P10X ACADEMY

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 per cent 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

This outline offers a structured approach to cover various aspects of mental health awareness, aiming to educate, support, and create a conducive environment for mental wellness.

Audience

Any individuals

Pre-requisite :
None

Duration :
1-day (9.00am - 5.00pm)

Course Delivery Mode :
Lecture

Course Modules

Module 1

INTRODUCTION
- Understanding mental health
- Importance of mental health awareness in personal and professional settings
- Understanding mental Health Issues
- Understanding mental illness
- Understanding cognitive distortions

Module 2

RECOGNIZING SIGNS AND SYMPTOMS
- Understanding the spectrum of mental health : anxiety, depression, stress-related disorder
- Mental Health Screening
- Stress Vs Performance
- Stress and physical health
- Case studies and real-life examples

Module 3

MENTAL HEALTH STIGMA AND ITS IMPACT
- Understanding stigma on mental health issues
- Effects of stigma on individuals and communities
- Strategies to combat stigma in workplace and society
- How to promote inclusivity and support to individuals experiencing mental health challenges

Module 4

SELF-CARE AND STRESS MANAGEMENT
- Importance of self-care for mental wellness
- Stress management techniques and coping mechanisms
- NLP Method of handling stress
- Mindfulness and 'I love myself' techniques
- Creating a healthy work life balance

Module 5

SUPPORTING MODELS
- Method to approach and support
- Active listening and communication skills

Module 6

CREATING A MENTAL HEALTH FRIENDLY ENVIRONMENT
- Strategies for fostering a supportive workplace culture
- How to address and support employees with mental health conditions

Learning Outcome

- Gain comprehensive understanding of mental health
- Develop ability to recognize signs and symptoms of mental health issues
- Enhance awareness for timely intervention and support
- Acquire techniques for personal mental wellness
- Develop skills in approaching and supporting affected person

GET IN TOUCH

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