BODHI COUNSELLING CENTRE

2023 ANNUAL REPORT

Bodhi Counselling 菩提辅导



All Out!

About Us

We are a non-profit unit established in 1999, under the auspice of the Kuching Buddhist Society.

Our aims are:

To provide counselling services to individuals who are in need regardless of their religious background, ethnics, gender or age group.

Enriching Mental Health Resilience & Well-being in the community.

Our Team

The various services of the Centre are made available by our dedicated team members who are committed to contributing to the well-being of our clients.



2
Full-time Registered Counsellors

29 Trained Volunteers

10 Trainee Volunteers

We are here!

Level 4, La Promenade Mall





Advisory Panels



Benson Lim
Registered Counsellor



Dr Ling How Kee
Social Worker Educator



Dr Lau Kim Kah
Psychiatrist



Dr Lai Mee Huong
Psychiatrist



Dr Chen Yoke Yong
Clinical Psychologist

What do we do?

Programs designed to cover various age groups, from children, and young adults to parents.



- **Professional Workshop**
- **Psychoeducation Training**
- **Community Awareness**

Counselling Service

Telephone, Online Counselling, Face-to-Face

Zoom counselling and Face-to-Face counselling are offered by appointment only.

Mainly by donation basis, and with subsidized charges for registered counsellor

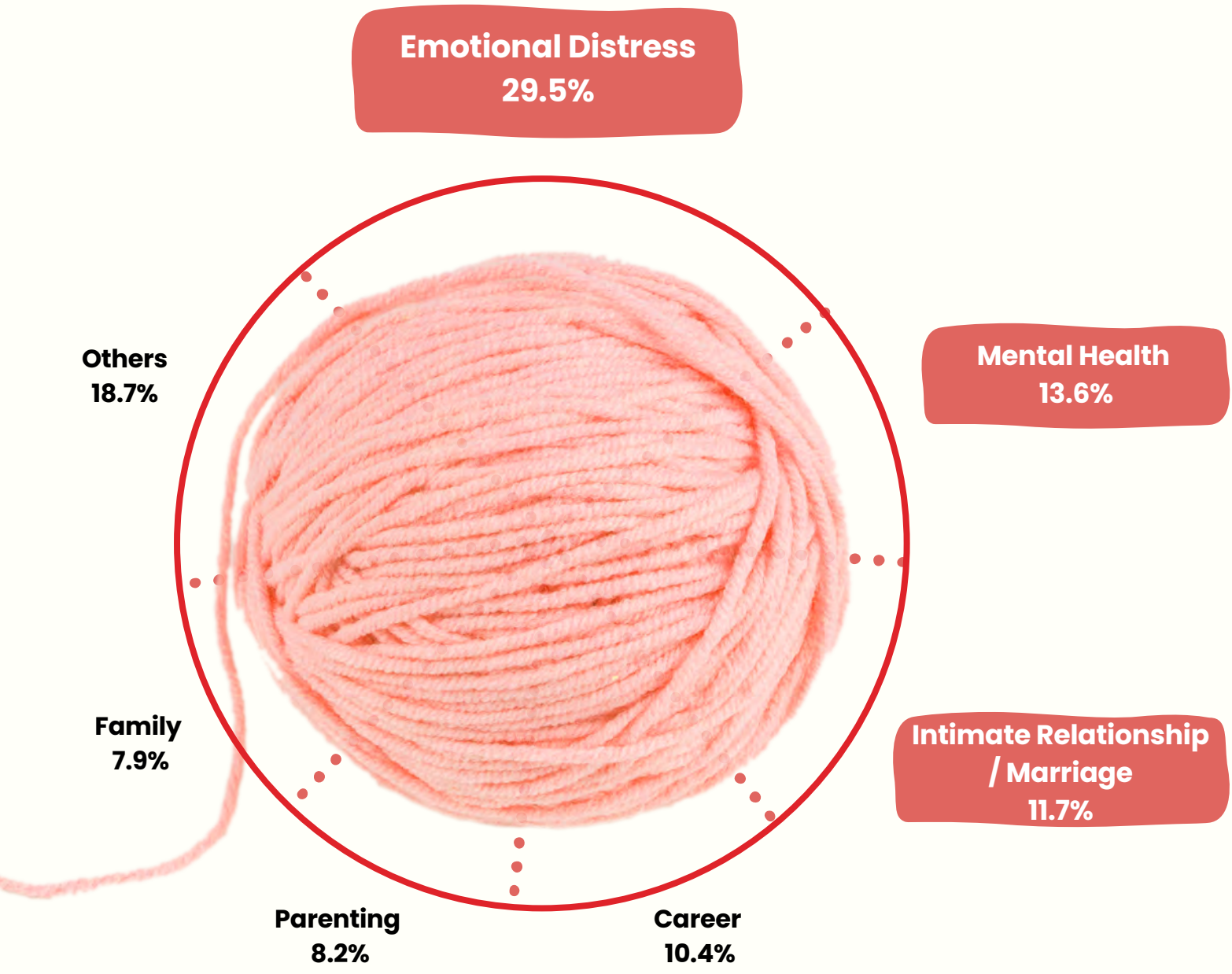
Mon, Wed, Fri, 7.30pm – 9.30pm

Mon, Wed, Fri, 8.00pm - 9.00pm
**by appointment*

Tue – Sat, 10.00am – 4.00pm
Mon, Wed, Fri, 7.30pm - 8.30pm
**by appointment*

Facts & Figures

New Record Set with 366 Cases *in 2023.*

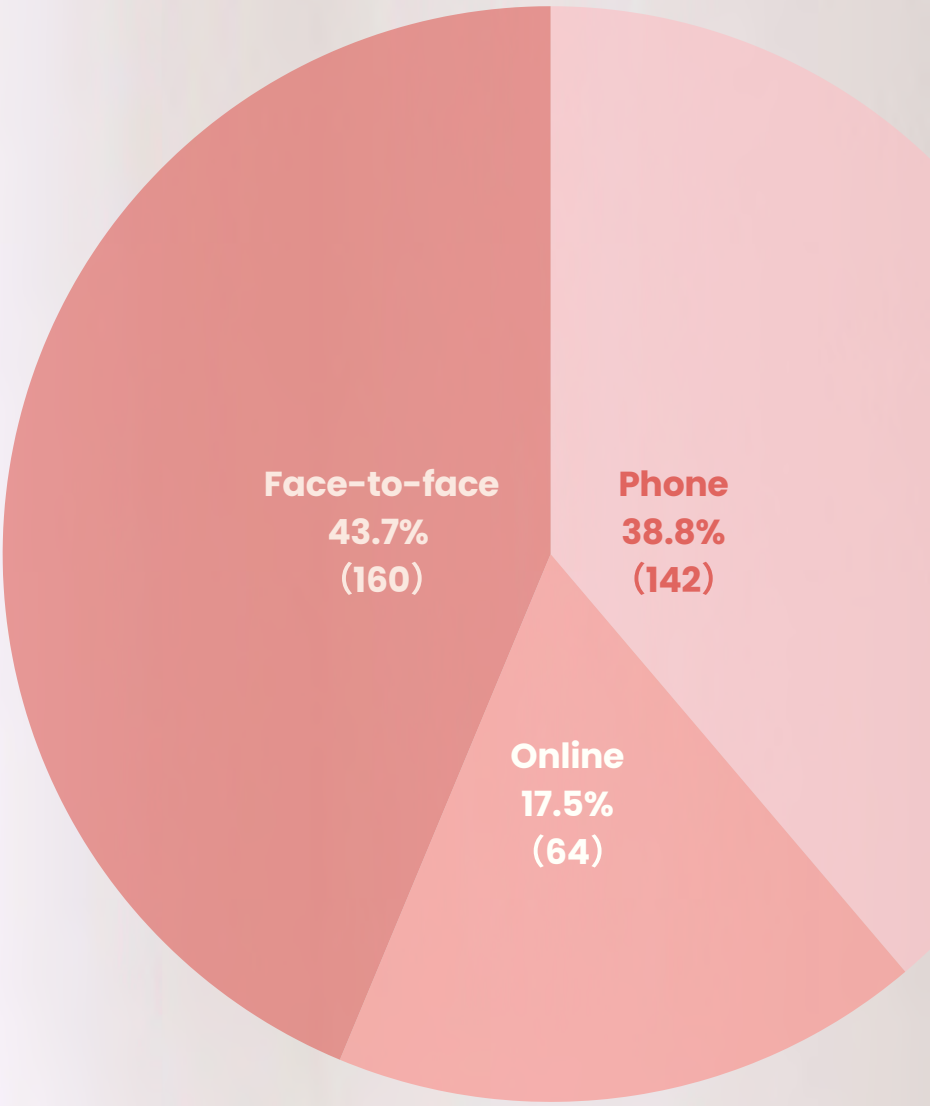


The counselling cases has reached a record high in 2023. Specifically, emotional distress accounted for 108 cases, followed by mental health (50 cases) and inmitate relationship (43 cases).

The increased number of people discussing their emotional distress suggests a positive change in societal attitudes towards counselling. More individuals are opened up about their emotional challenges and seek professional support, fostering a healthier and more supportive community.

Demand for Physical Meet Up Heighten

Notably, despite the prevalence of remote sessions during the pandemic, there has been a shift post-pandemic, where face-to-face sessions have become the preferred mode of counseling, an increase of 1.75% compared to last year, surpassing the number of phone sessions for the first time.





Key Moments

Number of people reached

Volunteer Training

In response to the rising demand for counseling cases, Bodhi Counselling initiated an intensive volunteer training program in 2023. This program attracted volunteer trainees from diverse backgrounds, reflecting a commitment to inclusivity in meeting the community's counseling needs.

The training program was further enriched by the participation of registered counselors from Bodhi Counselling and esteemed members of the advisory panel, who served as trainers. It is anticipated that the trainees will officially commence their counseling services in 2024, marking a significant step towards addressing the growing demand for mental health support.










Key Moments

School/Organization Talk







22 talks and programmes with institutions and organizations.

Covering topics about:

- motivation
- communication & emotion
- sex education
- self-esteem
- stress management
- emotional management
- personality
- learning techniques

2868



Professional Workshops

2 professional workshops targeting mental health professionals, counsellors, school teachers, and social helpers.

- School Refusal Workshop
- Internal Family System Workshop

Looking ahead, we are eager to organize more professional workshops as we recognize the pressing need to stay current with evolving mental health issues.

73





Holiday Programmes (Children & Teenager)













Time is gold, Growth is bold ! We make use of the free time during the school holiday by dedicating it to fostering healthy personal growth for teen and teenager. Modules developed in attractive and interactive ways to promote better learning and understanding.

Besides that, interpersonal skills and conflict management were the hidden gem crafted.

Modules highlights:

- Emotional Management
- Personality
- Money Management
- Communication
- Self-Protection
- Sexual Education & Cyber-safety



Mental Health Awareness Campaign 2023



800+

Recognizing the critical importance of addressing mental health, we have rebranded from Suicide Prevention Campaign to Mental Health Awareness Campaign. Taking place in October at Vivacity Megamall, this exhibition is crafted to be both educational and interactive, with the goal of fostering awareness about mental health and involving local mental health providers.

Program highlights:

- Mind Your Mind Educational Exhibition
- Booths by Mental Health Service Providers
- Mental Health Screening
- Live Talk by Invited Speaker
- Free Hug Activity
- Relaxation Zone





The Teens Gatekeeper Training







A training programme designed to train students in understanding basic mental health knowledge and identifying peers who are in emotional struggles and know how to support them. The process follows the 3R steps:

- **Recognize** and identify signs of needing help
- **Respond** with an empathetic approach
- **Refer** them to proper resources in case of a life-threatening situation.



171

10

Anti-Drugs Game Exhibition

A combination of informative exhibition and game stations, this program strives to deliver accurate knowledge about drugs and increase awareness of drug abuse on its derimental impact on physical and mental health.

Stations :

- Drug Types and Categories
- Dispelling Drug Myths with Facts
- Understanding the Health Impacts of Drug Abuse
- Interactive Role-Play for Drug Prevention in Everyday Situations

750













Raising Awareness in the Air



3000

Working closely with **RedFM**, the local radio station to deliver weekly live sharing covering various hot issues like self-discovery, parenting, interpersonal relationship, mental health, and well-being.

We are also honored to become the guest speaker to TeaFM and local news paper such as Sin Chew Daily.



We couldn't have come this far without you...

Special thanks to:

YB Dr. Kelvin Yii

Hock Seng Lee Berhad, Titanium Project Management Sdn Bhd, Thong Kit Auto Parts Sdn Bhd, Yayasan Lions Kuching, Sarawak Timber Association, Mr. Bong Choo Chow, Dr. Hew Cheng Sim, and many more!

Do a little bit of good where you are. It is those little bits of good put together that overwhelm the world.

Desmond Tutu

Embarking on 2024

Event Roadmap



MAY-JULY

ANTIIDRUG AWARENESS CAMPAIGN

Estimated Expenses:
RM 12,868.00



- 5 schools from across Kuching
- up to 3,000 audience

2024 Target

18 schools participated
270 students trained











FEB-OCT

THE TEENS GATEKEEPER

A basic helping skills programme for secondary school students

Estimated Expenses:
RM 20,722.80

MAR

SEX EDUCATION

- Workshop for educators/ school teachers
- Training on sex education for pre-schoolers, primary & secondary school students

Estimated Expenses:
RM 2,480.00



ALL YEAR

MORE SCHOOL PSYCHO-EDUCATION TALKS



Topics on school bully, motivation, self-esteem, emotional management and mental health.
Target: 20 talks for primary & secondary schools

Estimated Expenses:
RM 20,064.00

Estimated Beneficiaries
>5,000







OCT

MENTAL HEALTH AWARENESS CAMPAIGN 2024

- Focusing on mental health of elderly
- educational exhibition
- collaboration with mental health service providers

Estimated Expenses:
RM 10,140.00

Note: For budget breakdown, please refer to the next page.

Kuching Buddhist Society
Counselling Unit

Hong Leong Bank
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You can also find us in the Donation list of
S Pay Global (Sarawak Pay)

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BodhiCounselling

https://counselling.kbs.org.my/

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Kuching-Samarahan Expressway,
94300, Kota Samarahan,
Sarawak.



One person can make a difference, and everyone should try.

John F. Kennedy