have been facing. We too are not alone.

Let's go on building the bonds of friendship and goodness through cooperation and mutual respect.

Thank you all for being with us, joining us, and supporting our beginnings. Thank you all! Happy Befriending. Remember that you are not alone, life is precious.



Our Vision

A world in which fewer people feel the need to end their own lives.



Befrienders Kuching Introduction

Befrienders Kuching is a not-for-profit organisation. We provide emotional support to people who are suicidal or in general distress.

We are ready to listen on 1st August 2018.

Our Mission

To alleviate distress and help reduce the risk of suicide through emotional support and public education.



OUR SERVICES

Monday to Sunday
6.30pm-9.30pm

Our Goals

- To provide emotional support to the distressed and the suicidal at all times.
- To impart emotional support skills to the community.
- To instil coping skills for better mental health.
- To create awareness of the causes of suicide and how it can be prevented.
- To increase our effectiveness by working in partnership with others.
- To become a suicide prevention resource center.

Suicide Prevention Hotline:

082-242800

Email Befriending:

sam@befrienderskch.org.my

Befrienders (心灵扶助协会) 是一个为了预防自杀而成立的非政府, 非营利组织。在世界各地, 包括西马和沙巴都已经有超过十年的历史。现在全马已经有九间分会。

砂拉越唯一的一间分会 Befrienders Kuching (古晋心灵扶助协会) 也在2018年八月一日投入服务。我们透过热线及电邮给予人们情绪上的支持。

古晋心灵 扶助协会 简介

活着, 就有希望!

过去的一年, 我们已经收到超过五百通的电话及电邮。看到砂拉越社会的需要, 我们的愿景是: 透过教育与支持, 自杀不再是人们面对困难的第一解决方案。

我们相信, 通过提升大众对自杀课题的醒觉性, 教育大众预防自杀的方式, 不仅可以减少更多悲剧的发生, 更可以为下一代建立一个更健康的社会, 即是一个人人都可以互相支持, 彼此关爱的社会。

精神健康

除此之外, 我们也在学校, 医院, 商场举办外展活动; 也与其他机构如古晋聋人协会和砂拉越精神健康协会合作, 为了让这些被边缘化的群体也可以融入社会 (social inclusion) 。

彼此关爱

本着对社会的热情, 我们希望看到更多人一起为精神健康努力, 让更多有需要的人可以从中受惠。

您的参与将帮助更多在情绪上有需要被聆听的人!

服务时间: 6.30pm-9.30pm

生命热线:

082-242800

电邮服务:

sam@befrienderskch.org.my

希望

Befrienders merupakan sebuah organisasi bukan keuntungan yang memberi sokongan emosi, kepada orang dalam kemurungan dan mempunyai pemikiran bunuh diri.

Semua sukarelawan kami dilatih dan setiap perbualan dikendalikan sebagai sulit.

Kami terdiri dari berbilang kaum, tidak berorientasikan beragama dan sedia ada untuk semua orang.

Pengenalan Befrienders Kuching

- Ditubuhkan pada 10 Januari 2018 oleh sekumpulan pengamal dan penjaga kesihatan mental
- Tujuan utama Befrienders Kuching adalah untuk memberi sokongan emosi kepada komuniti
- Talian telefon talian mula beroperasi pada **1 Ogos 2018** dari 6.30 malam 9.30 malam setiap hari
- Perkhidmatan e-mel bermula operasi pada **1 Januari 2019**

Matlamat

Kami berharap untuk menjadi pusat sumber pencegahan bunuh diri, memberi sokongan emosi dan meningkatkan kemahiran sokongan emosi serta kemahiran mengatasi kesihatan mental yang lebih baik dalam kalangan masyarakat.

Visi

Mengurangkan orang yang ingin membunuh diri di dunia ini.

Misi

Mengurangkan kesusahan emosi dan risiko bunuh diri melalui sokongan emosi dan pendidikan awam.

Masa: 6.30pm-9.30pm

Talian Harapan:

082-242800

Servis E-mel:

sam@befrienderskch.org.my

Our Team

"Coming together is a beginning, staying together is progress, and working together is success." – Henry Ford



Operation Team:

Handles all operations related to the phone room.



Admin Team:

Supports the operation of entire organisation.



Outreach Team:

Conducts activities at events and raises awareness.



Publicity Team:

Raises fund to support the activities and expenses of the organisation.



Training Team:

In-charge of training potential volunteers.

Befrienders Worldwide- The Charter

1. The primary purpose of the centres is to give emotional support to people when they are suicidal.
2. The volunteers who serve the centres also seek to alleviate misery, loneliness, despair and depression by listening to those who feel they cannot turn to anyone else who would understand and accept them.
3. Contact with a centre does not limit individual freedom, which is further protected by the right to remain anonymous.
4. The fact that someone has been in contact with a centre (whether by telephone, letter, visit or any other means) is confidential, so too is everything revealed by or about the person.
5. The centres are non-political and non sectarian and the volunteers do not seek to impose their own convictions on anyone.
6. Volunteers are selected, trained, guided and supported by other experienced volunteers.
7. Centres may on certain occasions request the advice of professional consultants.
8. In appropriate circumstances, individuals may be invited to consider seeking professional help in addition to the support offered by a centre.

Board Members 2018-2020



Dr. Rosliwati Yusof
President



Dr. Ting Chuong Hock
Vice President



Kelly Lee Chow Hui
Secretary



Chin Chew Lan
Vice Secretary



Dr. Syarifah Hafizah Wan Kassim
Sergeant at Arms



Dr. Mirunaaleni Selvaraju
Training Director



Putera Farrick Nizam
Treasurer



Tommy Tang Teck Chiong
Operations Director



Melody Chong Ai Ching
Assitant Operations Director



Brandon Lee Jia Wei
Admin Director

Charity Dinner 2019 Organising Committee



Dr. Mirunaaleni Selvaraju
Organising Chairperson



Tommy Tang Teck Chiong
Treasurer



Tiong Ung Tung
Sponsorship & Sales



Chan Wan Xin
Sponsorship & Sales



Melody Chong Ai Ching
Entertainment & Program



Bryan Lim Yik Jui
Entertainment & Program



Emilia Ting Ing Chieh
Design & Photography



Brandon Lee Jia Wei
Ticketing & Invitations

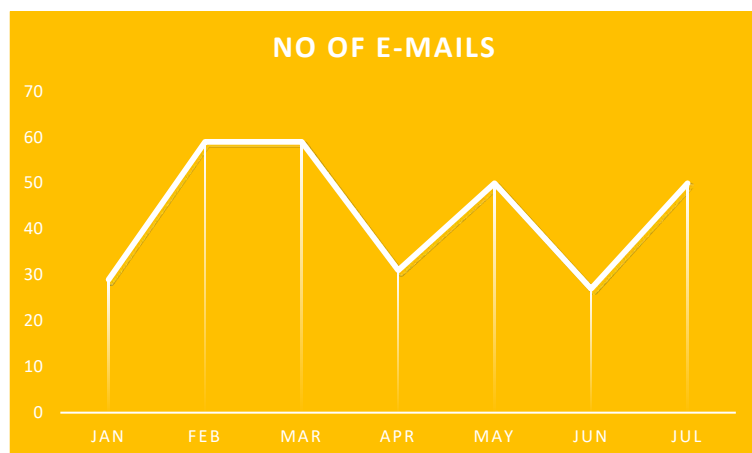
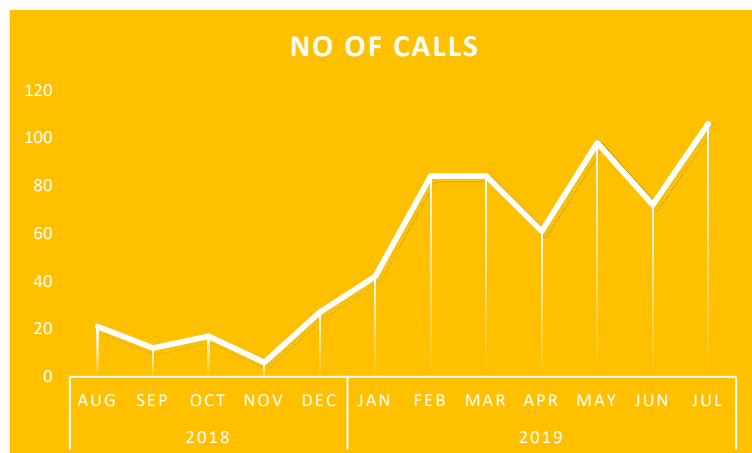


Voon Yan Sin
Food and Venue



Basil Wee Geok Sang
Food and Venue

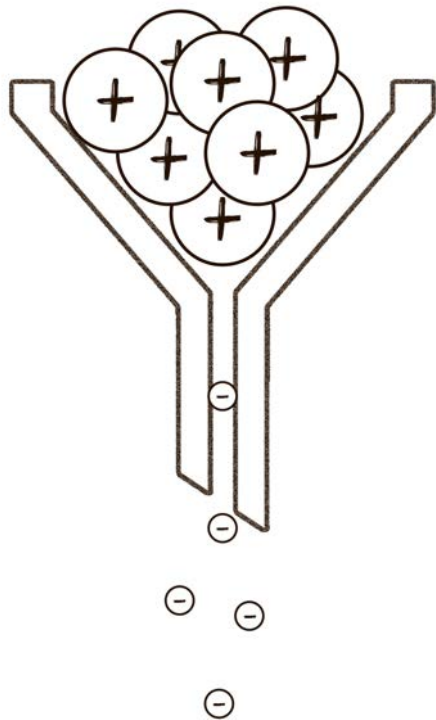
Caller Statistics Report (August 2018-June 2019)



Information from: cci.health.wa.gov.au

When a person experiences an unhelpful emotion (eg, depression or anxiety), it is usually preceded by a number of unhelpful self-statements and thoughts. Often there is a pattern to such thoughts and we call these, **"unhelpful thinking styles"**. One of the things we have noticed is that people use unhelpful thinking styles as an automatic habit. It is something that happens out of our awareness. However, when a person consistently and constantly uses some of these styles of thinking, this often leads to a great deal of emotional distress.

Here are some examples of unhelpful thinking style:



Mental filter

*"Tunnel vision" ; focus on only one part of a situation and ignore the rest.
Enlarge (magnify) the positive attributes of other people and shrink (minimise) your own attributes.*

Beliefs	Fact
I'm going to get in there and forget what I'm supposed to say, stumble over my words, and completely stuff up the presentation, and this will be terrible.	Many people do have anxiety during presentation, you had done well by just preparing for the presentation.

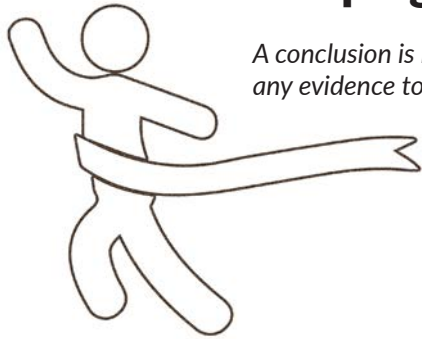


Catastrophising

Over-interpreting the situation as terrible, awful, dreadful and horrible.

Beliefs	Fact
I felt depressed this morning, "What if I stay depressed?"	Many people could have felt depressed this morning, but they do get out of it.

Jumping to conclusions

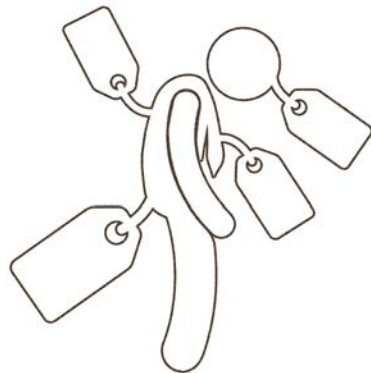


A conclusion is being made without really knowing if there is any evidence to support it.

Beliefs	Fact
I'm unloveable.	Not everyone sees you as unloveable. Beauty is in the eyes of the beholder.

Labelling

Define a person based only on behaviour in specific situations and ignore the other positive characteristics and actions.



Beliefs	Fact
I'm such an idiot to break the glass.	Breaking a glass doesn't make you an idiot. You could have been not paying attention.



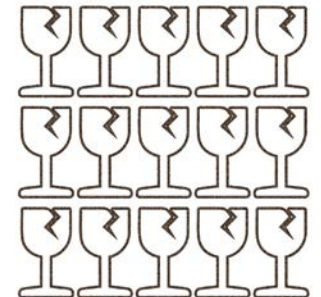
Black & white thinking

Judge ourselves, others, or the situation, based on these extremes, without seeing the shades of grey in-between,

Beliefs	Fact
If I'm not the best at what I do, then I'm worthless.	Many people are not the best at all time. Everyone has their own strengths in different ways.

Overgeneralisation

To take one instance in the here and now, and to impose this on all future situations.



Beliefs	Fact
Things never turn out well for me.	There must have some happy moments in your life although not many. Count the blessings!



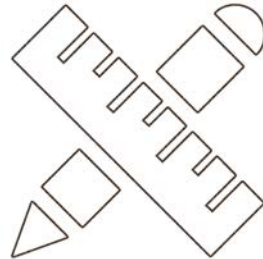
Personalisation

Can you think of some occasions when something hasn't gone quite as you wanted, or the way you expected, and you've blamed yourself totally for what's happened?

Beliefs	Fact
It was my fault to make the toast burned at breakfast. I'm to blame.	We don't have to blame ourselves but can do things better next time.

"Should" & "Must" statements

These types of statements become unhelpful when you use "should" and "must" statements to put unreasonable demands or pressure on yourself



Beliefs	Fact
I should never reject others.	You can be assertive about your feelings and thoughts.

Thank you for reading through this. Now, you are aware of different unhelpful thinking styles. Are you ready to explore your own unhelpful thinking styles? Remember, you are not alone! You can do it!

Activity Report

Activity Report

Befrienders Kuching had conducted different activities to reach out to our community.

ACTIVITY : Cahaya Mata Sarawak Tribal Run 4.0

DATE : 5 August 2018

ORGANISER : CMS



ACTIVITY : 13th International Conference on Child and Adolescence Psychopathology 2018 (ICCAP)

DATE : 6 - 8 August 2018 (Monday - Wednesday)

LOCATION : Pullman Kuching

ORGANISER : The Department of Psychology, University of Roehampton, London, UK



ACTIVITY : Health Carnival (Karnival Kesihatan)

DATE : 17-18 August 2018 (Fri-Sat)

LOCATION : Old DUN Building (Bangunan DUN Lama, Petrajaya)

ORGANISER : Ministry of Health (Kementerian Kesihatan Malaysia)

ACTIVITY : Mindbrew 2.0: Exploring Identity

DATE : 11 August 2018 (Saturday)

LOCATION : Coffee Obsession, Jalan Tun Ahmad Zaidi Aducci

ORGANISER : The Champions Kuching

ACTIVITY : World Suicide Prevention Day 2018 School Outreach

EVENT DATE : 29th August 2018 (Wednesday)

LOCATION : Lodge International School, Kuching

ORGANISER : Lodge Group Of Schools/Befrienders Kuching/Sarawak Society For The Deaf



Different activities during outreach event.



TAKE 5 Video Presentation (by Sarawak Society for the Deaf)

<https://www.facebook.com/watch/?v=327793714636188>

ACTIVITY : World Suicide Prevention Day 2018 School Outreach

Event DATE : 6th September 2018 (Thursday)

LOCATION : Lodge National School, Kuching

ORGANISER : Lodge Group Of Schools/Befrienders Kuching/Sarawak Society For The Deaf



Stop Suicide Pledge. Click the link below or scan QR code to sign.

https://docs.google.com/forms/d/e/1FAIpQLSchoaLyuZoVDHyTX-LkPgAKvxJD-FCxE7ivn7uscNoP_wuuaNQ/viewform



ACTIVITY : Story Nights By Kamek Kitak Vol. 8 - Struggles

DATE : 7 September 2018 (Friday)

LOCATION : Le Café Rouge

ORGANISER : Kamek Kitak Stories

ACTIVITY : Managing Stress and Suicidal Thoughts Workshop

DATE : 14th September 2018 (Friday)

LOCATION : SEGi College Sarawak

ORGANISER : SEGi College Sarawak Student Affairs Department



ACTIVITY : Outreach event at Klinik Kesihatan Petrajaya

DATE : 24th September 2018 (Monday)

LOCATION : Klinik Kesihatan Petrajaya

ORGANISER : Klinik Kesihatan Petrajaya/Befrienders kuching/CMHC SGH



ACTIVITY : Healthy Mind Run 2.0

DATE : 7 October 2018 (Sunday)

LOCATION : Waterfront Kuching

ORGANISER : Hospital Sentosa

ACTIVITY : Blood Run Campaign

DATE : 14.10.2018

LOCATION : Vivacity Mall

ORGANISER : Sarawak Health Department

ACTIVITY : Every Brilliant Thing

DATE : 12 - 13 October 2018 (Friday - Saturday)
LOCATION : Old Courthouse Kuching
ORGANISER : Poh Sze-Lyn & Laura Kho



ACTIVITY : Hari Terbuka Hospital Sentosa

DATE : 10 November 2018 (Saturday)
LOCATION : Hospital Sentosa
ORGANISER : Hospital Sentosa

2019

Our email service was launched on 1st January 2019.



ACTIVITY : Talk on mental health and suicidal

DATE : 7 January 2019 (Monday 9:00am)
LOCATION : DOSH Office
ORGANISER : DOSH

ACTIVITY : Members Gathering

DATE : 13 Jan 2019 (Sunday 2:30pm)
LOCATION : Masters Training Centre
ORGANISER : Befrienders Kuching (Day Director Head)

ACTIVITY : KPJ Talent Management Open Day

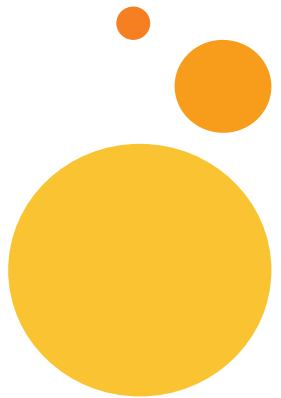
DATE : 1 February 2019 (Friday)
LOCATION : Kuching Specialist Hospital
ORGANISER : Kuching Specialist Hospital

ACTIVITY : CNY visit to Sentosa Hospital, Kuching

DATE : 24-02-2019
LOCATION : Sentosa Hospital, Kuching
ORGANISER : Befrienders Kuching



Befriended the residents and had fun activities with them.





Visited to the wards and token of appreciation were presented to the mental health workers (with an intention to help volunteers to understand how the residents can live a normal life in the institute and to eliminate stigma)



We are done!

ACTIVITY : VOLUNTEER PREVIEW #1

DATE : 16TH MARCH 2019

LOCATION : Befrienders Kuching Office

ORGANISER : Befrienders Kuching

ACTIVITY : March Monthly Meeting

DATE : 16 March 2019 (Saturday 12:10pm)

LOCATION : Masters Training Centre

ORGANISER : DDH

ACTIVITY : 2nd Annual General Meeting

DATE : 30th March 2019

LOCATION : Befrienders Kuching office

ORGANISER : Befrienders Kuching

ACTIVITY : Virtual Run 2019

DATE : 1-31 March 2019

LOCATION : Online

ORGANISER : Befrienders Kuching

ACTIVITY : MENTAL HEALTH CARNIVAL

DATE : 12th – 14th April 2019

LOCATION : East Atrium, Vivacity Megamall

ORGANISER : Befrienders Kuching



ACTIVITY : Mental Health Literacy Course

DATE : 27th April 2019

LOCATION : Mental Health Association of Sarawak

ORGANISER : Mental Health Association of Sarawak



ACTIVITY : April Monthly Meeting

DATE : 27th April 2019

LOCATION : Masters Training Centre

ORGANISER : DDH

ACTIVITY : KPJ Talent Management

Open Day DATE : 30th April 2019

LOCATION : Kuching Specialist Hospital

ORGANISER : Kuching Specialist Hospital



ACTIVITY : Asia Metropolitan College (AMC) Mini Open Day: Health Care is a Right not a Privilege

DATE : 17th May 2019

LOCATION : Asia Metropolitan College, Kuching

ORGANISER : Asia Metropolitan College



Helplines Available



Kuching Hospital and Clinic Directory

Government Hospital/Clinic				
Ref.	Name of hospital / clinic	Address	Contact no.	Website
1	Hospital Sentosa	Batu 7, Jalan Penrissen, Kota Sentosa, 93250 Kuching, Sarawak	082-612321	
2	Sarawak General Hospital	Jalan Hospital, 93586 Kuching, Sarawak	082-276 666	http://hus.moh.gov.my/
3	Klinik Kesihatan Petra Jaya	Petra Jaya, 93050 Kuching, Sarawak	082-228228	
Private Hospital/Clinic				
Ref.	Name of hospital / clinic	Address	Contact no.	Website
1	Borneo Medical Centre	Lot 10992, 801-28 Jalan Tun Jugah, Kenny Hill, 93350 Kuching, Sarawak	082-507333	http://www.borneomedicalcentre.com/
2	Timberland Medical Centre	5164-5165, Block 16, Rock Road, Taman Timberland, 93250 Kuching, Sarawak	082- 234466	https://www.timberlandmedical.com/
3	Normah Specialist Medical Centre	Lot 937, Section 30 KTLD Jalan Tun Abdul Rahman Petra Jaya Kuching Sarawak, 93050 Malaysia	082-440055	http://www.normah.com.my/
4	KPJ Kuching	No.7 Jalan Stutong, Kuching, Sarawak	082-365777	http://kpjkuching.com/
5	Permai Specialist Clinic	Lot 2992, Wisma Keretapi, Jln Tun Ahmad Zaidi Adruce, 93150 Kuching, Sarawak	082-422219	
6	Yap Psychiatry Specialist Clinic	14, Jalan Batu Lintang, Kuching, Sarawak	082-412819	

Kuching Emotional Support and Counselling Services

Ref.	Name of organization	Hotline	Email	Contact (general)	Operating hour (Emotional Support/Counselling)
1	Befrienders Kuching	082-242800	sam@befrienderskch.org.my	admin@befrienderskch.org.my	Daily: 6.30 p.m. – 9.30 p.m.
2	Sarawak Women for Women Society	082-422660		082-416053	Monday : 7.00 p.m. - 9.00 p.m. Tuesday : 2.00 p.m. - 4.00 p.m. 7.00 p.m. - 9.00 p.m. Wednesday: 9.00 a.m. - 11.00 a.m. Thursday : 9.00 a.m. - 11.00 a.m. 7.00 p.m. - 9.00 p.m. Friday : 7.00 p.m. - 9.00 p.m.
3	Grace Centre	082-256411	gcc_tcm@hotmail.com	082-258411	Monday – Friday: 7.30 p.m. – 9.00 p.m.
4	Bodhi Counselling	082-256429 082-256428	putifudao@gmail.com	012-8276722 (face to face counselling)	Monday : 7.00 p.m. – 9.00 p.m. Thursday : 7.00 p.m. – 9.00 p.m.
5	Mental Health Association of Sarawak		mhasarawak69@gmail.com	082-231459	Monday : 8.00 a.m. – 1.00 p.m. Wednesday: 8.00 a.m. – 1.00 p.m.

Sibu Hospital and Clinic Directory

Government Hospital/Clinic				
Ref.	Name of hospital / clinic	Address	Contact no.	Website
1	Sibu Hospital	KM 5 1/2, Jalan Ulu Oya, 96000 Sibu, Sarawak	084-343333	http://hsibu.moh.gov.my
Private Hospital/Clinic				
Ref.	Name of hospital / clinic	Address	Contact no.	Website
1	KPJ Sibu Specialist Medical Centre	No 52A-G, Persiaran Brooke, 96000 Sibu, Sarawak	084-329900	https://www.kpjsibu.com
2	Rejang Medical Centre	No. 23-35, Jalan Pedada, Sibu, 96000, Sibu, Sarawak	084-323333	http://rejang.com.my

Sibu Emotional Support and Counselling Services

Ref.	Name of organization	Contact no.	Email
1	Wellness Counselling 诗巫幸福中心	084-333060	wellnesscounselling@gmail.com welloctr@gmail.com (Counselling)
2	Mental Health Association of Sarawak, Sibu Branch	084-313602	

Miri Hospital and Clinic Directory

Government Hospital/Clinic				
Ref.	Name of hospital / clinic	Address	Contact no.	Website
1	Hospital Miri	Jalan Cahaya, 98000 Miri, Sarawak.	085-420033	https://hmiri.moh.gov.my
Private Hospital/Clinic				
Ref.	Name of hospital / clinic	Address	Contact no.	Website
1	Columbia Asia Hospital, Miri	Jalan Bulan Sabit, 98009 Miri, Sarawak	085-437755	www.columbiaasia.com
2	Miri City Medical Centre	Jalan Hokkien CDT 100, 98000 Miri, Sarawak	085-426622	http://www.mcmcmiri.com/

Miri Emotional Support and Counselling Services

Ref.	Name of organization	Hotline	Email	Contact (general)	Operating hour (Emotional Support/Counselling)
1	Sincere Centre Miri 美里心弦中心	085-439359	sincere.miri@gmail.com	085-433359	Tuesday – Friday: 8.00 a.m. – 12.00 p.m. 1.30 p.m. – 5.30 p.m. Saturday : 8.00 a.m. – 12.00 p.m. 1.30 p.m. – 4.30 p.m.
2	Mental Health Association of		mhas.miri@gmail.com	085-415199	

Bintulu Hospital and Clinic Directory

Government Hospital/Clinic				
Ref.	Name of hospital / clinic	Address	Contact no.	Website
1	Hospital Bintulu	Jalan Nyabau, 97000 Bintulu, Sarawak	086-255899	http://hbtu.moh.gov.my/cms/
Private Hospital/Clinic				
Ref.	Name of hospital / clinic	Address	Contact no.	Website
1	Columbia Asia Hospital, Bintulu	Block 26, Jalan Tan Sri Ikhwan Kemena Land District, Tanjung Kidurong 97000 Bintulu	086-251888	http://www.columbiaasia.com/bintulu/
2	Bintulu Medical Centre	Block 31, Kamena Land District, 97000 Bintulu, Sarawak	086-330333	www.bintulumedicalcentre.com

Bintulu Emotional Support and Counselling Services

Ref.	Name of organization	Address	Contact no.	Operating hour (Emotional Support/Counselling)
1	Turning Point Centre Bintulu	1st & 2nd Floors Packcity Commercial, Jalan Tun Ahmad Zaidi, Parkcity Commerce Square, 97000 Bintulu, Sarawak	086-318880	Tuesday – Saturday: 8.00 a.m. – 12.00 p.m. 1.15 p.m. – 5.00 p.m.

Information from: Mental Health Association of Sarawak

Befrienders Malaysia Network



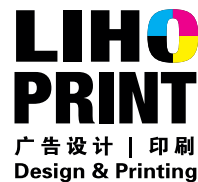
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