

## **COUNSELLING SUPPORT**

As part of our ongoing efforts to improve the overall health of our patients, we have instituted counselling sessions to help them overcome any difficulties they may face.

These difficulties may take the form of depression caused by a patient having to cope with the fact that he or she has to have a kidney transplant or undergo lifelong dialysis treatments.

Patients may also need counselling to cope with emotional problems set off by the financial strain that often comes with having dialysis treatments 13 times a month for the rest of their lives.

Among the activities planned under this support group to bring together patients and their families, and encourage better communication between them and their care givers include having:

1. Individual Counselling
2. Group Therapy Sessions
3. Open Discussions
4. Forums
5. Recreational Facilities
6. Games/Outings
7. Referral Services

For further information or to make an appointment for counselling, please contact: Tel: 03-7954 9048 / 49 Ext 203, 223 or 226. Alternatively, please e-mail [welfare@nkf.org.my](mailto:welfare@nkf.org.my)