



MENTAL HEALTH AWARENESS TRAINING



MTBM Group Sdn. Bhd. (1600656-M)

Level 8, MCT Tower, Sky Park, One City, Jalan USJ 25/1, 47650 Subang Jaya, Selangor

Course Title: Mental Health Awareness Training

Course Validity: 1 Day

Validity: Not Applicable

HRD Corp Scheme: Claimable

INTRODUCTION

This 1-day training program aims to raise awareness about mental health issues in the workplace and provide participants with the knowledge and skills to identify, understand, and support colleagues facing mental health challenges. The course emphasizes creating a supportive environment, reducing stigma, and promoting mental well-being.

OBJECTIVE(S):

- Understand the importance of mental health and its impact on individuals and organizations.
- Recognize the signs and symptoms of common mental health issues.
- Learn strategies to support individuals experiencing mental health challenges.
- Promote mental health awareness and reduce stigma in the workplace.
- Foster a culture of mental well-being and resilience.

TARGET GROUP(S):

- Managers and supervisors.
- Human resource personnel.
- Employees across all levels.
- Anyone interested in mental health awareness and support.

ENTRY REQUIREMENT(S):

- Able to read, write, and communicate verbally in Malay/English

TOPIC(S):

1. Introduction to Mental Health and Its Importance.
2. Understanding Common Mental Health Conditions.
3. Recognizing Signs and Symptoms of Mental Health Issues.
4. Strategies to Support Mental Well-Being in the Workplace.
5. Reducing Stigma and Promoting Mental Health Awareness.

LIST OF REFERENCE BOOK(S):

- Mental Health Foundation Guidelines.
- WHO Mental Health and Well-Being Standards.

LIST OF TEACHING AID(S):

- LCD projector and computer.
- Whiteboard with accessories.
- Interactive videos and role-playing scenarios.

METHODOLOGY(S):

- Lecture.
- Group discussions.
- Case studies on workplace mental health.
- Role-playing scenarios to practice supportive conversations.

TRAINING SCHEDULE

Day 1

Time	Activity/Topic
8:30 am - 9:00 am	Registration and Introduction
9:00 am - 9:45 am	Topic 1: Introduction to Mental Health and Its Importance
9:45 am - 10:30 am	Topic 2: Understanding Common Mental Health Conditions
10:30 am - 10:45 am	Morning Tea Break
10:45 am - 11:30 pm	Topic 3: Recognizing Signs and Symptoms of Mental Health Issues
11;30 am - 12:30 pm	Group Activity: Identifying Mental Health Concerns in Case Scenarios
12:30 pm - 1:30 pm	Lunch Break
1:30 pm - 2:30 pm	Topic 4: Strategies to Support Mental Well-Being in the Workplace
2:30 pm -3:30 pm	Topic 5: Reducing Stigma and Promoting Mental Health Awareness
3:30 pm - 3:45 pm	Afternoon Tea Break
3:45 pm - 5:00 pm	Practical Session: Role-Playing Supportive Conversations

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