



Counselling Services For Members of the Bar and Pupils in Chambers

✨ It's okay to talk. ✨

Being a lawyer isn't easy. The long hours, constant deadlines, and high expectations can weigh heavily — and it's normal to feel the strain.

The Malaysian Bar has counselling services available to give you a safe, confidential space to share what's on your mind. Whether it's stress, burnout, or just needing someone to listen, you don't have to go through it alone.

HOW TO MAKE AN APPOINTMENT

Call or email one of the counsellors named below informing them that you are a Malaysian Bar member (or pupil) and you wish to request for a counselling session

ABOUT COUNSELLING SERVICES OFFERED:

- 5 free sessions allowed for each person
- 40-60 minutes per session subject to the counsellor
- Everything conveyed during the sessions shall be kept confidential

COUNSELLORS IN PENANG

1. Mohd Zaidi Awang Kecil

Phone No: 011-6191 9131

Email Address: zaidi.harun14@gmail.com

Address: Jabatan Kebajikan Masyarakat Negeri Pulau Pinang, Aras 35, KOMTAR, 10564 Pulau Pinang.

2. Nathir b Mehamad

Phone No: 017-903 5370

Email Address: crumum3008@gmail.com

Address: LPPKN Pulau Pinang 8875, Jalan Bertam, 13200 Kepala Batas Pulau Pinang.

3. Prof Dato' Dr See Ching Mey

Phone No: 04-656 4357 (Office)

Email Address: twsam2001@yahoo.com

Address: REACH Centre 279, Jalan Pekeliling, 11700 Bukit Gelugor Pulau Pinang.



FURTHER INFORMATION

After the five (5) free sessions, each session will cost RM200 unless you obtain approval from the Malaysian Bar after writing in to apply for further sessions to be sponsored. Such said write in will be kept confidential by the Malaysian Bar.

ISSUED BY:

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