

Individual Counselling

There can be times when you find it difficult to cope or are unsure about things and would like to talk to someone in confidence. Our professionally trained counsellor provides free, confidential individual counselling sessions.

Couple Counselling

Many couples experience times where there is stress in their relationship and they feel disconnected from each other and unsure about their future. Couple counselling can help you to improve your communication skills and to find healthier ways of supporting each other, both in good times and difficult times.

Tea Gatherings

This is a get-together tea session with the freshmen. The freshmen can get to know the counsellor and enjoy each other's presence in a soothing atmosphere. They can relax themselves and share about anything they wish.

Workshops/Training

Various personal growth workshops have been organized to enhance students' well-being. These included:

Stress Management Workshop

Yoga Workshop

Clay Therapy Workshop

Making Your Dreams Come True Workshop

Self Esteem Workshop

When should I seek help?

Any time life changes, whether it is with relationships, work study or just within yourself, you may find it useful to discuss with a counsellor. Some students seek counselling when they feel they have tried everything else and have run out of options, but students generally find the earlier they see a counsellor, the better and easier life is for them.

How long is the session?

The counselling session is usually for 60 minutes. In most cases you will need to contact the service ahead and book a scheduled appointment.

MIA Counsellor

Ms Suriya Liew is a registered and licensed counsellor. She has been working with teenagers and young adults for more than ten years. Her passion is in helping people to find love and peace in themselves and in their relationships with others.

She will be providing the counselling and guidance services in MIA on every Wednesday, 10am-4pm.

Book a Counselling Session

To make an appointment, please contact Student Affairs Department ahead of time.

☎ 03-4108 8100 ext 22

✉ counselling@mia.edu.my

The Greatest Gift

*I believe the greatest gift
I can conceive of having from anyone
is
to be **seen** by them,
heard by them,
to be **understood**
and **touched** by them.*

*The greatest gift I can give is
to **see**, to **hear**, to **understand**
and to **touch** another person.*

*When this is done,
I feel **contact** has been made.*

-Virginia Satir



Counselling Centres Contact

For free and confidential assistance outside of office hours, please refer to the following counselling centres contacts list.



馬來西亞博愛輔導中心
Agape Counselling Centre Malaysia

- ☎ 03-7785 4833 (Admin)
03-7781 0800, 03-7785 5955
(Counselling Hotline)
- ✉ agapemal@yahoo.com;
counselling.agape@gmail.com
- 🌐 www.agape.org.my 📞 012-242 1756
- 📘 Agape Counselling Centre M'sia/agapemal

- ☎ 03-4266 6195 (Admin)
(Mon-Fri 9am-5:30pm;
Sat 9am-1pm)
03-4265 7995
(Counselling Hotline)
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马来西亚生命线协会 (1603/93)
Life Line Association Malaysia
Persatuan Life Line Malaysia
- ✉ admin@lifeline.org.my (Admin)
counselling@lifeline.org.my (Counselling)
- 🌐 www.lifeline.org.my 📞 011-1095 9595
- 📘 Life Line Association Malaysia/lifeline7995

The Bridge Communication
Sdn Bhd
文橋傳播中心



- ☎ 03-9286 4046 (Admin)
03-9287 7251 (Counselling Line)
(Mon-Fri 9am-12pm, 1pm-4pm)
- ✉ admin@brigde.org.my (Admin)
b_counsel@yahoo.com (Counselling)
- 🌐 www.bridge.org.my 📞 017-229 6782
- 📘 文橋傳播中心/TheBridgeCommunication
文橋輔導室/TheBridgeCounselor

Than Hsiang Mitra
Welfare Centre-KL



吉隆坡檀香爱心福利中心

- ☎ 03-7971 9876, 03-7981 5301 (Admin)
(Mon-Sat 9am-5:30pm)
03-7981 5300, 03-7981 5301
(Counselling Hotline) (Sun-Fri 8pm-10pm)
- ✉ mitrawelfare@gmail.com (Admin)
mitrakl@thanhsiang.org (Counselling)
- 🌐 mitrawelfarecentrekl.blogspot.com
- 📘 Than Hsiang Mitra Welfare Centre-KL/
thanhsiangkl



马来西亚佛教青年总会
YOUNG BUDDHIST ASSOCIATION OF MALAYSIA
建设大马佛教 DEVELOPING MALAYSIAN BUDDHISM

- ☎ 03-7804 9154, 03-7804 9157 (Admin)
03-7805 3030 (Counselling Hotline)
(Tue, Thu 8pm-10pm; Sat 3pm-6pm)
011-1638 4805 (Face-to-Face Counselling)
(Mon-Fri 6pm-10pm)
- ✉ ybam@ybam.org.my
pelitaadmin@ybam.org.my (Admin)
pelita@ybam.org.my (Counselling)
- 🌐 www.ybam.org.my
- 📘 Young Buddhist Association of Malaysia/
YBAMalaysia
马佛青心灯心理咨/xindengfudao

The Befrienders
Kuala Lumpur



吉隆坡心灵扶助协会

- ☎ 03-7957 1306 (Admin)
03-7956 8145 (Counselling Line)(24/7)
- ✉ admin@befrienders.org.my (Admin)
sam@befrienders.org.my (Counselling)
- 🌐 www.befrienders.org.my
- 📘 Befrienders KL 🐦 BefriendersKL
- 📷 befrienderskl



COUNSELLING
&
GUIDANCE SERVICES



*Even the darkest night will end,
and the Sun will Rise.*

-Victor Hugo