

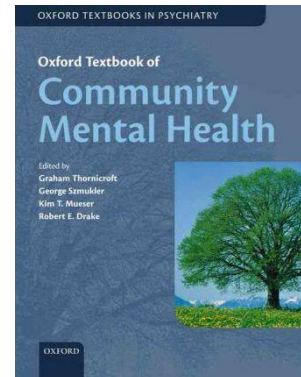


Principles of community mental health care

4 basic principles

(R. E. Drake, G. Szmukler, K. T. Mueser & G. Thornicroft, 2011)

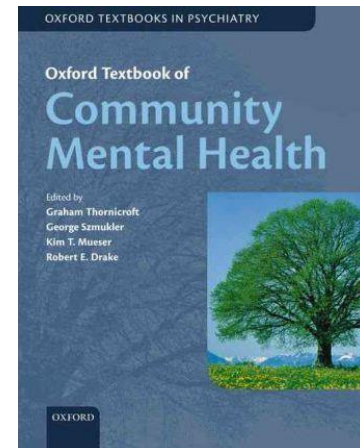
- 1. Address population needs in ways that are accessible and acceptable**
- 2. Build on the goals and strengths of people who experience mental illnesses**
- 3. Promote a wide network of supports, services and resources of adequate capacity**
- 4. Emphasize on services that are both evidence-based and recovery oriented**



1. Address population needs and assumes a public health perspective

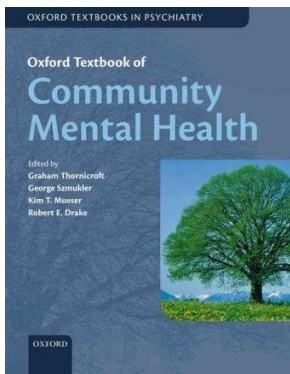
- 1) A population view
- 2) Socio-economic context
- 3) Primary prevention
- 4) Individual and population-based prevention
- 5) A systemic view of service provision
- 6) Open access to services
- 7) Team-based services
- 8) A long-term, longitudinal, life-course perspective
- 9) Cost effectiveness in population terms

Include a commitment to social justice.



2. Use strengths of those with lived experience

- Recovery perspective: Strengths & capacities & aspiration
- Illness perspective: Address needs and disabilities; provide support
- Services aim to support and enhance abilities, develop positive identity, self management and pursue valued roles (Slade, 2009)



3. Promote a wide network of supports, services and resources of adequate capacity

- Understand role of social and environment
- Address strength of families, social network
- Wide network that include wellness and whole life focus, housing, social services, education, religious organizations, peer supports, self help organizations, and informal support systems.

4. Evidence-based and recovery oriented services

- A scientific approach to services prioritizes using the best available data on the effectiveness of interventions.
- People with mental illness have the right to:
 - understand their illness (to the extent that professionals understand them)
 - consider the available options for interventions (information on effectiveness and side effects)
 - have their preferences included in a process of shared decision-making (Drake et al, 2009)

4. evidence-based and recovery recovery oriented

- Focus on personal recovery rather than symptoms and deficits
- Helping people overcome illness thru full participation
- Rights based – restore rights if taken away and reconstruct if not given
- Help with independent living

3 basic philosophical base

- empowerment or person oriented**
- competence or skill building**
- recovery or create new self or being well**

Multi modal rehabilitation:

- Promote recovery
- Use principles of psychiatric rehabilitation
- Help people with serious mental illness develop meaningful relationships, get sustainable income through work or enterprises, improve education, self management of illness and live independently and successfully

Community Psychiatry & Rehabilitation Services in Malaysia

Mental Health Services in Malaysia

Marhani Midin, D. Psy.¹, Nor Zuraidda Zainal, M.P.M.^{2},
Toh Chin Lee, M.P.M.³, Nurashikin Ibrahim, M.P.H.⁴*

- Currently 410 registered psychiatrists in Malaysia
- Psychiatrist to population ratio: 1.27 per 100,000
- 4-year Master Program for Psychiatry
- Parallel Pathway – Royal College of Psychiatrists
- Mental hospitals: 4,240 (79.0%) of 5,367 psychiatric beds
- General hospitals: 1,127 (21.0%) psychiatric beds

MENTAL HEALTH ACT – PART VI

RECEPTION, CARE, TREATMENT AND REHABILITATION OF MENTALLY DISORDERED PERSONS IN COMMUNITY MENTAL HEALTH CENTRE

Section 32. Community mental health centre

A community mental health centre (CMHC) is a centre for community care treatment which includes the **screening, diagnosis, treatment and rehabilitation** of any person suffering from any mental disorder.

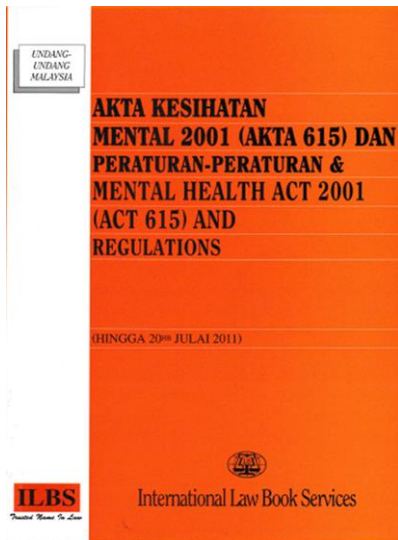
Section 33. Appointment of government community mental health centre.

The Minister may, by notification in the *Gazette*, appoint the whole or any part of any premises to be a government CMHC.

Mental Health Regulations (MHR, 2010, MHA 2001)

Part III, Section 16.

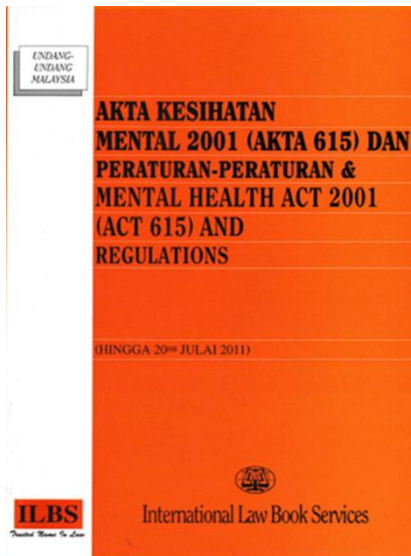
1)The Medical Director or a licensee or person in charge, as the case may be, of a psychiatric hospital or community mental health centre shall ensure the establishment of a **community mental health team** for community mental healthcare services.



Part III, Section 16. MHR 2010

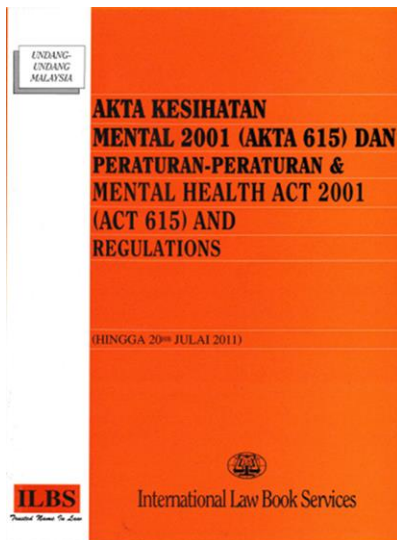
2) The community mental health team shall

- a) consists of multidisciplinary people; and**
- b) be led by a medical officer or a registered medical practitioner preferably a psychiatrist.**



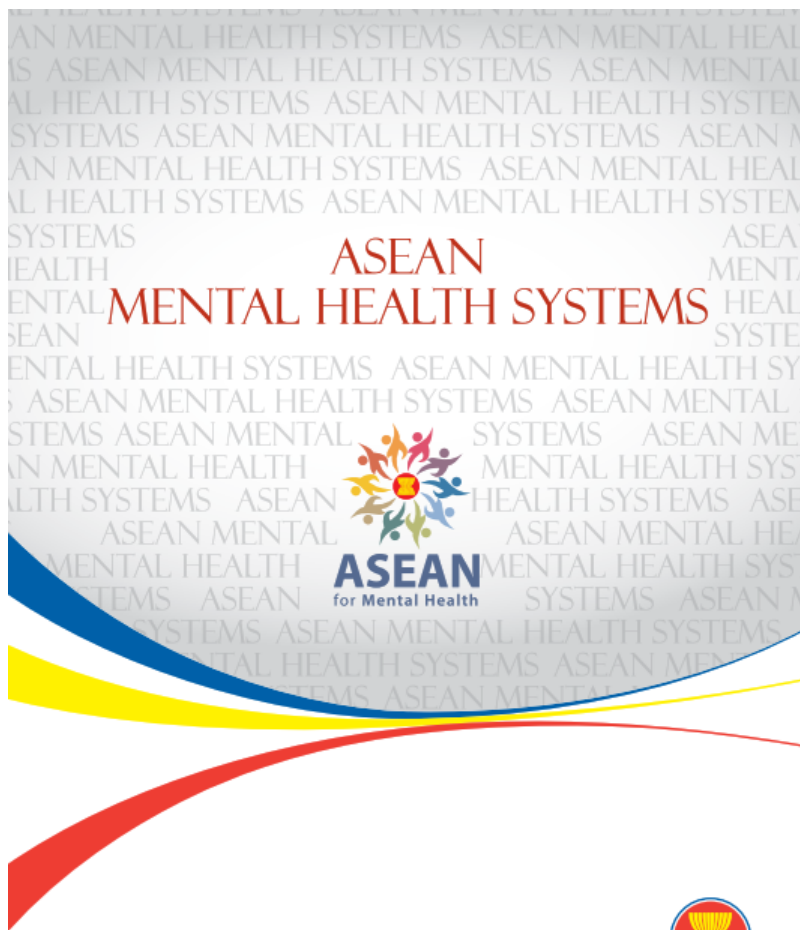
Part III, Section 16. MHR 2010

- 3) The community mental health team shall provide comprehensive mental health services
- 4) The Medical Director or licensee or person in charge, as the case may be, of a psychiatric hospital or community mental health centre shall maintain a register for patients under the care of the community mental health team.



Psychiatric Department Malaysia

- 54 Hospitals
- CMHC 25
- CMHT in all
- Rehabilitation



2016

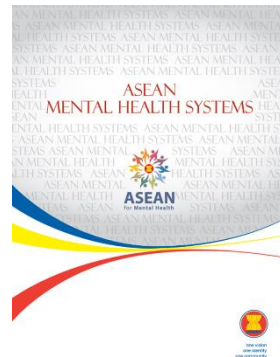


MALAYSIA

Nurashikin bt. Ibrahim, Ministry of Health

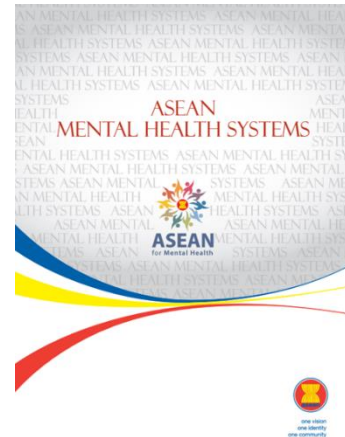
Mental health services in Malaysia:

- 1. Primary health care**
- 2. Hospital**
- 3. Community-based**



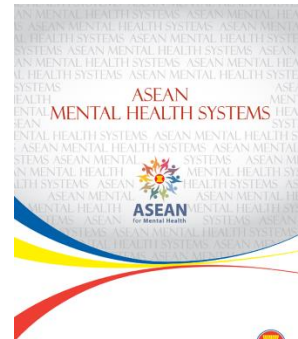
1. Mental health services in primary care

- A total of 919 government health clinics (89% of all primary health clinics) provide mental health services
- More than 232 resident Family Medicine Specialists



1. Mental health services in primary care

- A. Promotion of mental health**
- B. Screening & stress management intervention**
- C. Treatment of the mentally ill**
- D. Follow-up of stable mentally ill patients**
- E. Defaulter tracing**
- F. Psychosocial rehabilitation services**



2019 parliament answer on mental health initiatives

- Collaborative with schools on Healthy Minds in Schools
- Improve resilience and coping amongst youths through KOSPEN
- Strategic Action Plan 2019
- National “Let’s Talk” campaign October 2019
- 1000 PHCS – screening, early treatment and MH Promotion
- Improve public awareness
- Anti stigma and antidiscrimination campaigns



Comments



dzulkefly_ahmad



SIDANG
PARLIMEN



KEMENTERIAN KESEHATAN
MALAYSIA

Inisiatif KKM tangani permasalahan kesihatan mental masyarakat antaranya :

1. Berkolaborasi dengan Kementerian Pendidikan Malaysia (KPM) melalui Program Minda Sihat Sekolah & Program Doktor muda dan Siswa Sihat.
2. Tingkatkan kemahiran menangani stres dan kemurungan melalui Program KOSPEN PLUS (Komuniti Sihat Pembina Negara).
3. Penetapan sebuah National Strategic Action Plan Mental Health (2019 – 2025) yang akan dilancarkan dijangka pada September 2019.
4. Gerakan kempen kesedaran kesihatan mental Nasional, 'Lets Talk Malaysia' yang akan dikendalikan setiap bulan Oktober dengan penglibatan beberapa agensi-agensi Kerajaan dan NGO.
5. 1,001 buah klinik-klinik kesihatan jalankan aktiviti promosi, saringan dan pengesanan awal bagi mengesan tahap stres, keresahan dan kemurungan.
6. Tingkatkan kesedaran awam melalui Sambutan Hari Kesihatan Mental dan Kempen Cara Hidup Sihat.
7. Edaran bahan-bahan pendidikan kesihatan berbentuk risalah dan poster, infografik berkaitan kesihatan mental dan penyakit mental melalui media cetak, elektronik serta laman sosial KKM.

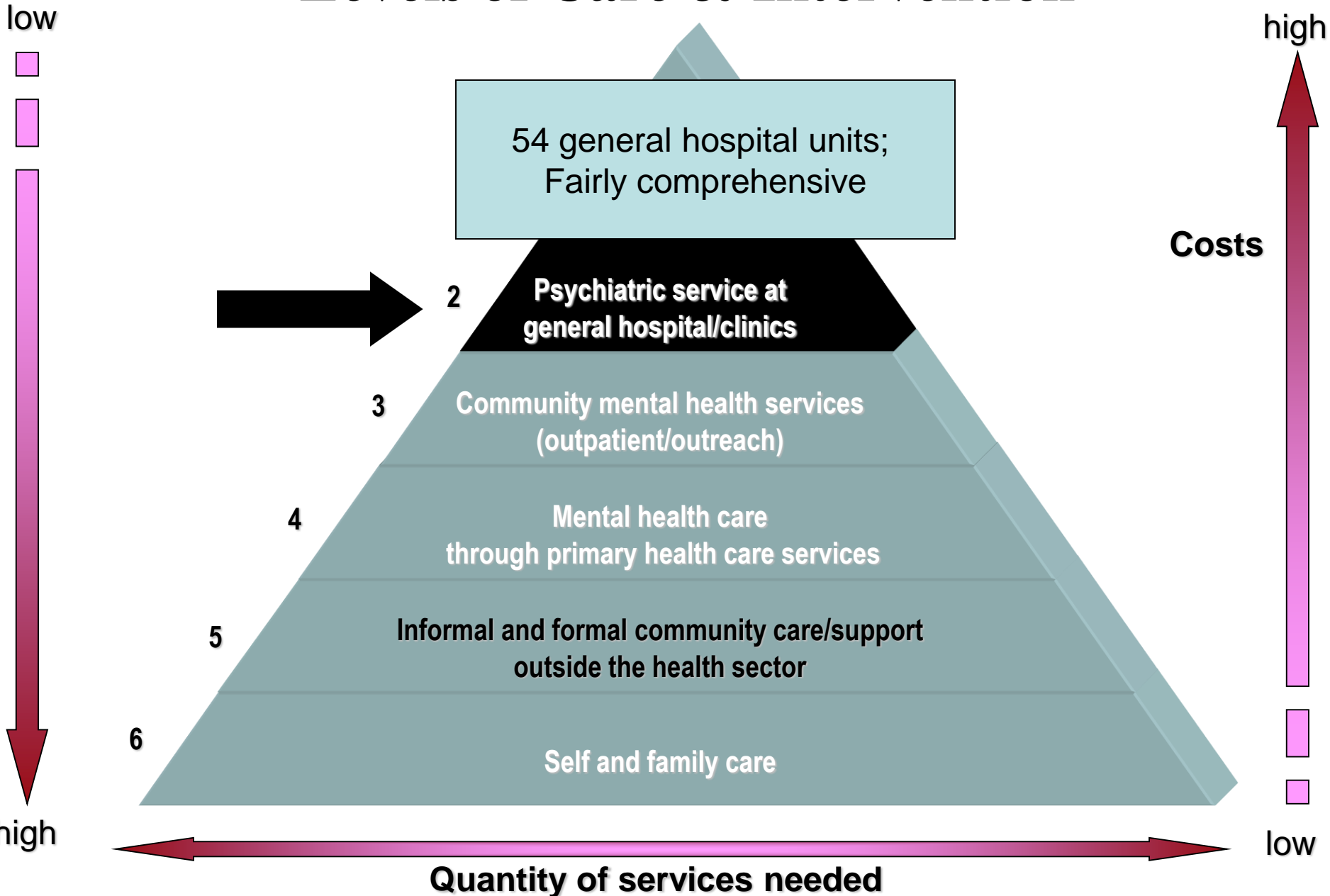
DS Dr. Dzulkefly Ahmad

Menteri Kesihatan Malaysia

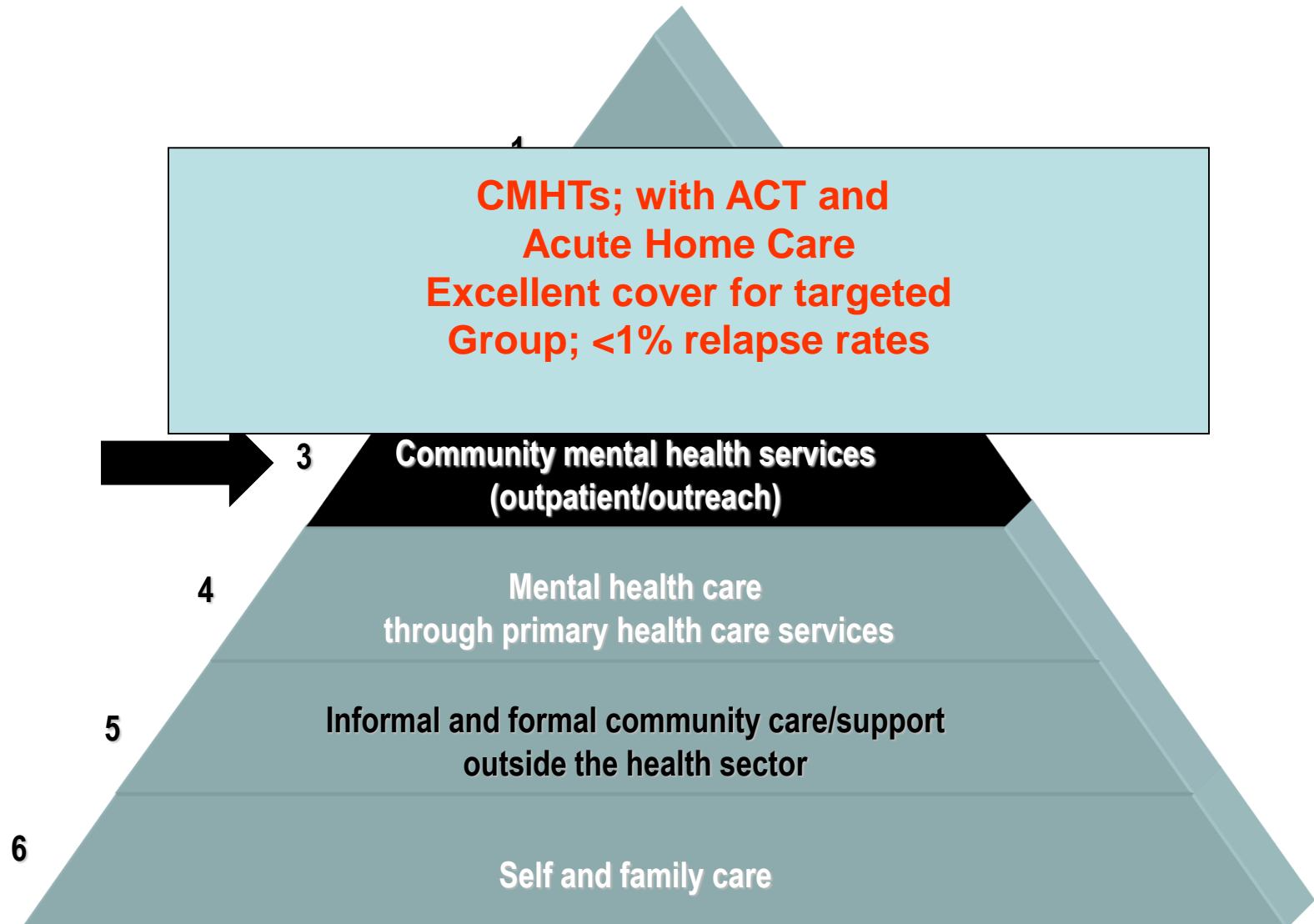
(Ringkasan jawapan Parlimen isu Kesihatan Mental, 18 Julai 2019, Khamis)



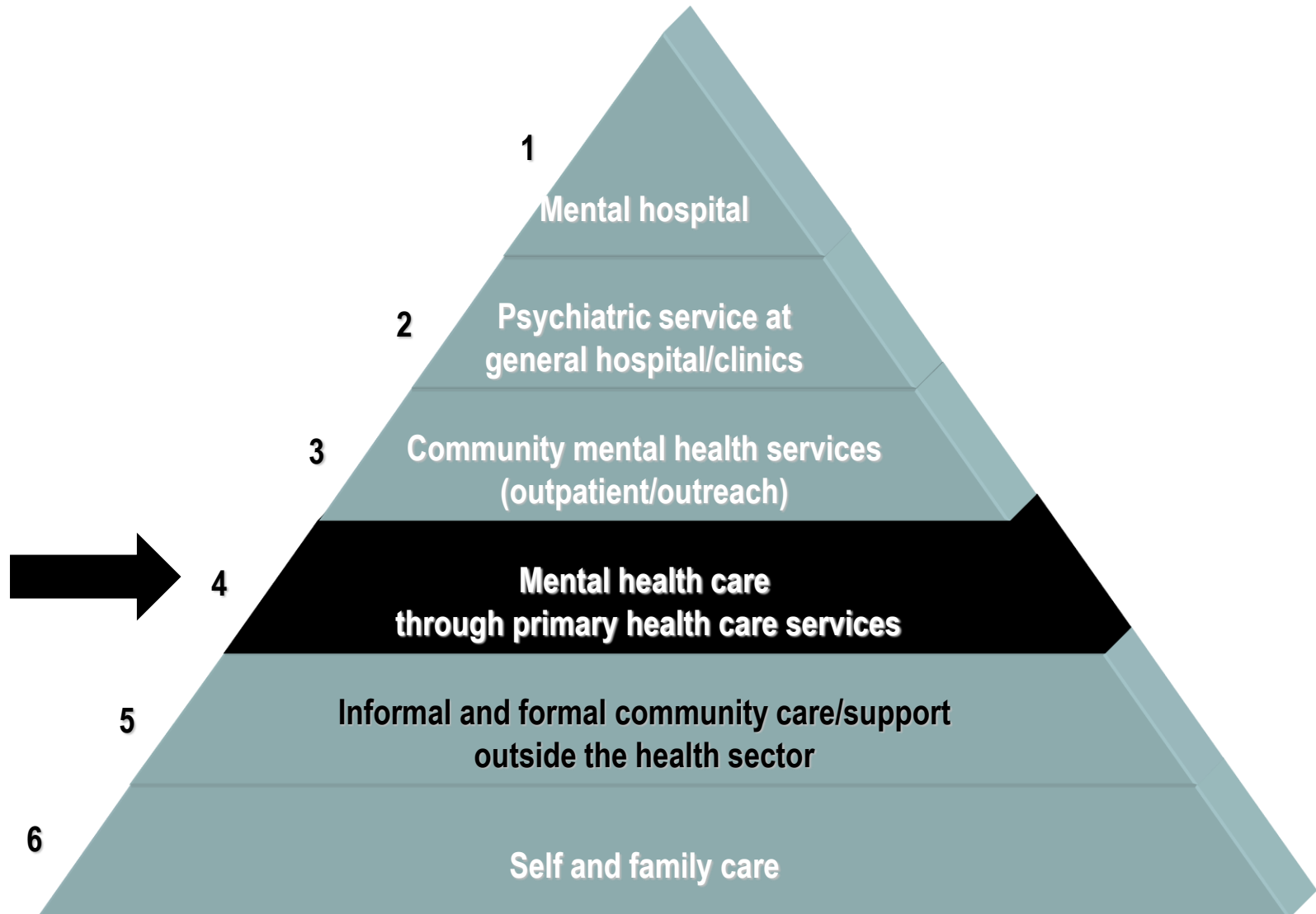
Levels of Care & Intervention



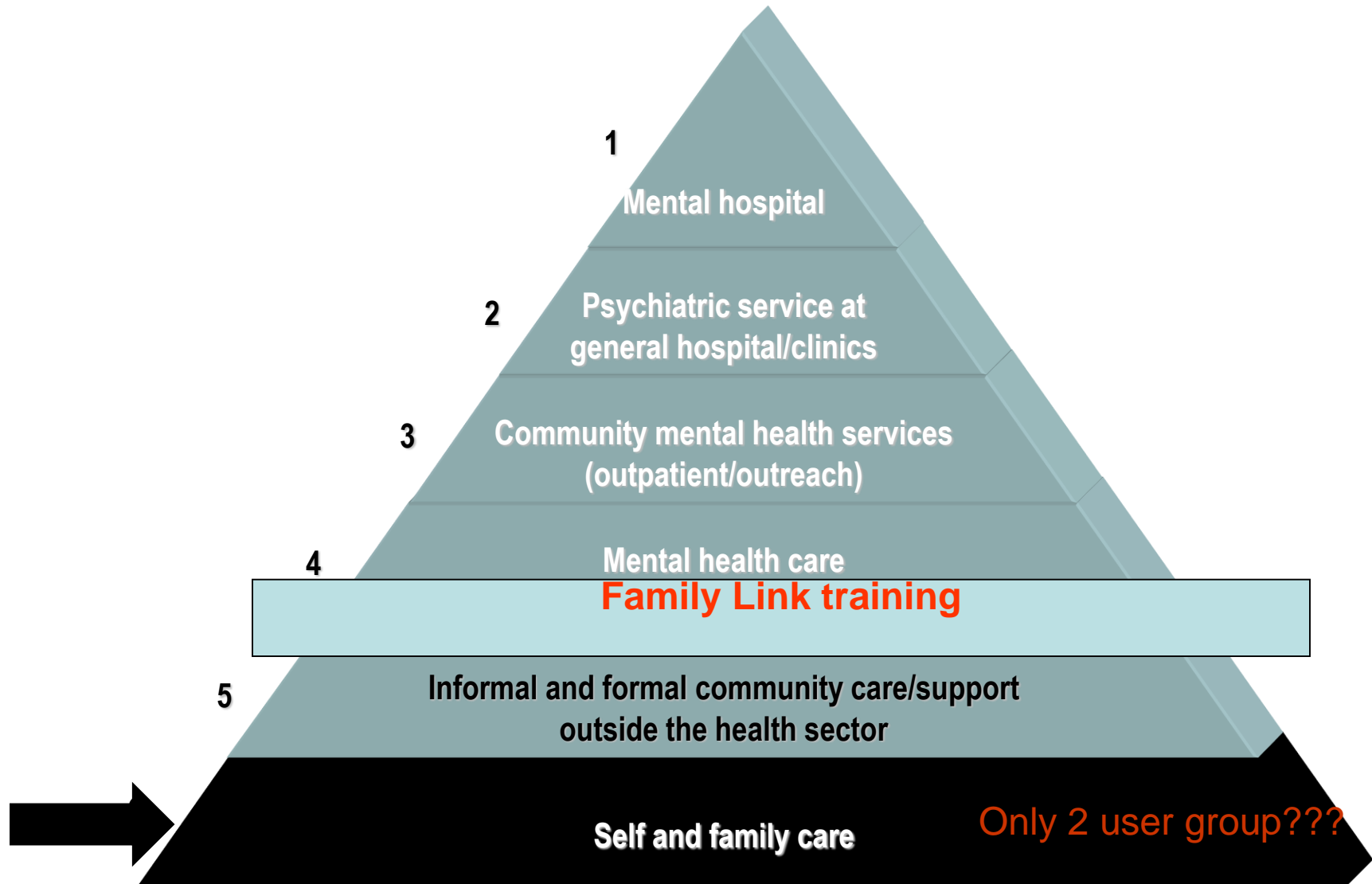
Levels of Care & Intervention



Levels of Care & Intervention



Levels of Care & Intervention



FAMILY SUPPORT GROUP

- **6x per year for Chinese groups**
- **4x per year for Malay groups**
- **2x per year for Tamil groups**
- **Managed by families themselves**
- **Hospital help to facilitate**



Graduation ceremony



Community mental health center permai chapter



- There are 2 CMHC under the supervision of Permai Hospital
 - Masai (eastern part) – OPD, ACT, supported employment, Family Link, training of volunteers, center for assessment of cases in environmental pollution
 - Pekan Nenas (western part) – OPD, Daycare, Bakery, ED, Outreach, Acute Home Care, Family Link, Peer support, Supported employment

Community mental health center pekan nenas

- Established since 2014
- In the health clinic area of Pekan Nenas
- Services provided include
 - OPD: screen, early treatment
 - Acute home care, Assertive care, defaulter tracing (15km)
 - Supported employment, social enterprise, Family Link
 - Mental Health Promotion
 - Community linkages
 - Links with local hospital

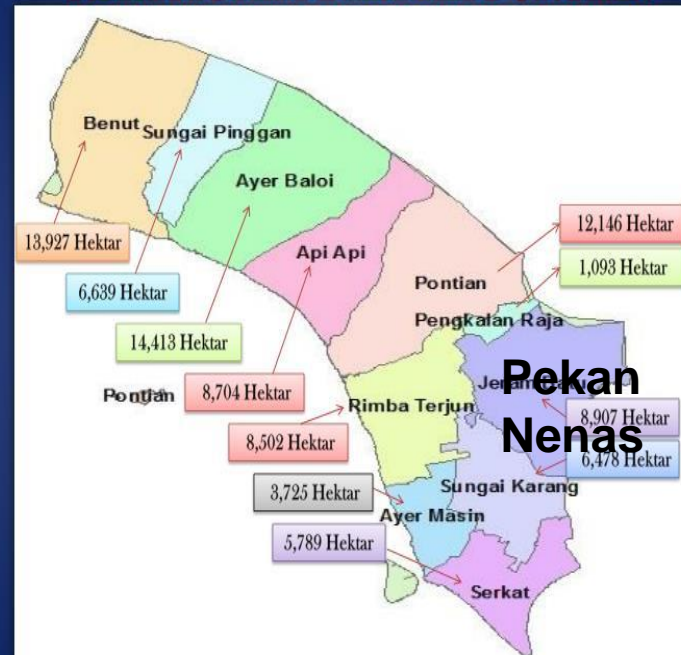
JOHOR



Number of Population in Pontian

159783

PETA MUKIM DAERAH PONTIAN



Number of
Population in
Pekan Nenas

38'533

Become a Pontian Referral Center

Building area: 25ft x 25ft

Member strength:

- 1 Psychiatrist
- 1 Medical Officer
- 1 Assistant MOU29
- 1 Nurse U29
- 3 Health Care Attendant U11





Outpatient clinic

Home visit







Alas kaki





Supported Employment



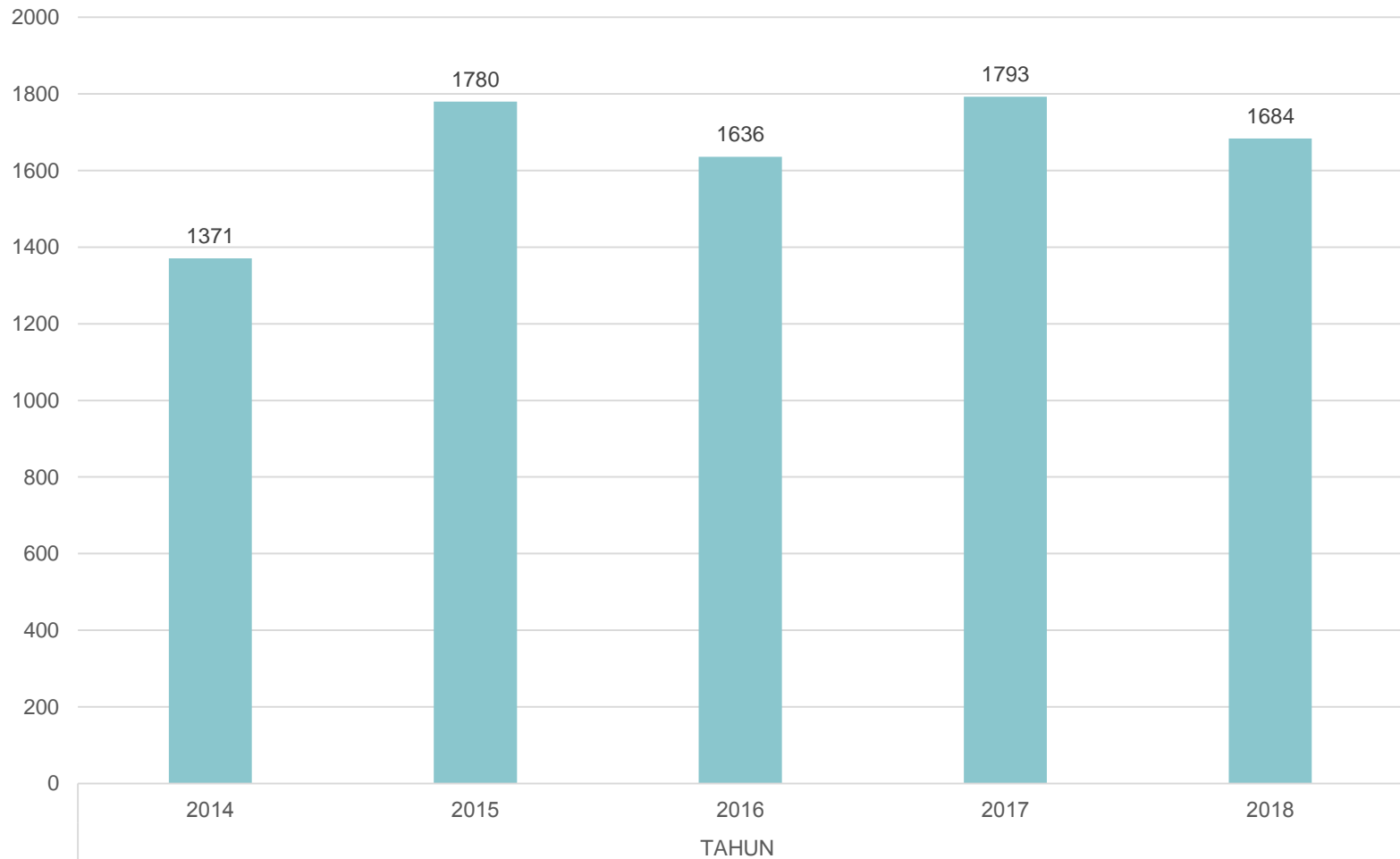
Family link program, Pontian



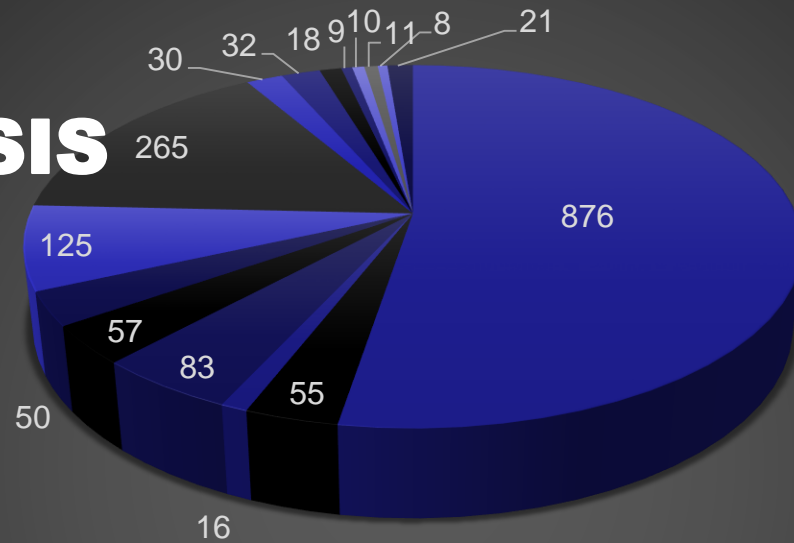
Visiting to HOSPITAL DAERAH PONTIAN



TOTAL PATIENT IN CMHC PEKAN NENAS



DIAGNOSIS



- SCHIZO PHRENIA
- ANXIETY DISORDER
- BMD
- MENTAL RETARD
- INSOMNIA
- ADJUSTMENT DISORDER
- DEMENTIA
- DEPRESSION
- MDD
- SUBSTANCE
- DIFFER
- ALZHEIMER
- PANIC DISORDER
- PSYCHOTIC
- EPILEPSY
- ALCOHOLIC

**Psychiatric
Admissions
in District Hospital**

Year	Pontian
2009	13
2010	6
2014	105
2016	155
2018	175



MIASA

MENTAL ILLNESS

AWARENESS & SUPPORT ASSOCIATION

SECTION 1 INTRODUCTION N:MAKING THE CASE



MIASA

MENTAL ILLNESS

AWARENESS & SUPPORT ASSOCIATION

SECTION 3 WHO IS MIASA

About MIASA

- ✓ **Founded** by people with lived experiences (Mood Disorders, Psychosis, *Anxiety Disorder*).
- ✓ **Supported** by clinical psychiatrists & spiritual healers.
- ✓ Royal Patron: King's daughter
- ✓ Advisor: Dr. Abdul Kadir
- ✓ **Started** in 2016 with "Journey to Recovery" forums.
- ✓ **Officially** registered in September 2017.
- ✓ **Started** with less than 15 volunteers
- ✓ Now with over 236 registered volunteers across 4 teams / divisions.
- ✓ MIASA also has **171 members** and still growing.



PRESS CONFERENCE &

10th October 2017



Mental Illness Awareness and Support Association (MIAA) (999-027-40-4092007)
DS 1-07, Metroopolis Square, Block D Retail Lot, Metroopolis Square, Jalan PJU 8/7, Bandar Damansara Perdana, 47820 Petaling Jaya, Selangor
Helpline: 015-6781522 / 015-6781532 / 099-2362423 Email: miasa.malaysia@gmail.com

Follow Us:
f MIAA Malaysia i miasa.malaysia t miasa.malaysia

www.miasa.org.my



VISION

*"To be the leading voice in
mental health education
in support of
mental illness patients."*

MISSION



To promote awareness on the importance of a good mental health.

01



To raise awareness on mental health issues.

02



To provide support for mental illness patients and carers.

03



To promote mental illness literacy.

04



To support other bodies in all areas to promote mental health.

05



TO HIGHLIGHT GOOD MENTAL HEALTH

- Public talks & forums
- Podcast, Youtube
- Sukan Rakyat MIASA
- Appearance on various media channels



TO HIGHLIGHT MENTAL HEALTH ISSUES

- Opening booths at various events
- Public talks & forums
- Blog
- Collaboration with BeingMe 2018



TO PROVIDE SUPPORT

- Psychiatric, psychological & spiritual therapies
- Support group
- E-mail & phone support
- Face-to-face support
- Life skills workshop for patients
- MIASA Holistic Center (coming soon)



TO PROMOTE LITERACY

- Reachout Campaign (new infographics every week)
- MIASA quarterly newsletter
- Journey to Recovery: Warriors' Diary (book project)
- Podcast, videos



TO COLLABORATE

- MOU in works with Hospital Universiti Kebangsaan Malaysia (HUKM) & MMU
- Participation in various research projects
- Collaborations with universities, colleges, corporates, & media

OUR PILLARS



PILLAR #1

AWARENESS

TARGET:

Public, caregivers, patients

SCOPE:

Educate on mental illness literacy, the importance of mental health and its issues, including fighting stigma



PILLAR #2

ADVOCACY

TARGET:

Mental healthcare professionals, government, policy-makers, employers

SCOPE:

Advocate an understanding of patients and their rights by providing the patient's perspective



PILLAR #3

RELIEF SUPPORT

TARGET:

Diagnosed or undiagnosed patients

SCOPE:

Apply a bio-psycho-social-spiritual care model, supported by our network of professionals, peer patients and volunteers



PILLAR #4

LIVELIHOOD SUPPORT

TARGET:

Diagnosed patients

SCOPE:

Provide trainings and workshops for patients to own their livelihoods thus contributing to society

MIASA'S STRENGTHS

- MIASA is for everyone. We offer **a holistic approach**.
- **We focus on empowerment and we strive for independence, inclusiveness and fight for patients' and carers' rights**
- Everyone in MIASA works on a **voluntary basis**.
- **Everyone should** feel inspired and empowered to help in contributing to make a change. Patients feel that they are helped through the concept of **'Healing through HELPING'**.
- We work as the **consumer group representative** in discussions and initiatives related with mental health.
- We work with mental health professionals on various areas in providing **insights and feedbacks** to help in the necessary areas in working for change.
- MIASA is able to provide these insights to better educate the public on the truth behind mental illness so that patients will be **better supported, accepted in society like any other person and to hopefully reduce the stigma, eliminate the discrimination and inequality**.
- **We vary our approach** – Online, Face-to-face, Radio, tv, etc to keep up with modern trends of media consumption to spread the word about mental health as far as possible.

EVERYONE MATTERS



MIASA

MENTAL ILLNESS

AWARENESS & SUPPORT ASSOCIATION

LET US HELP YOU

SUPPORT AVAILABLE :

- SUPPORT GROUP
- THERAPEUTIC ASSESSMENT
- CIRCLE TIME & SUPPORT PROGRAMMES
- ISLAMIC SPIRITUAL THERAPY
- COUNSELLING SERVICES

REACH OUT TO US AT:

013 - 878 1322 / 32, 019 - 236 2423
miasa.malaysia@gmail.com



MIASA Malaysia



miasa.malaysia



miasa.malaysia



www.miasa.org.my



MIASA

MENTAL ILLNESS

AWARENESS & SUPPORT ASSOCIATION

SECTION 3 BREAKING THE STIGMA



You don't have to fight this alone.

Anda tidak perlu melaluinya seorang diri.



#miasareachoutcampaign2018

Let's talk about stigma



miasa.org.my



MIASA Malaysia



@miasa.malaysia



@MIASAMalaysia



MIASA Malaysia



MENTAL ILLNESS AWARENESS
& SUPPORT ASSOCIATION

Let's talk about **stigma**

Stigma #1:

**“People with mental illness
are crazy.”**

“Orang yang sakit mental ni gila.”

#miasareachoutcampaign2018



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@MIASAMalaysia



MIASA Malaysia



MENTAL ILLNESS AWARENESS
& SUPPORT ASSOCIATION

Let's talk about **stigma**

Stigma #2:

**“Mental illness patients are
dangerous & violent.”**

“Pesakit mental ni merbahaya & ganas.”

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MIASA Malaysia



MENTAL ILLNESS AWARENESS
& SUPPORT ASSOCIATION

Let's talk about **stigma**

Stigma #3:

**“People with mental illness
are lazy & use it as
an excuse.”**

*“Orang yang sakit mental ni sebenarnya
malas dan mengada-ngada.”*

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MIASA Malaysia



MENTAL ILLNESS AWARENESS
& SUPPORT ASSOCIATION

Let's talk about **stigma**

Stigma #4:

**“People with mental illness
are not fit to work
and be productive.”**

*“Orang yang sakit mental ni tidak sepatutnya
bekerja dan tidak produktif.”*

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MIASA Malaysia



MIASA

MENTAL ILLNESS

AWARENESS & SUPPORT ASSOCIATION

SECTION 4

ACTIVITIES

2017-2018

JANUARY - SEPTEMBER 2017

- 1 22-1-2017 JOURNEY TO RECOVERY 1 FORUM**
- 2 7-5-2017 JOURNEY TO RECOVERY 2 FORUM**
- 3 1-6-2017 SLOT KESIHATAN MENTAL - WARNA PAGI IKIM.FM**
- 4 8-6-2017 JOURNEY TO RECOVERY SEASON 1 - IKIM.FM**
- 5 10-9-2017 JOURNEY TO RECOVERY 3 FORUM**
- 6 18-9-2017 MENTAL HEALTH OF MALAYSIAN STUDENTS WORRISOME - ISLAM
CHANNEL UK SHOW**
- 7 27-9-2017 PM LIVE - ASTRO**

OCTOBER - DECEMBER 2017

- | | | |
|----|------------|-----------------------------------------------------------------------------------------|
| 8 | 4-10-2017 | TALK PENJAGAAN KESIHATAN MENTAL - MARDI SERDANG |
| 9 | 6-10-2017 | MINGLE & PITCH - SYED AZMI |
| 10 | 10-10-2017 | MPA PRESS CONFERENCE & LAUNCH OF MIASA IN CONJUNCTION WITH WORLD MENTAL HEALTH DAY 2017 |
| 11 | 28-10-2017 | EFFECTIVE PRESENTATION SKILLS WORKSHOP - MPA x MIASA |
| 12 | 30-10-2017 | CIRCLE TIME OCTOBER 2018 |
| 13 | 31-10-2017 | GO SIP : DOPS TV TALKSHOW |
| 14 | 7-11-2017 | PANIC ATTACK VS HEART ATTACK FORUM - HUKM |
| 15 | 12-11-2017 | PATIENT'S RIGHT & WHAT IS RIGHT WORKSHOP - MPA x MIASA |
| 16 | 14-11-2017 | LIVE ON MYNX DIGITAL |
| 17 | 24-11-2017 | YOUR MENTAL HEALTH MATTERS FORUM - UiTM PUNCAK ALAM |
| 18 | 28-11-2017 | FIGHT STIGMA FOR MENTAL ILLNESS FORUM - UiTM SHAH ALAM |
| 19 | 10-12-2017 | HEALING THROUGH HELPING FORUM |

JANUARY - FEBRUARY 2018

20	5-1-2018	LIVE ON INSPIRASI PAGI NINE11 - BERNAMA
21	7-1-2018	TALK PENJAGAAN KESIHATAN MENTAL - MARDI SERDANG
22	8-1-2018	MOTIF VIRAL - ASTRO
23	14/1/2018	ANNUAL GENERAL MEETING MIASA
24	16/1/2018	INTERVIEW BY NEW STRAITS TIME (NST)
25	18/1/2018	SEASON 1 KEMBARA SYIFA' ON IKIM.FM
26	24-1-2018	VISIT TO HOSPITAL MESRA BUKIT PADANG, SABAH - MPA x MIASA x 1MOMENT4THEM
27	28-1-2018	CIRCLE TIME JANUARY 2018
28	4-2-2018	#IAMBRAVE - ANXIETY: CHOOSE TO COPE FORUM
29	25-2-2018	CIRCLE TIME FEBRUARY 2018

MARCH 2018

30	5-3-2018	MENTARI SELAYANG OPEN DAY
31	8-3-2018	WOMENTAL: A JOURNEY FORUM - IIUM GOMBAK
32	10-3-2018	KARNIVAL KESEDARAN KESIHATAN MENTAL - UKM BANGI
33	17-3-2018	DEPRESSION, ANXIETY & STRESS FORUM - UKM BANGI
34	18-3-2018	SUKAN RAKYAT MIASA 2018
35	21/3/2018	INTERVIEW BY NST
36	23-3-2018	FAMILY CIRCLE GROUP - HUKM
37	24-3-2018	IN MY SHOES: HOW MENTAL HEALTH ISSUES AFFECTED WOMEN - WANITA INSPIRASI NEGARA (WIN)
38	25/3/2018	CIRCLE TIME MARCH 2018
39	27/3/2018	JOM JUMPA KAUNSELOR - UPNM; BOOTH

APRIL 2018

40	8-4-2018	BEING ME PRE-CONFERENCE : WOMEN & ANXIETY - MIASA x MERCY MISSION
41	12-4-2018	LIVE ON NX NOW - MENANGANI KEBIMBANGAN MELAMPAU
42	13/4/2018	IIUM VISIT TO HUKM
43	14/4/2018	FAMILY-LINK PROGRAM HOSPITAL SELAYANG
44	16/4/2018	BENGKEL PENGURUSAN BIOPSIKOSOSIAL PESAKIT PSIKIATRI - HOSPITAL KAJANG
45	18-4-2018	BREAKING DOWN BARRIERS: MY MENTAL HEALTH JOURNEY FROM PATIENTS & MENTAL HEALTH PROFESSIONALS' PERSPECTIVES - UNIVERSITI PENDIDIKAN SULTAN IDRIS (UPSI)
46	18/4/2018	MULTIMEDIA UNIVERSITY (MMU) FACULTY OF MANAGEMENT SOCIETY (FOMS) HEALTH FAIR '18 PROGRAMME
47	23-25/4/2018	OPTIMAL HEALTH PLAN PROGRAMME: MALAYSIA-AUSTRALIA PROJECT
48	25/4/2018	SHARING SESSION IN THE "FOR THE HOLLOW HEARTS" EVENT - INTERNATIONAL UNIVERSITY OF MALAYA-WALES (IUMW)
49	25/4/2018	PROGRAM KESEDARAN KESIHATAN MENTAL - UiTM SHAH ALAM
50	27/4/2018	STUDENT & DEPRESSION FORUM - UiTM PUNCAK ALAM
51	28/4/2018	DESSERT THERAPY WORKSHOP

MAY - JUNE 2018

54	16/5/2018	FORUM KEMBARA SYIFA' - MARA
55	20/5/2018	BOOK CIRCLE: MAN'S SEARCH FOR MEANING
56	27/5/2018	CIRCLE TIME MAY 2018
57	6-2-2018	BEING ME PRE-CONFERENCE: MOTHERING MOTHERS - MIASA x MERCY MISSION
58	24/6/2018	CIRCLE TIME JUNE 2018
59	25/6/2018	HARI RAYA VISIT TO HUKM PSYCHIATRY WARD
60	29/6/2018	PETRONITA: WOMEN & MENTAL HEALTH TALK

JULY - AUGUST 2018

61	1-7-2018	INDUCTION PROGRAMME FOR VOLUNTEERS
62	1-7-2018	LOVING SOMEONE WITH BPD: THE BIG HOW
63	3-7-2018	INTERNATIONAL MUSLIM MENTAL HEALTH CONFERENCE
64	8-7-2018	HARI RAYA VISIT TO MENTARI & HOSPITAL SELAYANG PSYCHIATRY WARD
65	7-11-2018	PRESS CONFERENCE: STAND IN SOLIDARITY
66	14/7/2018	LIVE ON POPTV - NTV7
67	18/7/2018	SHOOTING FOR KAFE GEN XY: MASALAH KEMURUNGAN
68	19/7/2018	22ND MALAYSIAN CONFERENCE ON PSYCHOLOGICAL MEDICINE (MCPM) CONFERENCE
69	22/7/2018	BEING ME PRE-CONFERENCE: VIOLENCE AGAINST WOMEN - MIASA x MERCY MISSION
70	24/7/2018	HEARTWORK SERIES: THE SWEETNESS OF STRUGGLE - MIASA x MADINA INSTITUTE
71	28/7/2018	BEING ME CONFERENCE: BREAKING BARRIERS - MIASA x MERCY MISSION
72	29/7/2018	CIRCLE TIME JULY 2018
73	7-8-2018	INTERVIEW BY MSU MEDICAL STUDENTS
74	19-8-2018	CIRCLE TIME AUGUST 2018
75	25-8-2018	TCI ASIA PACIFIC'S ROUND TABLE DISCUSSION

SEPTEMBER 2018

76	SEPTEMBER 2018	SUICIDE PREVENTION CAMPAIGN
77	7-9-2018	MENTAL HEALTH AWARENESS STREET DAKWAH PROJECT WITH UNIRAZAK STUDENTS
78	18-9-2018	MENTAL HEALTH IN THE WORKPLACE FORUM - THE STAR
79	19-9-2018	I'M ONLY HUMAN - SUNWAY UNIVERSITY - BOOTH & PEP TALK
80	20-9-2018	I'M ONLY HUMAN: LET'S TALK ABOUT MENTAL HEALTH & SUICIDE FORUM - SUNWAY UNIVERSITY
81	23-9-2018	STORYTELLING WORKSHOP - MPA x MIASA
82	25-9-2019	FORUM PENGURUSAN STRESS - PERKESO
83	26-27/9/2018	ASEAN PSYCHOLOGY & COUNSELLING CONFERENCE (APCC) - BOOTH & TALK
84	29-9-2018	FORUM KEMBARA SYIFA' AT NASYRUL QURAN
85	30-9-2018	CIRCLE TIME SEPTEMBER 2018
86	30-9-2018	MPKJ BIG GIRLS' TALK: #TEENSCANSAYNOTODRUGS

OCTOBER 2018

- 87 OCTOBER 2018 #BETHECHANGE CAMPAIGN
- 88 OCTOBER 2018 #ISTANDUPFORMENTALHEALTH CAMPAIGN - MIASA x BEFRIENDERS x MMHA x THEJOKEFACTORY
- 89 2-10-2018 FORUM KESEDARAN KESIHATAN MENTAL - LPPKN
- 90 3-10-2018 FORUM "ARE YOU OKAY?" - UNIKL BMI
- 91 9-10-2018 LIVE ON RUANG BICARA BERNAMA TV
- 92 10-10-2018 PRESS CONFERENCE: MIASA's 1ST ANNIVERSARY, NEWSLETTER LAUNCH & IN CONJUNCTION WITH WORLD MENTAL HEALTH DAY 2018
- 93 11-10-2018 MALAYSIA HEALTHCARE TRAVEL COUNCIL (MHTC) MENTAL HEALTH BROWNBAG SESSION
- 94 12-10-2018 PROGRAM HARI KESIHATAN MENTAL PERINGKAT DAERAH PETALING - KLINIK KESIHATAN KOTA DAMANSARA
- 95 13-10-2018 BOOTH FOR HARI SUKAN NEGARA 2018
- 96 13-10-2018 UTM NIGHT RUN FOR MIASA 2018
- 97 14-10-2018 JOURNEY TO RECOVERY FORUM - UTM JB
- 98 21-10-2018 CIRCLE TIME OCTOBER 2018
- 99 25-10-2018 FORUM KARNIVAL KESEJAHTERAAN DIRI - UPM
- 100 27-10-2018 #SAVEME: A MENTAL HEALTH & SEXUAL HARASSMENT PROGRAMME - UiTM TAPAH

NOVEMBER 2018

102	NOVEMBER 2018	#WHATWENEED CAMPAIGN - GLOBAL CAMPAIGN BY TCI ASIA PACIFIC
103	1-11-2018	HARI KESIHATAN MARDI PERINGKAT IBU PEJABAT TAHUN 2018 - BOOTH; MARDI SERDANG
104	7-11-2018	LIVE ON SINAR LIVE FB PAGE
105	8-11-2018	CLINICAL PRACTICE GUIDELINES (CPG): MANAGEMENT OF SCHIZOPHRENIA PATIENTS - MoH
106	8-11-2018	HARI TERBUKA PSIKOLOGI 2018 - IPD PUTRAJAYA
107	12-11-2018	PD&T "THINK RIGHT PROGRAMME" - PETRONAS KERTEH
108	15-11-2018	BENGKEL KEMBARA SYIFA' - IKIM
109	18-11-2018	CIRCLE TIME NOVEMBER 2018
110	21-11-2018	INTELLECTUAL DAY: MENTAL ILLNESS FORUM - IIUM GOMBAK
111	24-11-2018	PELITAWANIS LEADERSHIP PROGRAM: FORUM "MEMAHAMI KESIHATAN MENTAL" - TNB LANGKAWI
112	26-11-2018	CIRCLE TIME FOR TEENS NOVEMBER 2018
113	29-11-2018	MENTAL HEALTH & SAFE REPORTING WORKSHOP - MPA x MIASA
114	30-11-2018	SUICIDE GATEKEEPER TRAINING

DECEMBER 2018

115	4-12-2018	ANXIETY: HOW TO DEAL WITH IT? - KUPTM KL
116	6-12-2018	MENTAL HEALTH AWARENESS FORUM - IIUM PAGOH
117	8-12-2018	CERAMAH KESIHATAN MENTAL - SURAU AL-IHSAN, KEPONG
118	10-12-2018	2019 PROJECT HSE PLAN & S&I WORKSHOP: BUILDING RESILIENCE IN PROJECT HSE - PETRONAS
119	22-12-2018	FORUM "MENTAL ILLNESS: JIWA KACAU DI KALANGAN ANAK-ANAK" - TASKA SI COMEL
120	27-12-2018	INTERVIEW BY BERNAMA RADIO & NEWS CHANNEL
121	30-12-2018	CIRCLE TIME DECEMBER 2018
122	WHOLE YEAR	MIASA REACH OUT CAMPAIGN

*Thank You
For Your Attention*

