



# Mental Health Awareness



## Synopsis

One in three adults experience mental health issues, making them the second largest health problem after heart disease. A survey from Relate Mental Health Malaysia found that 29 percent of workers surveyed in 2018 reported with poor mental health conditions. The urbanisation, rising stress levels and shifting lifestyles have contributed to the growth in this mental health issues. This is also associated with the social stigma and the low mental health literacy which are the major barriers that need to be urgently addressed. Our mental health awareness course provide and understanding to various aspects of mental well-being. It covers the fundamentals of mental health, recognition of signs and symptoms, and strategies to combat stigma. Participants will explore the importance of self-care, stress management techniques, and effective ways to support others experiencing mental health challenges. Additionally, the course emphasizes creating supportive environments, reducing stigma, and accessing available resources for mental wellness.



## Course Objective

The course covers mental health basics, recognizing issues, reducing stigma, self-care, supporting others, and accessing resources.



## Audience

Any individuals

**Pre-requisite :**

None

**Duration :**

2-day (9.00am - 5.00pm)

**Course Delivery Mode :**

Lecture

## Course Modules

Module 4:

Module 1	Module 2	Module 3	Module 4	Module 5
<b>INTRODUCTION</b> <ul style="list-style-type: none"> <li>• Introduction to Mental Health Awareness</li> <li>• Welcoming &amp; Introduction</li> <li>• Understanding Mental Health, Mental Health Issues &amp; Mental Illness</li> <li>• Mental Health Statistics</li> </ul>	<b>MENTAL HEALTH SCREENING</b> <ul style="list-style-type: none"> <li>• Online DASS-21 Screening</li> <li>• Understanding Stress-Anxiety-Depression</li> <li>• Understanding Sign and Symptoms of Mental Health Issues</li> <li>• Stress Vs Performance in Organization</li> <li>• Stress &amp; Physical Health</li> </ul>	<b>CREATE RESILIENCE IN ORGANIZATION</b> <ul style="list-style-type: none"> <li>• Understanding Mind-Body-Emotion Interaction</li> <li>• Dealing with Your own Stress and anger</li> <li>• NLP Method of Handling Stress and anger</li> <li>• Mindfulness Activities</li> <li>• I Love Myself Techniques</li> </ul>	<b>INTERACTIVE ON MENTAL WELLBEING SCENARIO</b> <ul style="list-style-type: none"> <li>• Psychological Approach on the Issues</li> <li>• The role of Leadership in Mental Health Awareness in Organization</li> <li>• Peer Support</li> <li>• Break down Stigma around Mental Health</li> </ul>	<b>EXPLORE ISSUES AND POTENTIAL THROUGH ART</b> <ul style="list-style-type: none"> <li>• Introduction to Art Drawing House- Tree - Person (AD-HTP)</li> <li>• Application of AD-HTP</li> <li>• General Interpretation on Family-Career-Personal Situations</li> </ul>
				Module 6
				<ul style="list-style-type: none"> <li>• Introduction to Mindfulness</li> <li>• Mindfulness practices, relaxation and breathing exercise</li> <li>• Self-Care and Stress Management Techniques</li> </ul>



## Learning Outcome

Participants will understand mental health concepts, recognize signs of issues, apply self-care and stress management techniques, support others, and access mental health resources.



## GET IN TOUCH



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