

Mental Health Association of Sarawak Counseling Centre

WHEN DO WE SERVE?

9.00am – 5.00pm

Every Monday – Friday

TO MAKE AN APPOINTMENT, PLEASE CONTACT

(Office hours only)

Tel: 082-231459

Mobile: 016-8082015

Email: counselling@mhasarawak.com

Donation

We appreciate donation to help us serve you better!



MHAS | 082-231459



ABOUT US

- MHAS Counseling Centre was established in 2018 to provide a counseling service to the public.
- We offer face to face individual, couple and family counselling.
- We aim to provide a professional service and are a gateway to help from other agencies

Our Objective

- To provide counseling service to the person in need.

“ You don’t have to walk this path alone, we’re here to help...”



OUR VALUES

Meaningful Connection

We provide a safe, confidential, trusting and professional environment where clients are seen and heard

Healthy Wholeness

We empower our clients to achieve holistic health

Accountability

We strive to be the best we can be in delivery of our services

Sensitivity

We respect every individual. Non-judgmental, self-determination and confidentiality is what we believe in.

To know more about our association, visit our
Website: www.mhasarawak.com
Facebook page: mhasarawak
Instagram: mhasarawak



WHAT WE EXPECT

- Many people want counselling appointments, and if you do not attend a session, then someone else has missed out. Please give reasonable notice if you are not able to attend your appointment, and we will support you to be seen at another time that suits you.
- We ask that you participate in the process of counselling, and take an active role in making positive life changes. We want to help you move forward, and we need your commitment to achieve this.
- Our mental health professionals are experienced talking about very tough issues. Please agree to share with us if you have suicidal or self-harming thoughts so that we can help keep you safe.
- We offer a free service because we know that some people who need counselling cannot afford it. However we ask that if you are able, that you make a monetary donation to support the ongoing improvement of the service.

WHAT WE OFFER

- We will listen non-judgmentally and provide an opportunity for you to learn more about yourself to hopefully provide assistance in managing the challenges in your life.
- We will communicate with you to remind you about your upcoming appointment, and ensure that a comfortable and confidential space is available for your session.
- What you discuss with us will be kept confidential. We do however have a responsibility to protect you and others, and therefore we may disclose information you share if we believe your life is in danger, or someone else's is.

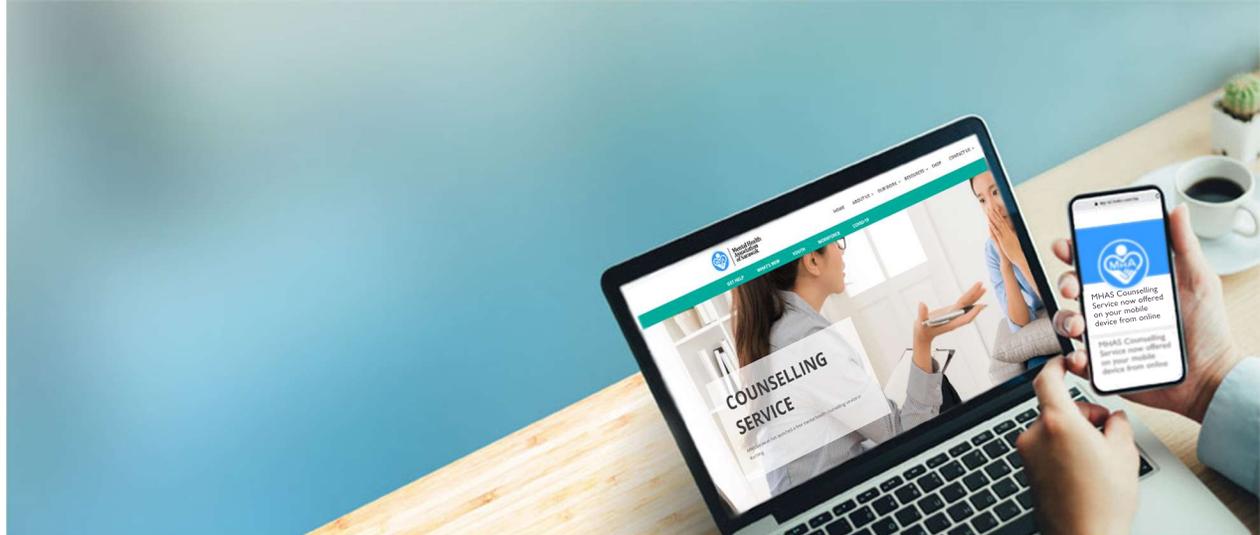
“ Helping people to manage mental health issues and difficult life events, sensitively, confidentially, and without judgment



COUNSELLING AVAILABLE ONLINE



OR IN-PERSON



- Our in-person / face-to-face counselling service in Kuching is temporarily suspended in the end of the CMCO and the region has COVID 'green-zone' status.
- When we reopen our counselling centre we will observe social distancing rules, and continue to provide a supportive and confidential environment where you can speak with our mental health practitioners.
- You will find us here:

Mental Health Association of Sarawak
2991, Block 10 KCLD, Wisma Keretapi
Q3A, Bormill Commercial Centre,
93200 Kuching, Sarawak

**“We can support
you from the
comfort of your
home, so you
can stay safe**

Don't worry, our service is still here online



- We have recently begun offering our counselling service online via Skype.
- These one-to-one counselling sessions are a great alternative to in-person counselling, while there is the need to observe physical distancing
- Our online counselling system is very simple to use. You can watch this short video for instructions of how to get started:

mhasarawak.com/skype-setup-en