



# Psychosocial Support Services

# Cancer Information Service

The Cancer Information Service was set up to empower and support people affected by cancer, as well as the general public.

By calling our helpline at 1-800-88-1000 you can speak to one of our specialists who can provide up-to-date, evidence-based information on cancer resources, financial aid, psychological support, preparing for surgery and healing, palliative care as well as diet and nutrition.

Our trained specialists can speak to you in 4 languages; Bahasa Malaysia, English, Mandarin and Tamil.

## Clinical Psychology Service



NCSM's clinical psychology service helps individuals of all ages and backgrounds, who encounter psychological, emotional, behavioural and interpersonal issues. Our in-house specialist treats a range of mental health problems including anxiety disorder, depression, personality disorder, post-traumatic stress disorder and neurodevelopmental disorder. We aim to go beyond the management of surface concerns to address our patients' core issues by providing comprehensive, evidence-based therapy and assessment.

Kah Yee completed her Master in Clinical Psychology at UCSI University, where she provided psychotherapy and psychological assessment across different settings, including Seed Connections, Atfal Jannah, and UCSI University. As part of her training program, she also volunteered with PlusVibes, Aloe Mind, and Your Ears and Hearts (YEAH) as a volunteer listener and associate. Upon her graduation, she also worked as an associate clinical psychologist at My Psychology and Seed Connections.

Kah Yee has a strong dedication to serving clients in a meaningful way, listening to their concerns, and helping them learn how to approach their mental, emotional, and behavioral problems. She has experience working with families, children, couples, and adults of all ages, who undergo depression, anxiety, stress,



Our In-House Specialist:

**Lee Kah Yee**

Bachelor of Social Science (Honours)  
in Psychology) (Taruc, Malaysia)  
Master of Clinical Psychology  
(UCSI, Malaysia)

interpersonal relationship, emotional & behavioral issues, PTSD, OCD, self-development, and personal doubt.

Kah Yee's main approaches to clients include Cognitive Behavioural Therapy (CBT) and Solution Focused Brief Therapy (SFBT). However, she is also flexible in other therapeutic approaches to address the client's specific needs such as acceptance and commitment approaches, person-centered approaches, and gestalt approaches (empty chair and role play).

# Counselling Service

NCSM's counselling service provides individual counselling and group sessions for adults, youths, couples and families. Our specialities include handling stress-related, interpersonal and relationship issues, resolving marital conflicts, anger management, improving your self-esteem and career development. We provide a safe, supportive, confidential and non-judgemental place for you to explore and work through difficulties in order to foster a greater sense of well-being.



Our In-House Specialist:

**Malini Rama**

B.Ed (Guidance and Counselling),  
M.Ed (Guidance and Counselling)

With over 7 years of experience in counselling, Malini's speciality is working with couples and families and helping individuals with issues such as anger, grief, self-esteem, stress, and career development.

Malini studied Guidance and Counselling, and has a Masters from Universiti Tun Abdul Razak. She is a Registered Counsellor with Lembaga Kaunselor Malaysia.

Her approach is to support her clients (individuals, couples and families) to identify their issues and help them navigate through it. Malini provides a creative experience where she utilises techniques and approaches that work best for her clients.

This service is free for cancer survivors & caregivers.

# Dietetics & Nutrition Service

NCSM's dietetics and nutrition service provides dietetics assessment and intervention for adults and children who have health issues and eating disorders. Our services include medical nutrition therapy and dietary counselling to manage health conditions through a personalised diet plan. A detailed evaluation is made based on weight and height measures, blood results, nutrition related clinical examination and food intake.

Krystal Ng received her Bachelor of Science in Dietetics from Universiti Sultan Zainal Abidin (UniSZA). She then pursued her Master Degree in Clinical Nutrition at Universiti Putra Malaysia. Her master research focused on the relationship between diet quality and health-related quality of life in breast cancer patients during treatment.

As a dietitian with NCSM, she provides diet consultation and medical nutrition therapy to children and adults suffering from cancer, aiming to provide quality nutrition support in cancer care. Krystal



Our In-House Specialist:

**Krystal Ng**

BSc Dietetics (Hons)  
MSc Clinical Nutrition (UPM)

is also actively involved in community projects, such as delivering health talks and workshops for the public.

Her major interests include public health, oncology nutrition and the impact of diet on cancer prevention, treatment and recovery.

This service is free for cancer survivors & caregivers.

# Play Therapy Service

NCSM's play therapy service enables children, teenagers and young adults to indirectly communicate their feelings, through playing with toys and play materials. This becomes their form of language which allows us to hear and understand what children say. By playing in a safe space, they get to express their feelings and work their way through difficult emotions and fears. Play therapy can alleviate stress and give children a feeling of having more control over their emotions.



Our In-House Specialist:

**Sri Ram Seetha**

B.Ed (Learning Disorder and Child Psychology),  
Post Graduate Cert and Diploma in Therapeutic  
Play Skills and Play Therapy (PTUK),  
Certified Play Therapist (PTI and PTUK)

Seetha is a Certified Play Therapist with a Bachelor of Educational Studies in Learning Disorder and Child Psychology from The College of Teachers (UK) and a Postgraduate Diploma in Play Therapy from Play Therapy UK. She has extensive experience of over 14 years working with children, teenagers and young adults. She has helped children

address a wide range of concerns including those who have been sexually and physically abused, neglect, anxiety, depression, parenting problems, grief and bereavement, Autism, ADHD, anger management and various other mental health challenges.

Seetha uses a person-centred approach emphasising on the importance of client-therapist relationship, along with a cognitive behavioural approach to allow the client to explore thought patterns related to challenging emotions and behaviours. Her therapy philosophy is based on an acknowledgment of the individual's background and personal beliefs.

This service is free for cancer survivors & caregivers.

## Clinic Schedule

	Services	Psychological Services	Counselling Services	Play Therapy	Diet Consultation
Free sessions for cancer survivors & caregivers	Face-to-face	Tuesday 10.00am – 4.30pm	Wednesday 10.00am – 4.30pm	Tuesday 10.00am – 1.00pm Wednesday 4.00pm – 8.00pm Friday 2.00pm – 6.00pm	Tuesday 1.00pm – 4.00pm Tuesday (CHH) 4.30pm – 8.30pm Wednesday 1.00pm – 4.00pm
	Tele consultation	Thursday 1.30pm – 4.30pm Friday 9.00am – 12.00pm	Thursday 9.00am – 4.30pm	Monday 4.00pm – 7.00pm	Monday 4.30pm – 6.30pm Wednesday 4.30pm – 6.30pm
Paid sessions for the public (non-cancer related matters)	Private Clinic (Non-cancer related matters)	Saturday 9.00am – 1.00pm	Friday 5.00pm – 8.00pm Saturday 9.00am – 1.00pm	Thursday 5.00pm – 8.00pm Saturday 9.00am – 1.00pm	Saturday 9.00am – 1.00pm
	Private Tele Consultation (Non-cancer related matters)	Wednesday 5.00pm – 8.00pm	Tuesday 5.00pm – 8.00pm	Tuesday 5.00pm – 8.00pm	Saturday 2.00pm – 4.00pm

## Rates

For paid sessions (non-cancer related matters)

Service Provider	Sessions	Face to Face	Tele Consultation
Krystal Dietitian	Initial session	RM 120	RM 85
	Initial session + 2 review sessions	RM 220	RM 155
	Subsequent session	RM 120	RM 85
Malini Counsellor	Initial session	RM 200	RM 150
	Initial session + 2 review sessions	RM 400	RM 300
	Subsequent session	RM 100	RM 75
Kah Yee Clinical Psychologist	Initial session	RM 200	RM 180
	Subsequent session	RM 150	RM 130
Seetha Play Therapist	Initial session	RM 200	RM 150
	Initial session + 2 review sessions	RM 400	RM 280
	Subsequent session	RM 100	RM 75

Speak to us on our toll-free helpline Monday to Friday from 8.30am to 4.30pm.

**1-800-88-1000 | [help@cancer.org.my](mailto:help@cancer.org.my)**