
RESOURCES

Government Hospitals in Selangor with a Psychiatry Department

Ampang Hospital

Tel: 03-4289 6000
Jalan Mewah Utara, Pandan Mewah, 68000
Ampang, Selangor.

Banting Hospital

Tel : 03-3187 1333
Jalan Sultan Alam Shah, 42700 Banting, Selangor.

Kajang Hospital

Tel : 03-8913 3333
Jalan Semenyih, 43000 Kajang, Selangor.

Selayang Hospital

Tel: 03- 6126 3333
Selayang-Kepong Highway, 68100 Batu Caves,
Selangor.

Tengku Ampuan Rahimah Hospital (HTAR)

Tel : 03-3375 7000
Jalan Langat, 41200 Klang, Selangor.

Serdang Hospital

Tel : 03-8947 5555
Jalan Puchong, 43000 Kajang, Selangor.

Sungai Buloh Hospital

Tel : 03-6145 4333
Jalan Hospital, 47000 Sungai Buloh, Selangor.

Tanjung Karang Hospital

Tel: 03-4289 6000
Jalan Besar, 45500 Tanjung Karang, Selangor.

Tengku Ampuan Jemaah Hospital (HTAJ)

Tel : 03-3216 3333
Jalan Hospital, 45200 Sabak Bernam, Selangor.

Non-Governmental Organisations (NGO)

Malaysian Psychiatric Association (MPA)

MPA provides resources for mental health professionals and the public to advance psychiatry and mental health in Malaysia.

P.O. Box 12712, 50786 Kuala Lumpur
E: info@psychiatry-malaysia.org
W: psychiatry-malaysia.org

Malaysian Mental Health Association (The Mind Hub)

The Malaysian Mental Health Association offers phone support and psychological services from qualified professionals, along with financial subsidies for necessary therapy.

TTDI Plaza Block A, Unit 2-8, Jalan Wan Kadir 3, Taman
Tun Dr Ismail, 60000 Kuala Lumpur
T: 03-27806803 / 017-6133039
E: admin@mmha.org.my
W: MMHA.ORG.MY

Mental Illness Awareness And Support Association (MIASA)

MIASA provides mental health support services and resources, including a helpline and peer support groups, to raise awareness and reduce stigma.

DS 1-07, Block D Retail Lot, Metropolitan Square,
Jalan PJU 8/1, Bandar Damansara Perdana, 47820
Petaling Jaya, Selangor
T: 03-77322414 / 013-878 1322 E:
miasa.malaysia@gmail.com
W: miasa.org.my

RESOURCES

Non-Governmental Organisations (NGO)

Befrienders

Befrienders offers free emotional support to those experiencing loneliness, distress, despair, and suicidal thoughts, 24/7.

95, Jalan Templer, 46000 Petaling Jaya Selangor T: 03-79568145

E: sam@befrienders.org.my

W: befrienders.org.my

LIFE LINE ASSOCIATION MALAYSIA

Lifeline Association Malaysia provides free face-to-face, phone, and email consultations, emphasizing "Help is as close as the telephone."

Counselling Hotline:

03-42657995

E-Mail: counselling@lifeline.org.my

Website: <http://lifeline.org.my/cn/>

WOMEN'S AID ORGANIZATION (WAO)

The Women's Aid Organisation (WAO) offers free, confidential services to survivors of domestic violence, rape, and other forms of violence.

Contact Number:

WAO Hotline: +603 7956 3488

WAO SMS/WhatsApp line, TINA : +6018 988 8058

General Enquiries: 03 7957 5636 / 0636

E-Mail: info@wao.org.my

Website: <https://wao.org.my/>

ALL WOMEN'S ACTION SOCIETY (AWAM)

AWAM offers counseling and legal aid services to survivors of gender-based violence, with a helpline open to both women and men.

Telenita helpline:

03-7877 0224

E-Mail: awam@awam.org.my

Website:

<https://www.facebook.com/AWAMMalaysia/>

MENTARI Malaysia

MENTARI Malaysia provides mental health resources and services, including a mobile app and peer support groups, to improve mental wellbeing.

Lot LG 25-26, Lower Ground Floor, Selayang

Capitol Complex, 68100 Batu Caves, Selangor T:

03-6127 0946

E: mentari.hsel@gmail.com

W: mhinnovation.net

Mental Illness Awareness And Support Association (MIASA)

MIASA provides support group, therapeutic assessment, circle time and support programs, and Islamic spiritual therapy for patients and caregivers.

DS 1-07, Block D Retail Lot, Metropolitan Square,

Jalan PJU 8/1, Bandar Damansara Perdana, 47820

Petaling Jaya, Selangor

T: 03-77322414 / 013-878 1322 E:

miasa.malaysia@gmail.com

W: miasa.org.my

Our Company

TONGLE

Our company provides 24/7 online support, 1 to 1 counseling, and group counseling for stress, anxiety, depression, and suicidal issues.

Kelana Centre Point Block A Unit 07-10

T: 011 5111 6016 E: [Hello@tongle.space](mailto>Hello@tongle.space)

W: www.tongleclubhouse.com
