

SENARAI TALIAN BANTUAN



Lokasi	Talian Bantuan	Bahasa utama				
			Laman sesawang	Telefon	Email	Masa perkhidmatan
Kuala Lumpur	Befrienders	Inggeris, Melayu	https://www.befrienders.org.my/	03-7956 8144 03-7956 8145	sam@befrienders.org.my	24 jam
	Lifeline	Cina	http://lifeline.org.my/cn/	03-4265 7995	counselling@lifeline.org.my	Isnin 10am-12pm & 2pm-4pm; Selasa 10am-12pm Jumaat 10am-12pm & 2pm-4pm; Sabtu 2pm-5pm Kaunseling malam: Isnin - Jumaat: 7pm- 10pm
	Mitraline	Cina	http://mitrawelfarecentrekl.blogspot.com/	03-7981 5300 03- 7981 5301	mitrakl@thanhsiang.org	Isnin - Jumaat:1pm- 6pm, 7pm-9 pm; Sabtu: 1-6 pm
	PELITA	Cina	https://www.facebook.com/xindengfudao/	03-7805 3030	pelita@ybam.org.my	Selasa & Khamis 8pm- 10pm Sabtu 3pm- 6pm
	BGF Counseling Unit	Inggeris	https://bgf.org.my/about-bgf/bgf-counseling-unit-and-welfare/	03-7859 9610 03- 7859 9682	info@bgf.org.my	Isnin - Jumaat. 7.30pm – 9.30pm

Lokasi	Talian Bantuan	Bahasa utama	Laman sesawang	Telefon	Whatsapp	Email	Masa perkhidmatan
Penang	Befrienders	Inggeris, Melayu, Cina	http://www.befpen.org/	04-2815161 04-2811108	011-56997687	pat@befpen.org	Isnin-Ahad: 3.00 pm - 12.00 midnight
	D'Home Careline	Inggeris	http://www.d-home.org.my	04-6434432		dhomepg@gmail.com	Isnin-Jumaat: 10 am - 2 pm Sabtu: 10 am - 1 pm
	Mitraline	Cina	http://www.thanhsiang.org/en/mitra/mitra-line	04-6429429		mitrapenang@gmail.com	Isnin-Jumaat: 1pm-9pm Sabtu: 1pm-6pm
	Agape Counselling	Inggeris, Cina		017 499 4236 012 400 5606 012 4670255 04-2280709			Selasa-Sabtu: 9am - 6pm
Butterworth	Sneham	Tamil, Inggeris, Melayu	https://facebook.com/snehammalaysia/	1800 22 5757			Isnin-Ahad: 4 pm-8 pm
Ipoh	Befrienders	Inggeris, Melayu	-	05-5477955 05-5477933	-	-	Isnin- Ahad: 4-11pm
Melaka		Inggeris, Melayu, Cina	-	06-2842500 06-2842700 06-2810181	-	-	Isnin- Ahad: 7pm-12am
Seremban		Inggeris, Melayu	-	06-6321772 06-6321773	+60189691772	-	Isnin- Ahad: 7pm-10 pm
Johor Bahru		Inggeris, Melayu, Cina	http://www.befriendersjb.org/	+6073312300	+6073312300	sam@befriendersjb.org	Isnin- Ahad: 1pm-12am
Kota Kinabalu		Inggeris, Melayu	https://befrienderskk.weebly.com/	+6088255788, +6088259788	+0168036945	befrienderskk@gmail.com	Isnin- Ahad: 7pm-10 pm
Muar		Inggeris, Cina	https://www.befriendersmuar.org	+6069520313	-	sam@befriendersmuar.org	Isnin- Ahad: 8pm-11 pm
Kuching		Inggeris, Melayu	https://befrienderskch.org.my/	+6082242800	-	sam@befrienderskch.org.my	Isnin- Ahad: 6.30-9.30pm