

National Council of Befrienders Malaysia

National Council of Befrienders Malaysia offers 24-hour emotional support to people in Malaysia who are lonely, in distress, in despair, or having suicidal thoughts.

Tel: 603-79568145

WAO (Women's Aid Organisation)

WAO provides 24-hour mental health support for women nationwide.

Tel: 603 3000 8858

Whatsapp: 6018 988 8058

Telenita Helpline

Telenita Helpline provides free well-being counseling for survivors of gender-based violence. The line is available every 9:30AM to 5:30pm.

Tel: 016 237 4221

Whatsapp: 016 228 4221

Malaysian Mental Health Association (MMHA)

Malaysian Mental Health Association (MMHA) provides mental health support to people in Malaysia. The line is available from 9 am to 9 pm.

Tel: 03 2780 6803

Life Line Association Malaysia

Life Line Association Malaysia provides 24-hour telephone counseling services to people in Malaysia. The line is available from 8 am to 10pm.

Tel: 016 613 1495

Befrienders Malacca

Befrienders Malacca provides mental health support to people and operates daily from 7pm to 12 midnight.

Tel: (06) 2842500

Befrienders Penang

Befrienders Penang offers free, confidential emotional support for distressed, depressed & suicidal people in Penang. The line is available every Monday to Sunday: 3 pm to 12 midnight.

Tel: 04-2910100

Befrienders Ipoh

Befrienders Ipoh offers free, confidential emotional support for distressed, depressed & suicidal people in Ipoh. The line is available every day, from 4 pm to 11 pm.

Tel: (05) 547 7933

Tel: 05-5477955

Befrienders Seremban

Befrienders Seremban offers free, confidential emotional support for distressed, depressed & suicidal people in Seremban. The line is available every day, from 7.00 pm-10.00 pm.

Tel: 06-6321773

Tel: 06-6321772

Text: +60 18-9691772