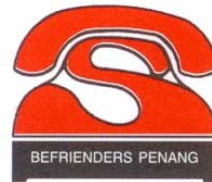


BEFRIENDERS PENANG

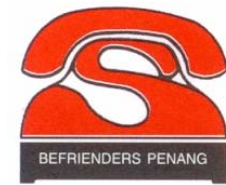
We're here to listen to whatever you need to say. Call us at 2815161/2811108.

Who we are :

- Provide confidential emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide.
- Alleviate human misery, loneliness, despair and depression by listening to and befriending those who feel that they have no one else to turn to who would understand and accept them.
- Absolute confidentiality and anonymity.
- A non-profit voluntary organization that provides support to any person, irrespective of race, creed, age or status.
- Non-political and non-sectarian.



BEFRIENDERS PENANG



Whatever you are going through,
we are here to listen.

**At Befrienders
Penang,
we offer
confidential
non-judgemental
emotional
support through
phone**

**CALL US AT
04-2815161
04-2811108**



Would you like to help us?
Contact 2815161 or 2811108

You can support Befrienders Penang by volunteering,
making a donation or by informing others of our service.
More details inside.

Phone
604-2815161
604-2811108

E-mail : pat@befpen.org

Website : <http://www.befpen.org>

BEFRIENDERS PENANG

We care enough to listen.

For anyone who is lonely, depressed, or even suicidal, you
can talk to us. You need not be alone with your problems.



Whatever you are going through, we are here to listen.



You may be finding it impossible to explain how desperate you are feeling to the people around you. It can provide immense relief to be able to acknowledge such dark feelings to a stranger at the end of a telephone. Just by talking about these feelings and finding someone cares enough to listen to you can mean you are more able to see your way.

Who are the Befrienders Penang?

We offer a service that is called **Befriending**. **Befriending** is non-judgemental, confidential emotional support that allows the caller to express his or her fears, worries and feelings to someone who has the time to listen. This service is free and provided through the phone by calling our numbers.

Our hotlines **04-2815161/2811108** are manned during the following times by trained volunteers :

Mon - Fri : 3.00 pm to 12.00 midnight
Sat & Sunday : 5.00 pm to 11.00 p.m.

There is no answering machine or automated response system on our hotline, so if you call and you are unable to speak to a Befriender, please try again.

Would you like to help us?

You can support us by volunteering or by making a donation. Please call us for details.

Our volunteers

We have volunteers from every walk of life. Our volunteers speak many of the major Malaysian languages and dialects.

Donations

As a non-profit voluntary organization, we are funded mostly by public donations. We are always in need of financial support to run our services even though our volunteers are not paid. If you are interested in helping us out by sponsoring us or donating to us, please call us at our hotlines. Your contributions will help us to go a long way. Tax exempt receipts will be issued for donations of RM 50.00 and above.

We care enough to listen.

Call us at 2815161/2811108

Absolute confidentiality.

Do you need someone to talk to?

People call us for many reasons. Some callers are suicidal, but many are not. Others may be frightened, angry, sad, lonely or depressed. Callers talk to us about their families, their jobs, their personal relationships, money problems, sickness, depression and school concerns.

Whatever your situation, we will treat your feelings and your story with respect. Everything you tell us is confidential within The Befrienders. You will always have the right to make your own decisions, including the right to end the phone call and ultimately the decision to take your own life.

Have you lost a loved one to suicide?

Having been close to someone who has committed suicide can be very difficult. It may be hard for you to talk to other friends and family members about this kind of loss.

Many lives are affected by suicide, not just 10 or so family members and close friends. It is estimated that up to 60 people are personally affected by the suicide of one person.

If you need to talk to someone who can just listen, please call us.

Do you know someone who needs help?

You can do a surprising amount with very little effort. Listening saves lives. Be there with them and be prepared to listen. To help someone in distress :

- Let the person talk to you.
- Try not to give advice or share your experiences.
- They need time and space, patience and care.
- Just your presence may save a life.

If you feel that someone you know may be depressed or contemplating suicide, please encourage that person to contact us.