

List of go-to Mercy sites

Corporal works

NGOs or Govt bodies; Church ministries-Diocese level/Parish level/BEC-level/Individuals)

1. PYDC-employment <https://pydc.com.my/career/>
2. Reskilling/upskilling <https://forms.gle/mcdWjKEmsjapnPpu5>
3. (free laptops/internet/hps) <https://www.tcer.my/bantuan-laptop-dan-internet-percuma/>
4. <https://vulcanpost.com/693014/covid-19-charity-donation-malaysia-food-medical-supplies> (21 Msian fundraisers you can donate to)
5. Donations for the poor- CDM -Maybank #507394101910
6. Poor and needy-Church -based- MOP / BEC leaders

Spiritual works

1. (Mental health) Befrienders:

Hotline: 604-2815161 / 604-2811108

Whatsapp : 011-56997687

Email: pat@befpen.org

2. Mental health/Suicide preventions Eng/BM/Tamil

Sneham, (led by Florence Sinniah) toll-free helpline at 1800 22 5757 email: snehammalaysia@gmail.com

3. **Agape counselling centre: Address:** CO-21-UP, Kompleks Masyarakat Penyayang, Jalan Utama, 10450 George Town, Penang **Phone:** 04-228 0709
4. Good Shepherd counselling **Address:** 3, Lebuhr Farquhar, George Town, 10200 George Town, Pulau Pinang **Phone:** 04-261 0273
5. Infogram of Penang counselling sites..

Together we can break the contagion circuit and stay healthy

Counseling care-line services in Penang during FMCO (2021)

Befrienders Penang
Email: pat@befpen.org
WhatsApp: 011-56706261
Hotline: 04-29101100
FB Messenger: BefriendersPenang
3pm - 12am

Agape Counselling Centre Malaysia (Penang Branch)
Care-line: 012-4805604 (24 hours)
017-4894236 (9am - 6pm)
ZOOM Counseling by Appointment
E-Mail: agapepenang@yahoo.com

Than Hsiang Mitra Welfare Association Penang
Care-line: 014-3286429
Mon-Fri: 1pm-6pm, 7pm-9pm
Sat: 1pm-6pm
Virtual counselling by appointment (04-6451141)

D' Home
Care-line: 04-6434432
Mon-Fri: 10am-2pm; Sat: 10am-1pm

Home Dynamics
Care-line: 011-10629927
017-3317013
012-9415691
Mon-Sat: 10am-12pm; 2pm-5pm
ZOOM counselling by appointment (011-10629927)

SNEHAM Malaysia
Toll Free Helpline: 1800-22-5757

Resources compiled and updated by **i-Life i-Life SPA Penang** on 31/5/21

Obey the laws & wear masks, protect yourself & other by maintaining social distancing

6. **Church counselling line- 011-10522313/ cdmhelpdesk117@gmail.com**

7. Minor Basilica St. Anne's prayerline 1 June – 1 August 2021 (check time as per chart given)

 **PRAYER HOTLINE**

1 June 2021- 1 August 2021

9 am - 12 pm	3 pm - 6 pm	8 pm - 9 pm
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 Sr. Collete <small>Anggapan Parish, Kottayam (Daughters of Carmel)</small> 017-5206667 <small>(Bahasa)</small>	 Sr. Anastasia <small>Anggapan Parish, Kottayam (Daughters of Carmel)</small> 017-5206592 <small>(Bahasa, Mandarin & English)</small>	 Sr. Tracy <small>Anggapan Parish, Kottayam (Daughters of Carmel)</small> 017-5206672 <small>(Bahasa)</small>
 Sr. Lily Bong <small>Daughters of the Most Holy Jesus (DHI)</small> 017-5205680 <small>(English)</small>	 Sr. Florence <small>Daughters of the Immaculate Conception, Kottayam (DHI)</small> 017-5206524 <small>(Bahasa & English)</small>	
 Deacon Lazarus 017-5206874 <small>(Bahasa, Tamil & English)</small>	 Deacon Rocky 017-5207104 <small>(Bahasa, Mandarin & English)</small>	
 Fr. Nelson 017-5207109 <small>(Bahasa, Tamil & English)</small>	 Fr. Louis Loi 017-5207069 <small>(Bahasa, Mandarin & English)</small>	
 Magr. Henry 017-5207185 <small>(Bahasa, Mandarin, Tamil & English)</small>	 Bishop Sebastian 017-5207138 <small>(Bahasa, Tamil & English)</small>	

www.minorbasilicastannebm.com
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8. Wakes- Parish level DM Apostolate, Intercessory, BECs

9. Care for Creation- Friends Of Creation - CDM- Ongoing education and efforts to care for our Earth.