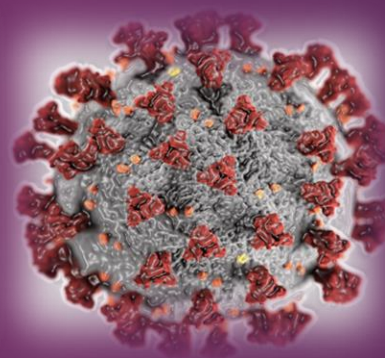


100



**DR. NURASHIKIN IBRAHIM (AMW)**  
**PAKAR PERUNDING PERUBATAN KESIHATAN AWAM**  
**MBBS (MALAYA), MPH (FAMILY HEALTH,UM)**  
**KETUA SEKTOR KESIHATAN MENTAL , PENCEGAHAN KECEDERAAN & KEGANASAN**  
**DAN PENYALAHGUNAAN SUBSTANS**  
**BAHAGIAN KAWALAN PENYAKIT, KEMENTERIAN KESIHATAN MALAYSIA**



# Kesehatan mental milik semua!

*Kesehatan Mental*

*BUKAN*

*Penyakit Mental*

# APA ITU KESIHATAN MENTAL...

Kesehatan mental milik semua!

Keadaan di mana seseorang individu menyadari potensinya, boleh **berdaya tindak terhadap stres** kehidupan seharian, boleh bekerja dengan produktif, dan boleh menyumbang kepada masyarakat

As a state of well being in which the individual realizes his or her own abilities, **can cope** with **normal stresses** of life, can work productively and fruitfully and is able to make contribution to his or her community

*(World Health Organization 2001)*



# TERMINOLOGI

## Kesihatan mental

Keadaan di mana seseorang individu menyedari potensinya, boleh **berdaya tindak terhadap stres** kehidupan seharian, boleh bekerja dengan produktif, dan boleh menyumbang kepada masyarakat

## Masalah kesihatan mental

berlaku apabila seseorang individu mengalami gangguan emosi atau perasaan yang boleh menyebabkan fungsi kehidupan seharian tidak mencapai tahap optima.

**Penyakit mental** adalah sejenis penyakit yang melibatkan gangguan pada fungsi otak dan menyebabkan gangguan-gangguan ketara dalam pemikiran, perasaan dan tingkah laku. Gangguan-gangguan ini menyebabkan seseorang itu tidak akan mampu untuk menghadapi cabaran kehidupan seharian.

## SPEKTRUM KESIHATAN MENTAL

Kesejahteraan Mental (*Mental Well-being*)

Penyakit mental

STRESS

ANXIETY  
DEPRESSION

ADJUSTMENT  
DISORDER

PTSD

PHOBIA

DEPRESSIVE  
DISORDERS

ANXIETY  
DISORDERS

BIPOLAR

PERSONALITY  
DISORDER

SCHIZOPHRENIA

Kesihatan mental berada di satu hujung spektrum - diwakili oleh perasaan selesa dengan diri dan berfungsi secara optima – sementara penyakit mental di hujung spektrum lain diwakili oleh gejala yang mempengaruhi pemikiran, perasaan atau tingkah laku

Westerhof, G.J. & Keyes, C.L.M. (2010). *Mental illness and Mental Health :The two continua model across the lifespan.*  
*Journal of Adult Development*

# Kepentingan Kesihatan Mental....?



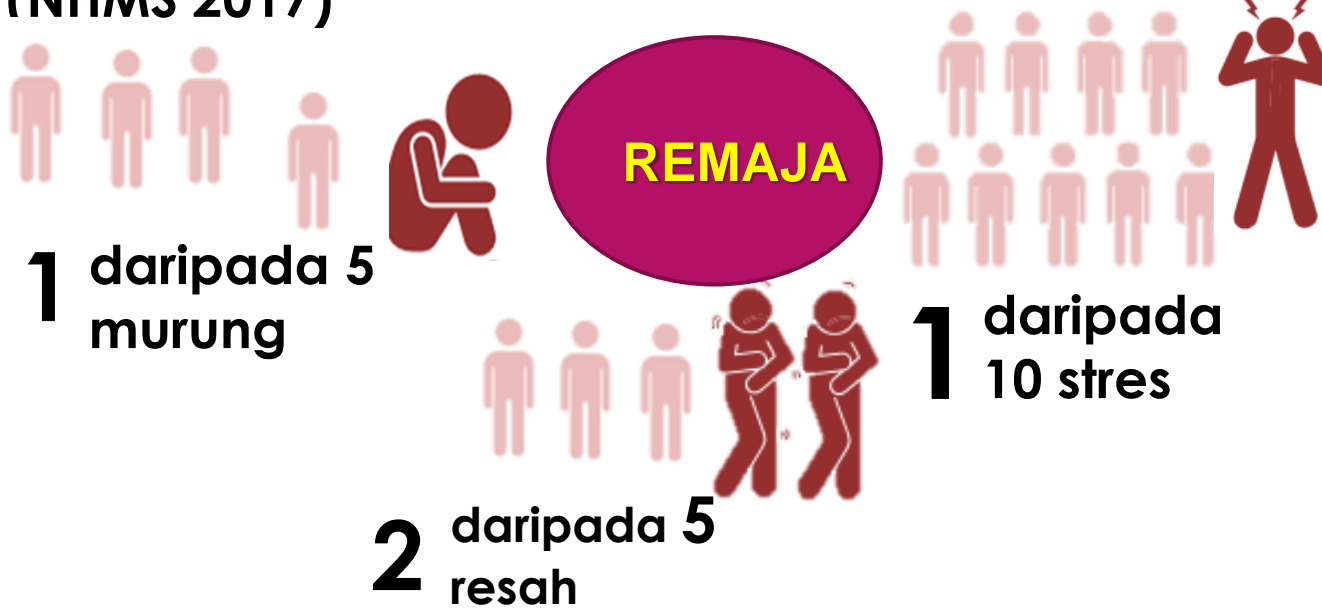
# INTRODUCTION

Before COVID-19 pandemic, statistics on mental health conditions were already stark.

- ❖ Global economy losses more than USD 1 trillion a year due to depression and anxiety
  - ❖ Worldwide, depression affects 264 million people
  - ❖ Around half of all mental health conditions start by age 14
  - ❖ Suicide is the leading cause of death in young people aged 15-29 years
  - ❖ More than 1 in 5 people affected by conflict have a mental health condition
- COVID-19 has impacted the lives of people around the world including children and adolescents in an unprecedented manner and Malaysians are not spared

# BEBAN MASALAH & PENYAKIT MENTAL DI MALAYSIA

(NHMS 2017)



## MASALAH KESIHATAN MENTAL DALAM KALANGAN WARGA EMAS

Prevalen kemurungan dalam kalangan berumur  $\geq 60$  tahun: **11.2%**

Prevalen *dementia* dalam kalangan berumur  $\geq 60$  tahun : **8.5%**

Prevalen yang berisiko mengalami keganasan dalam kalangan berumur  $\geq 60$  thn : **9.0%** (NHMS 2018)

**586 (27.6%)** daripada 2,121 penghuni di Institusi Jagaan Warga Emas JKM mempunyai penyakit mental

(Sumber:JKM)

## ISU PSIKOSOSIAL

Semenjak 25 Mac 2020 sehingga 28 Ogos 2021 , sebanyak **307,533** panggilan talian sokongan psikososial yang diterima oleh KKM-Mercy Malaysia, talian KASIH dan JAKIM KSK-Care. Daripada jumlah panggilan ini, **72.3%** adalah berkaitan dengan keperluan sokongan emosi, psikologi dan kaunseling

## KEMURUNGAN (DEPRESSION)

Hampir **500,000** masyarakat Malaysians berumur 16 tahun dan ke atas yg mengalami kemurungan



Luar Bandar vs Bandar

(NHMS 2019)

Daripada 6616 kakitangan kesihatan, **14.2% berisiko menghadapi masalah kesihatan mental**

(IPTK, 2020)

## **ISU-ISU SOSIAL DARIPADA PANGGILAN YANG DITERIMA OLEH TALIAN BANTUAN SOKONGAN PSIKOSOSIAL KKM (Menyumbang Kepada Masalah Kesihatan Mental Semasa Pandemik Covid-19)**

**Stres yang teruk, takut, keresahan, kemurungan, hilang harapan, tingkahlaku bunuh diri**

- ▶ Tidak pasti tentang masa hadapan, krisis kewangan
- ▶ Konflik keluarga, Penderaan emosi dan fizikal, kurang sokongan sosial di rumah
- ▶ Kurang sokongan moral di tempat kerja
- ▶ Perubahan ketara dalam kehidupan harian
  - ▶ pergerakan terkawal, berjauhan secara fizikal dari orang yang tersayang (kuarantin) dan rakan rakan
- ▶ Masalah penjagaan anak (ibu bapa bekerja, taska tutup)
- ▶ "Realiti baru" yang memerlukan penyesuaian
  - ▶ Cabaran BDR, PdPR (ketiadaan atau ketidakstabilan internet, gajet yang perlu di kongsi antara anak-anak yang semuanya perlu hadir PdPR)

# IMPACT OF THE COVID-19 PANDEMIC ON MENTAL HEALTH

9

- ▶ High levels of stress following crisis
- ▶ Pre-existing Mental health problems along a continuum from mild, moderate distress to severe mental health conditions
- ▶ COVID-19 pandemic influences individual's situation on the continuum
- ▶ With multiple stressor, many people who previously coped well, less able to cope
- ▶ Increasing numbers and intensity of anxiety and distress

Those with existing mental  
health condition

Worsening of condition and reduce functioning

# Challenges on school and college going students

Nationwide closures of schools and colleges have negatively impacted over 91% of the world's student population (Lee, 2000)

- ▶ Prolonged and massively restricted social contacts
- ▶ pDPR : need of sharing gadgets, wifi issues, family's expectations, lack of space
- ▶ environment issues
- ▶ Absence of structured setting of the school for a long duration results in disruption in routines
- ▶ Cancellation of examinations, academic events

## Young children

- More Clingy
- Attention Seeking

More dependent on parents

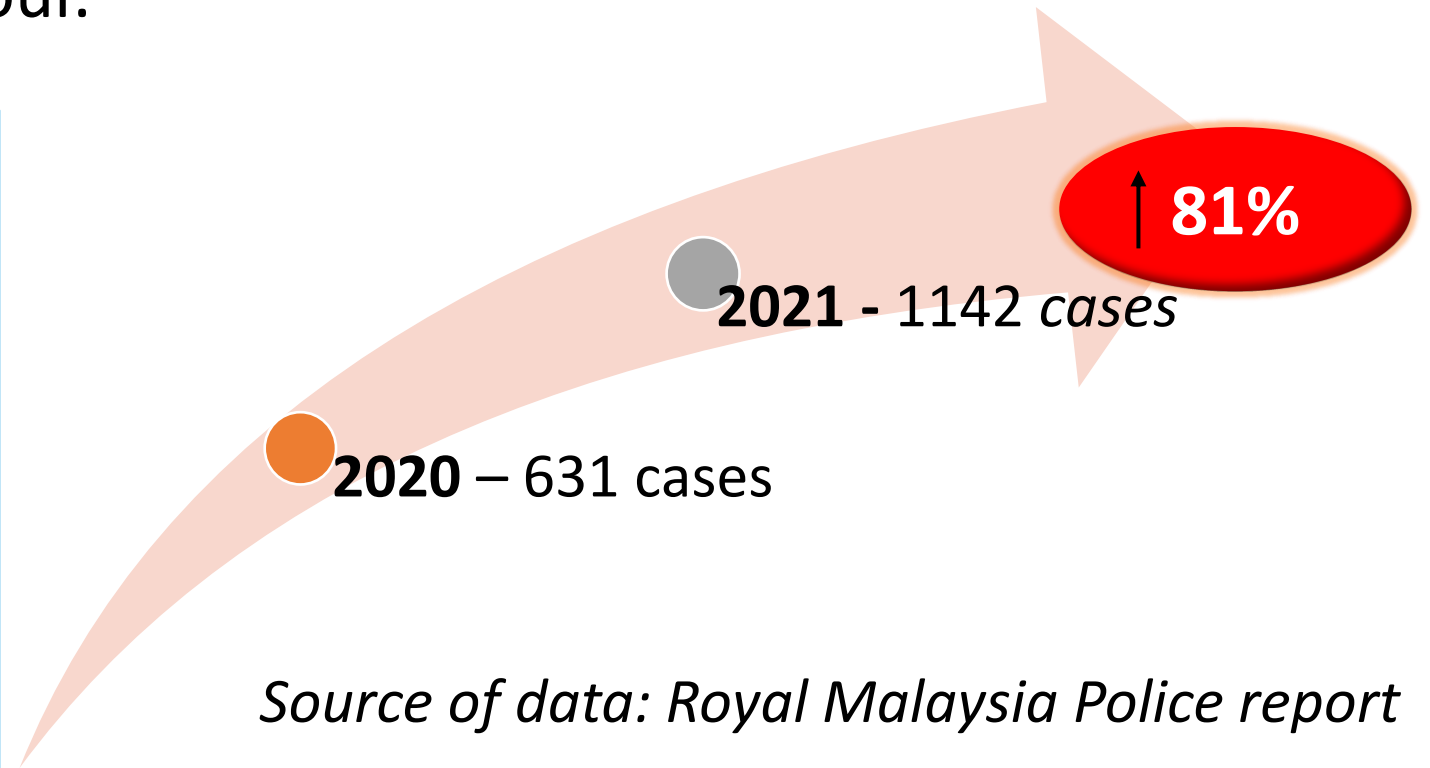
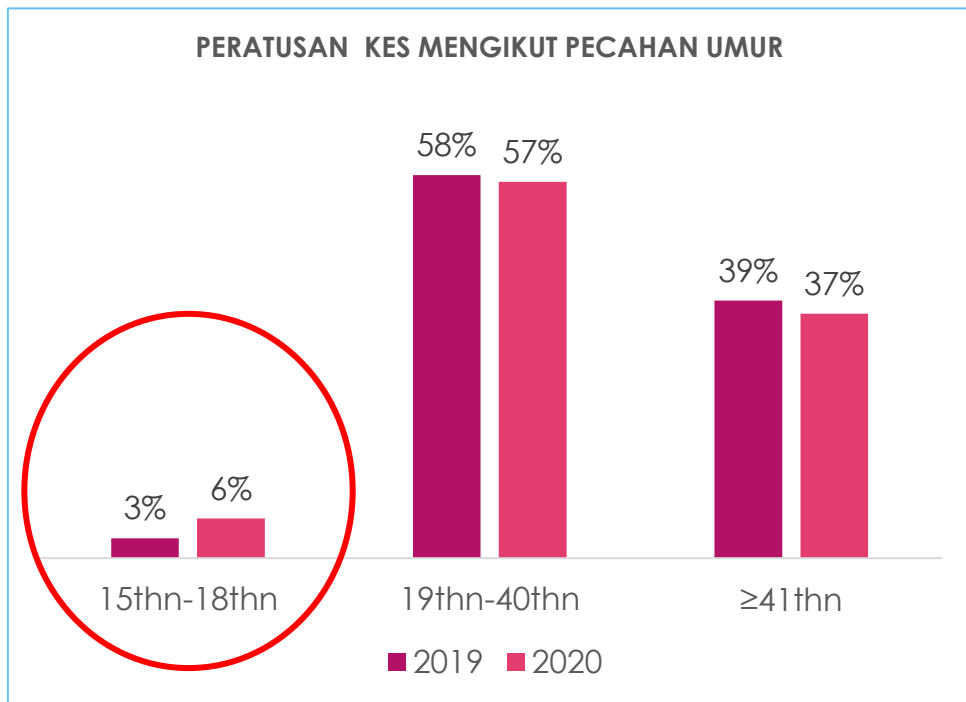
Anxious

Refusal to back to school

**Negative Effect on Overall Mental Well-being**

# Statistics – suicide death

- Mental health problems and illness may lead to suicidal behaviour.



*Source of data: Royal Malaysia Police report*

# IMPAK KESIHATAN MENTAL NEGATIF DI TEMPAT KERJA

- ▶ Prevalen yang tinggi : *Anxiety*, Kemurungan, Stress berkaitan pekerjaan
- ▶ Absenteeism (Ketidakhadiran), Presenteeism
- ▶ Penurunan produktiviti di tempat kerja
- ▶ Penyertaan dalam aktiviti berkumpulan rendah
- ▶ *High turnover of staff*

# FAKTOR RISIKO YANG TURUT MENYUMBANG KEPADA MASALAH KESIHATAN MENTAL

- ▶ Tragedi Hidup:
  - ▶ Perpisahan, kehilangan orang yang tersayang, penceraian
- ▶ Masalah kewangan
- ▶ Konflik interpersonal: keluarga, rakan-rakan
- ▶ Trauma : Keganasan, Penderaan, Buli
- ▶ Stres di tempat kerja
- ▶ Penyalahgunaan substans dan alkohol

# How COVID-19 affects mental health....?

## Signs & Symptoms

- ❖ *Fear* (fear of infection, dying, fear of death of loved ones, fear of being isolated)
- ❖ *Uncertainty* : of the future
- ❖ *Anxiety*
- ❖ *Sadness*
- ❖ *Boredom*
- ❖ *Agitated*
- ❖ *Anger*
- ❖ *Depression*

**COVID-19**

Perubahan emosi dan psikologi yang mungkin berlaku kepada anda:

- Gangguan tidur
- Perubahan selera makan
- Bimbang
- Cepat tersinggung
- Berdebar-debar
- Sukar tumpukan perhatian kepada sesuatu perkara
- Mudah rasa sedih dan menangis
- Sukar bernafas
- Hilang minat terhadap aktiviti yang disukai

Jika anda mengalami gejala di atas, sila dapatkan bantuan daripada klinik / hospital terdekat.

Terbitan: Kementerian Kesihatan Malaysia

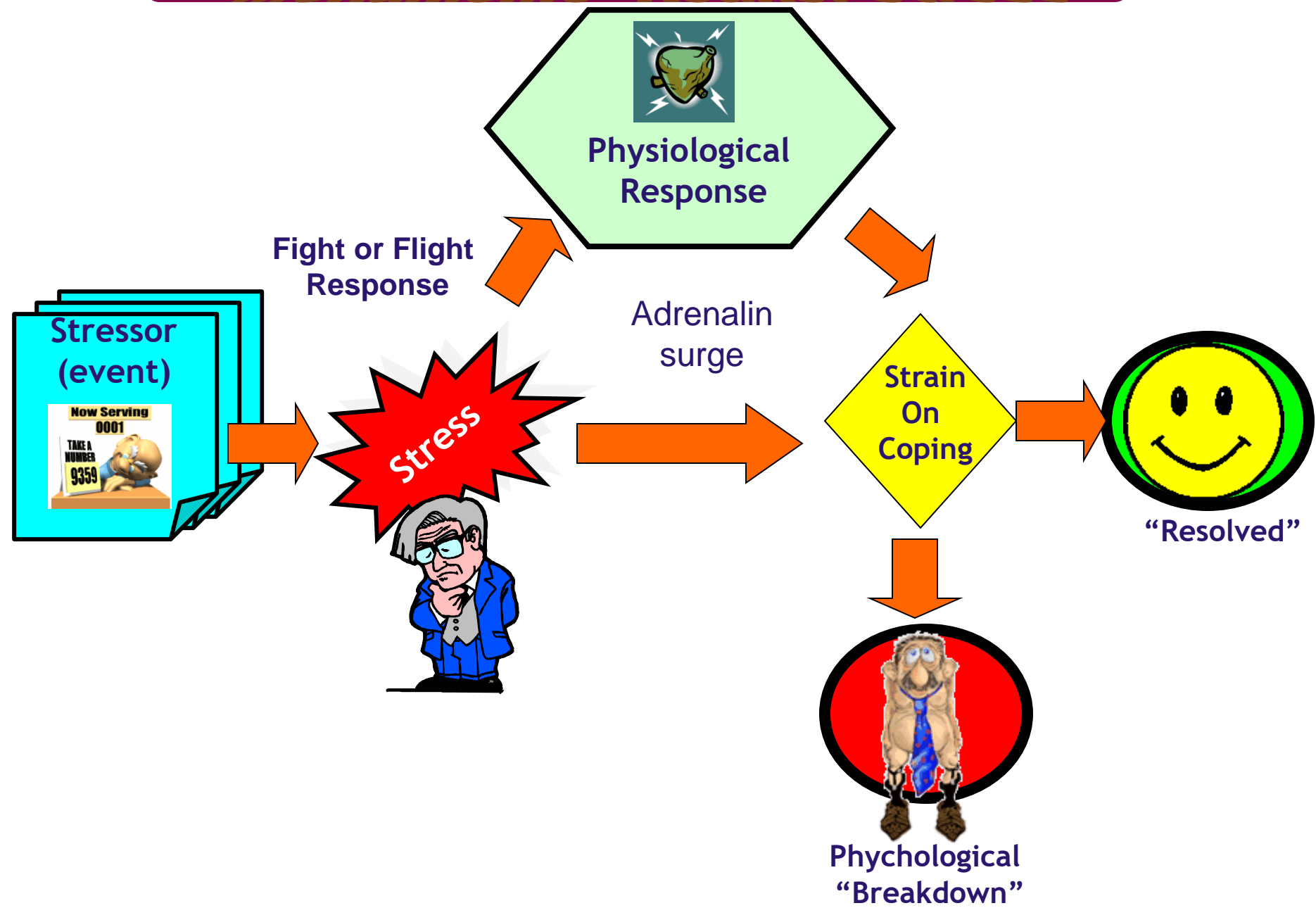
myhealthkkm

MYHEALTH

www.myhealth.gov.my

SCAN ME

# Mekanisme Reaksi Stress



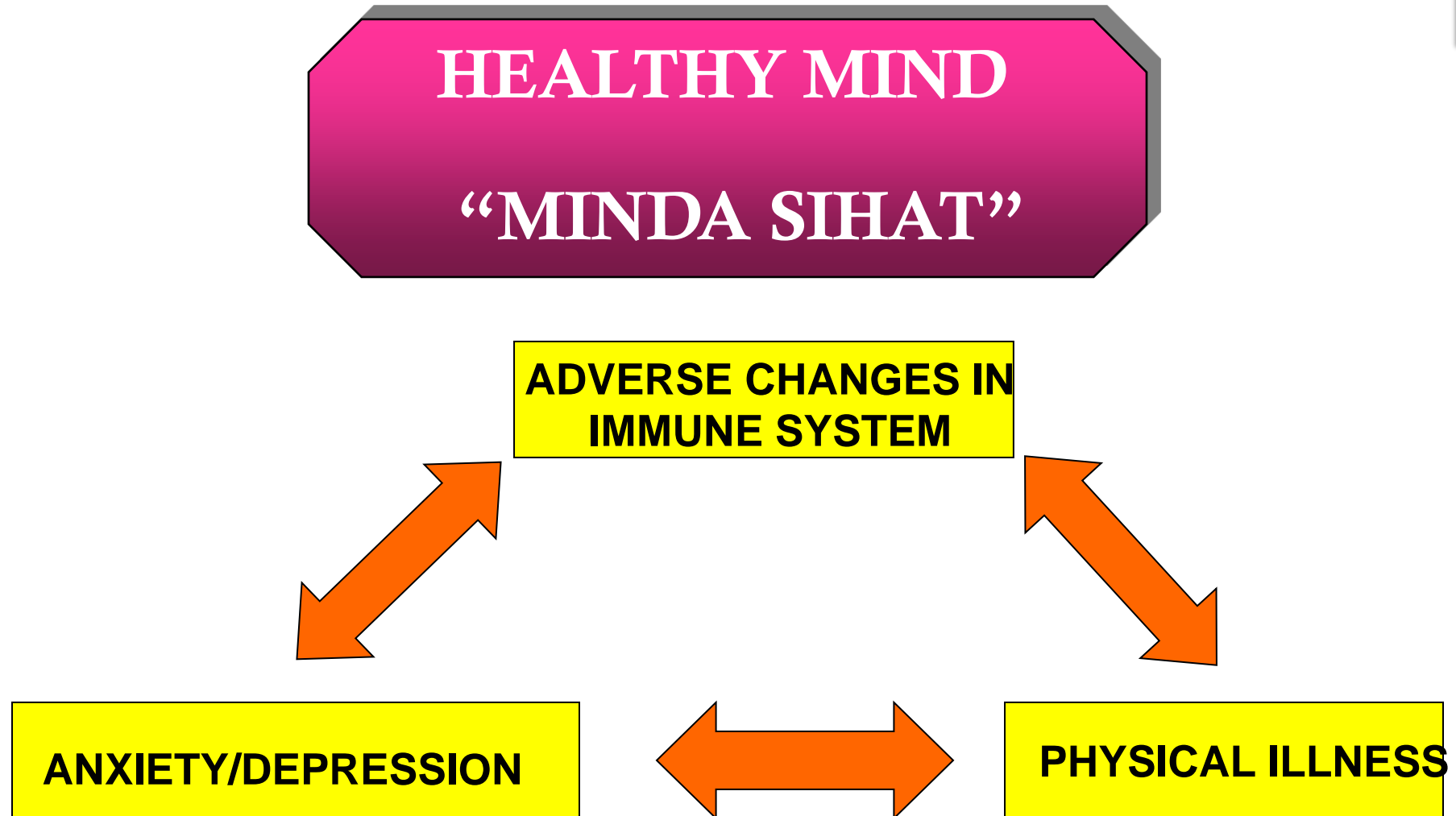


**Stres  
Teruk**



**KERESAHAN**  
*(Anxiety)*  
**KEMURUNGAN**  
*(Depression)*

# **RELATIONSHIP BETWEEN PHYSICAL AND MENTAL WELL-BEING**



Anxiety and Depression affect both mind and body

# Garbage In = Garbage Out

Cumulative  
Stress  
Ugly Health  
Habits



Heart Disease  
Hypertension  
Arthritis Headache  
Stroke Irritable  
Bowel  
Cancer Diabetes


Told you so...

# POST-COVID Conditions : high mental health burden of “LONG COVID”

## Symptoms of Long Covid

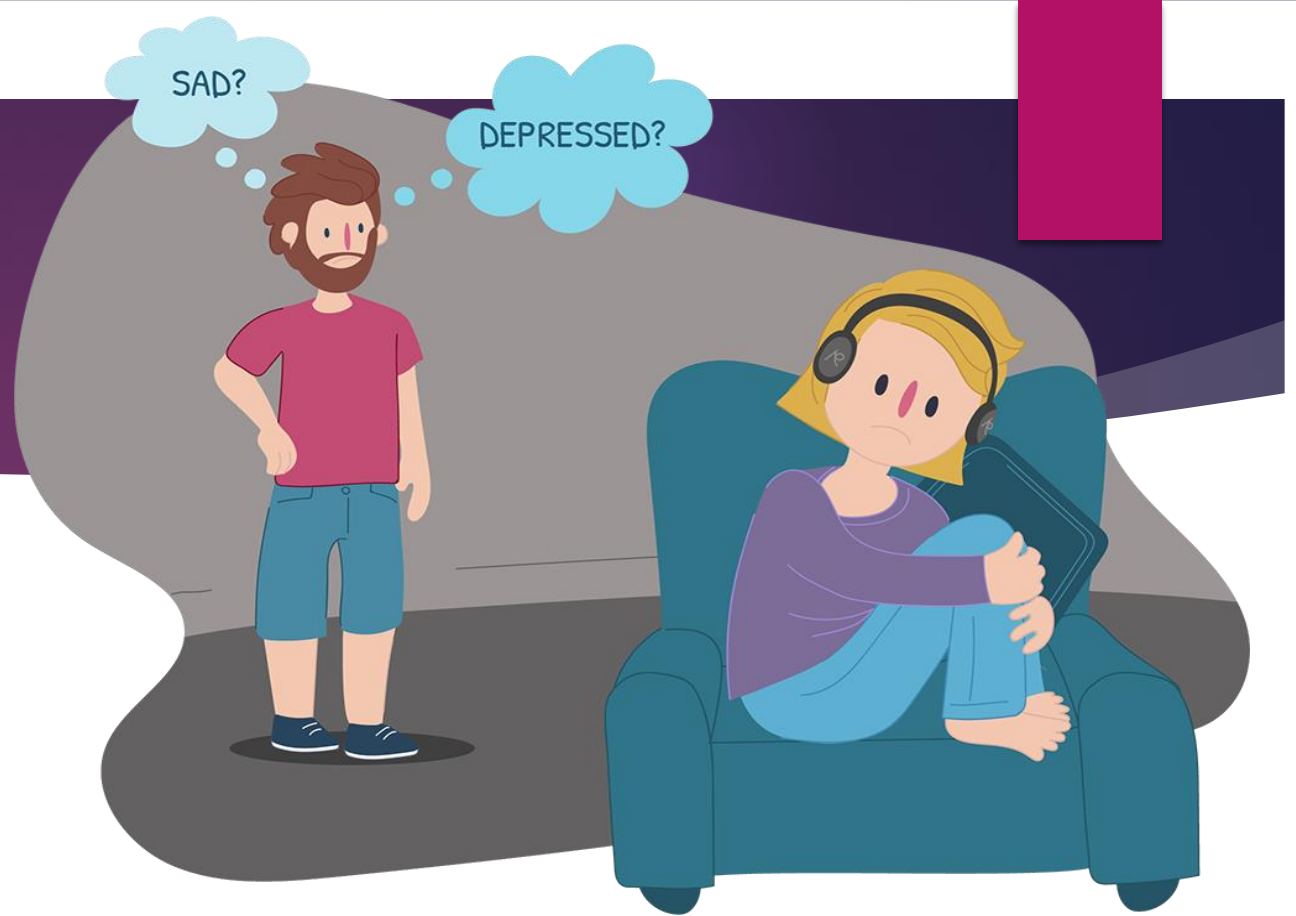
- ❖ Extreme tiredness
- ❖ Shortness of breath
- ❖ Chest pain or tightness
- ❖ **Difficulty in sleeping**
- ❖ Problems with memory and concentration
- ❖ **Depression and Anxiety**
- ❖ Pins or needles, joint pain
- ❖ Diarrhoea, stomach ache
- ❖ **Loss of appetite**
- ❖ Cough, headache, sorethroat, rashes
- ❖ Recovery from COVID-19 can take few weeks or even months
- ❖ For some; physical, mental and emotional symptoms can prolonged
- ❖ Physical health conditions can affect mental health
- ❖ Several studies have shown 1 in 4 individuals who experience Long COVID develop mental health issues
- ❖ Symptoms of **anxiety** or **low mood**
- ❖ Affecting **quality of life** and **ability to work**

# KENALI TANDA-TANDA AWAL MASALAH KESIHATAN MENTAL

- Amarah atau tangisan
- Hilang minat dalam aktiviti yang biasanya disukai
- Gangguan tidur
- Mengelak berhubung dengan rakan dan keluarga
- Sukar untuk fokus atau berfikir (penyelesaian masalah)
- Mengalami perasaan putus asa
-  Terlibat dalam aktiviti berisiko

# Sad vs Depression

- ▶ It is normal to feel sad
- ▶ **BUT**
- ▶ If the feeling of sadness is too heavy to bear and lasts more than 2 weeks and disrupts the function of daily life then it is not a common sadness but it could be a depressive disorder
- ▶ Accompanied by other symptoms such as difficulty sleeping, loss of appetite and weight, nausea, lack of concentration and despair in life.



# KEMURUNGAN : TANDA DAN GEJALA

- ▶ Sedih berpanjangan, resah, perasaan kekosongan yang berterusan
- ▶ Hilang minat terhadap aktiviti yang dahulunya diminati atau menyeronokkan
- ▶ Letih lesu
- ▶ Gangguan tidur
- ▶ Hilang ekspresi emosi (*flat effect*)
- ▶ Gangguan selera makan
- ▶ Penurunan atau berlebihan berat badan (akibat gangguan selera makan)
- ▶ Hilang tumpuan
- ▶ Perasaan putus asa
- ▶ Tingkah laku bunuh diri

Melebihi  
2 minggu

# TANGANI STRESS SECARA EFEKTIF

*(Manage YOUR MENTAL HEALTH:  
COPING WITH STRESS)*

# Cakna tentang Tanda-tanda Awal dan Reaksi Emosi dan Fizikal Anda

- ✓ Sedar bahawa anda stres, jangan abaikan **Tanda-tanda dan Gejala**
- ✓ Ketahui apa yang membuat anda stres dan apa yang mereka mungkin beritahu anda
- ✓ Ketahui bagaimana stres mempengaruhi badan anda (berpeluh, marah, sakit kepala, sakit perut, dll)



# **“ROAD TO DEPRESSION RECOVERY”**

## **DAPATKAN SOKONGAN DAN BANTUAN**

- ▶ Bercakap dengan seseorang **#letstalkmindasihat**
- ▶ ‘Reach Out’

## **MODIFIKASI CARA GAYA HIDUP**

- ▶ Menguruskan tekanan dengan berkesan
- ▶ Amalkan teknik relaksasi
- ▶ Berfikir secara positif
- ▶ Aktiviti fizikal atau bersenam
- ▶ Amalkan pemakanan sihat dan cukup tidur

**Mulakan dengan  
Luahkan / Kongsi  
masalah  
anda dengan orang  
yang anda percaya**

## Fizikal

- Kering mulut
- Gementar
- Sakit kepala
- Masalah tidur
- Perubahan selera makan
- Cepat letih
- Lenguh-lenguh badan
- Jantung berdebar-debar
- Pernafasan menjadi laju
- Sakit perut
- Cirit-birit

## Psikologikal

- Gelisah
- Cepat Marah
- Lemah Semangat
- Bimbang
- Kurang daya tumpuan
- Mudah Lupa
- Takut gagal
- Rendah diri
- Keresahan
- Tidak merasa seronok
- Bosan
- Low mood dan Murung

## Tingka hlaku

- Merokok Berlebijhan
- Penyalahgunaan alkohol dan dadah
- Masalah tabiat makan
- Tingka hlaku agresif seperti buli, vandalisme

# Tanda-tanda Stres

## TANGANI STRES "10B"

1. *BERSYUKUR*

2. *BERNAFAS SECARA TERATUR*

3. *BICARA DIRI*

4. *BERIBADAT*

5. *BERKONGSI PERASAAN*

6. *BERURUT*

7. *BEREHAT & MENDENGAR MUZIK*

8. *BERIADAH*

9. *BERSENAM*

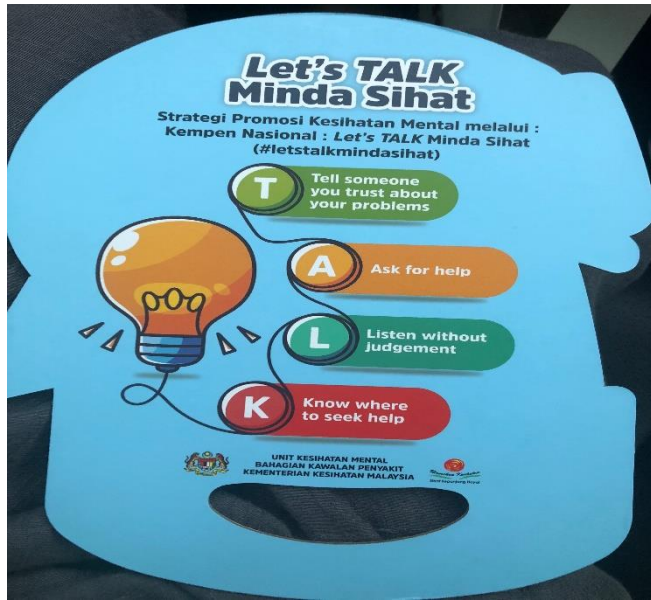
10. *BERFIKIRAN POSITIF*

## BERFIKIRAN POSITIF

Melihat kebaikan dalam mana-mana situasi bersifat negatif. Tumpukan kepada perkara yang baik dan apa yang boleh dilakukan dalam situasi tersebut

# ***It's Natural to be Upset- Focus on the things You Can Change***

- ❖ Bercakap tentang perasaan / perkara yang dilalui dengan seseorang yang dipercayai (cnth: keluarga, rakan-rakan, rakan sekerja, ahli pasukan, supervisor, professional)
- ❖ Dapatkan maklumat tepat / sahih
- ❖ Kekalkan hubungan dengan keluarga & rakan melalui saluran digital ***(Maintaining social connectedness)***
- ❖ Belajar teknik-teknik menangani stress secara positif seperti “Kawal Marah”
- ❖ Dapatkan rehat / tidur secukupnya
- ❖ Kekalkan stamina melalui pemakanan sihat dan aktiviti fizikal
- ❖ Amalkan Teknik pernafasan dan relaksasi
- ❖ Libatkan diri dalam aktiviti positif dan cuba wujudkan rutin harian
- ❖ Tingkatkan spiritualiti (beribadat, berdoa, meditasi)
- ❖ Belajar cara komunikasi berkesan (dengan anak-anak)
- ❖ Elakkan alkohol dan elakkan kafeein dalam jumlah yang berlebihan



- T** - Tell someone you trust about your problems  
*(Berkongsi masalah yang dihadapi dengan orang yang dipercayai)*
- A** - Ask for help *(Meminta pertolongan)*
- L** - Listen without judgement  
*(Mendengar tanpa menghukum atau menghakimi)*
- K** - Know where to seek help  
*(Tahu di mana untuk mendapatkan bantuan)*

# TIP PENJAGAAN KESIHATAN MENTAL KENDIRI DI RUMAH

**TAKE 5**

**BERKONGSI PERASAAN DENGAN ORANG YANG ANDA PERCAYAI**



**BERTENANG DAN AMALKAN TEKNIK RELAKSASI**



**BERIBADAT DAN LAKUKAN AKTIVITI PSIKOSPIRITUAL**



**BERFIKIRAN POSITIF**



**BERIADAH DAN BERSENAH**



**MULAKAN BERCAKAP DENGAN SESEORANG YANG ANDA PERCAYA.  
LET'S TALK MINDA SIHAT**

# GEMURUH DAN PANIK

## APA YANG BOLEH ANDA LAKUKAN?



## TANGANI STRES DENGAN LATIHAN PERNAFASAN

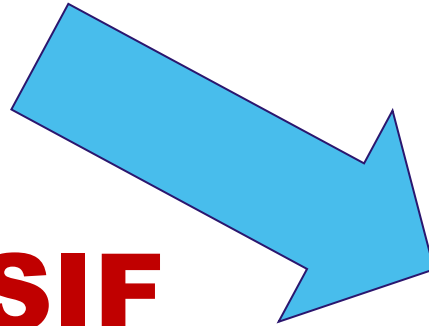
Satu latihan bernafas secara mendalam yang boleh meningkatkan pertukaran oksigen dan karbon dioksida di dalam sel tubuh. Anda boleh melegakan stres dengan melakukan langkah-langkah berikut:



# STRESS & KEMARAHAN



**AGRESIF**



# PENGENDALIAN KEMARAHAN

Tiga langkah penting untuk mengendalikan situasi kemarahan secara berkesan iaitu menggunakan **Kaedah 3B** :- **STOP, THINK, ACT**



## BERHENTI

- ✓ Memberi diri sendiri masa untuk mempertimbangkan situasi
- ✓ Bertenang – Kira sampai sepuluh, tarik nafas dalam atau baca doa
- ✓ Jika tidak dapat kawal marah, tinggalkan tempat itu dgn serta-merta

## BERFIKIR

- ✓ Rancang fikiran anda sebelum bercakap dengan orang yang anda marah
- ✓ Kenalpasti dan cuba selesaikan masalah tersebut
- ✓ Jangan buat sesuatu yang merumitkan keadaan
- ✓ Fokus kepada isu sebenar, jangan cungkil perselisihan lama

## BERTINDAK

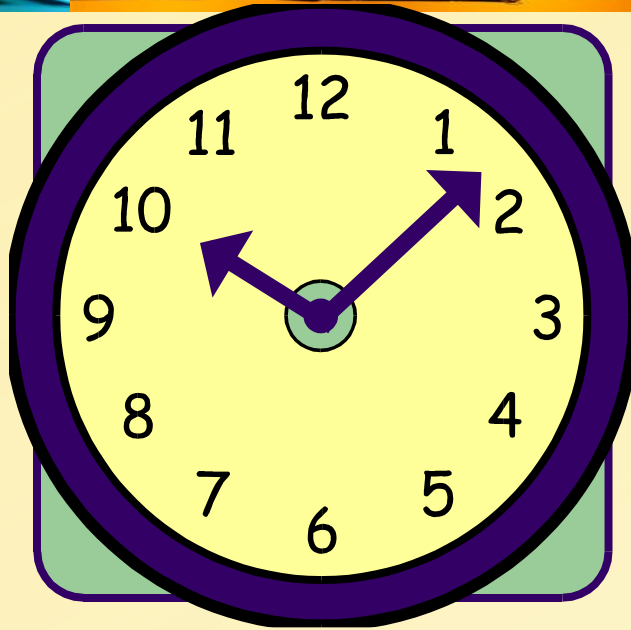
- ✓ Gunakan daya tindak yang berkesan
- ✓ Daya tindak bertumpukan masalah contoh:. **Teknik IDEAL**
- ✓ Daya tindak bertumpukan emosi

# PENGENDALIAN KEMARAHAN

- ▶ “Time out”
- ▶ Tenangkan diri
- ▶ Tarik nafas yang panjang
- ▶ Bilang satu hingga sepuluh/beistighfar/berzikir/berdoa
- ▶ Beredar dari tempat berkenaan
- ▶ Bicara diri secara positif
- ▶ Lihat situasi secara positif untuk meningkatkan kawalan diri

# Manage your **TIME** WISELY

## TIPS



- Observe how long it takes to do specific task
- Plan an acceptable time that allow you to finish the chores
- Try to put short period of rest in between activities
- Do simple task first, give yourself a positive reinforcement
- Rearrange your timetable in descending order: from the most important and demanding task to the least important and demanding one
- If you find yourself procrastinating, then you should analyse the problem, identify underlying reasons and take positive action by carrying on with the unfinished task

**Set realistic, obtainable goals and meet them**

# ALLOCATE TIME FOR EXERCISE

- Getting in Shape, Maintaining Health
- Improving self esteem
- Gym, Swimming , Dancing, Walking, Badminton night once a week

# EXERCISE AND MENTAL HEALTH

- ❖ Regular physical activity
- ❖ The need to exercise in addition to taking medication and counseling
- ❖ Exercise slow or stop weight gain

**Produces Endorphins**



**RELIEVES STRESS AND IMPROVE MOOD**

# GET ENOUGH SLEEP

- Regular 7 hours of sleep every night to avoid feeling sluggish before 11.00 am
- Avoid being nocturnal
- Helps to make full use of time in the office

# SLEEP AND MENTAL HEALTH

- Body needs time to rest and heal
- Go to bed same time every night
- Avoid caffeine, nicotine and alcohol
- Play soothing music or tape (that shuts automatically after you are in bed)
- A glass of milk, small snacks
- Warm bath or shower
- Lavender oil
- Herbal Chamomile tea

# NUTRITION AND MENTAL HEALTH

- ❖ Healthy diet
- ❖ Choosing foods that give you steady energy will help body to stay healthy and the mind feels good

But REMEMBER !!!

The same diet doesn't work for every person

Lack of nutrients including  
folate, Vit-B12, calcium, iron, zinc, and omega 3 fatty acids  
may contribute to depression

# HAVE A BIT OF FUN EVERYDAY

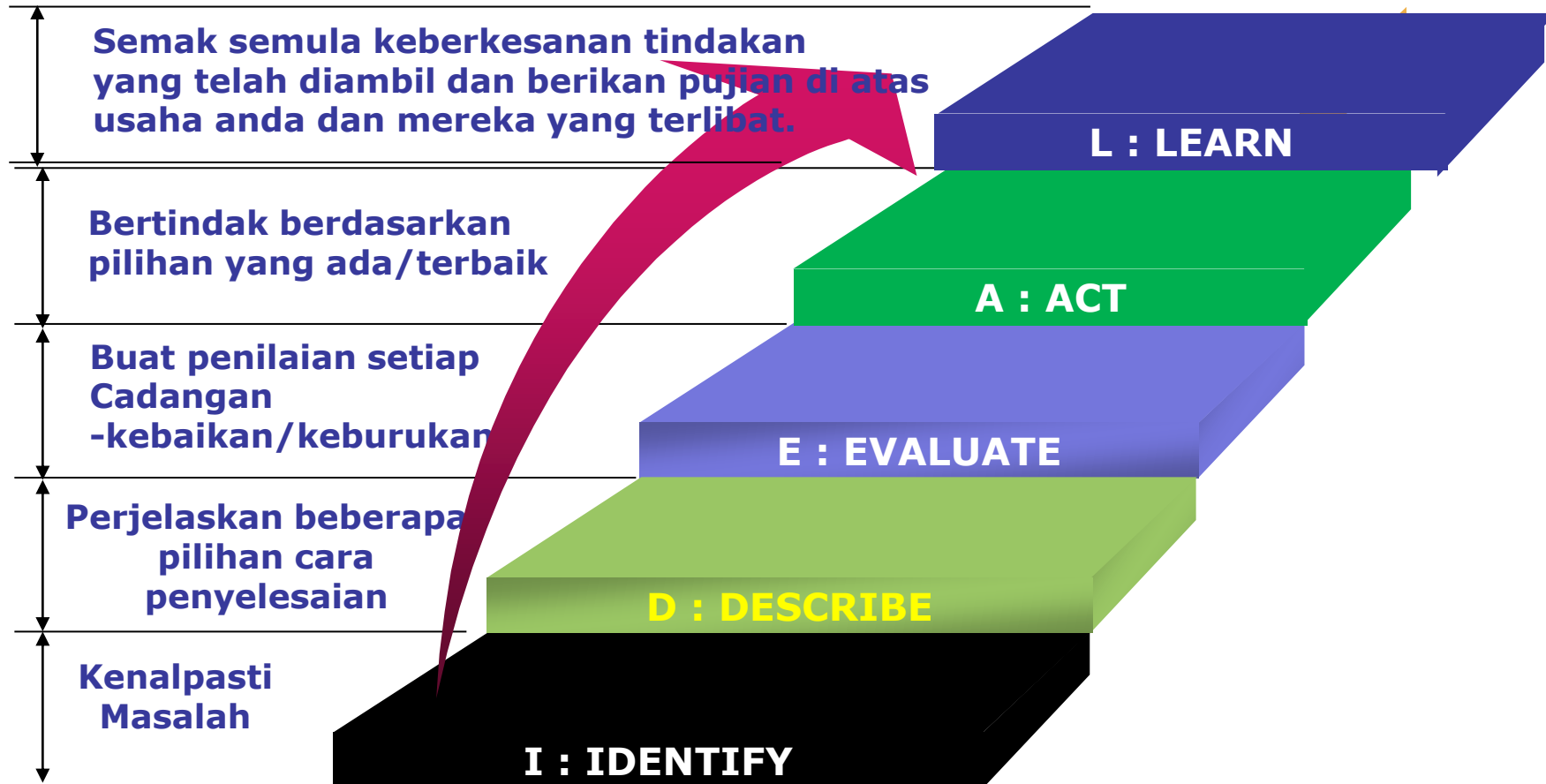
- Schedule happy activities such as coffee meet up with a friend during weeknights

Such activities will help you rejuvenate

Cure for weekend withdrawal syndrome

# LANGKAH-LANGKAH PENYELESAIAN MASALAH

Kaedah “I.D.E.A.L” dalam:langkah-langkah Penyelesaian Masalah boleh digunakan



# ACHIEVING GOOD MENTAL HEALTH



1

## Reduction Of Negative Effects Of Stress and Tension

Learn to recognise  
signs of physical tension  
In body

Practice slow and deep  
breathing

2

## DIET EXERCISE SLEEP NOT SMOKING REDUCE ALCOHOL

Balanced meals  
Good nutrition

Establish good  
Sleeping habits

Exercise reduces stress

3

## GETTING THE SOCIAL SUPPORT

Available and new  
sources of social support

Talking Therapies

10

## TIPS TO STRESS LESS

10

LIFE'S TICKET

LOOK FOR  
OPPORTUNITIES  
IN LIFE'S CHALLENGES

PARK PASS

GO FOR A  
WALK  
WITH A FRIEND

ENJOY RIDE

FOCUS MORE  
ON THINGS YOU CAN  
CONTROL  
↑↑↑↑↑↑↑↑

OAU TICKET

ASK FOR  
HELP

COFFEE

YOU GIVE HAVE  
SOMEONE  
RECEIVE A BEAUTIFUL  
COMPLIMENT8000 PPS  
O-TICKETGET INVOLVED  
WITH A CAUSE  
YOU BELIEVE IN

PROVIDING TICKET

REMI-  
NISCE

DREAM TICKET

GO TO  
BED  
EARLIER

FREE AIR

BREATHE

MENTAL HEALTH

TAKE A  
DANCE  
CLASS

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MENTAL HEALTH ASSOCIATION NSW 1300 794 994

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COVID-19



# Talian Sokongan Psikososial



COVID-19



- 03-2935 9935
- 014-322 3392
- 011-639 96482
- 011-639 94236

Waktu operasi terkini Isnin - Jumaat : 8 pagi sehingga 5 petang

Perkhidmatan ini dikendalikan oleh petugas psikologi KKM dan sukarelawan MERCY.

Kementerian Kesihatan Malaysia



## Aduan Krisis Masyarakat

**TALIAN Kasih 24 JAM**  
**15999**



facebook.com/taliankasih  
taliankasih@kpwkm.gov.my

# TALIAN BANTUAN SOKONGAN PSIKOSOSIAL COVID-19 MOH-Mercy Malaysia & Agensi Lain



Menyediakan  
**KHIDMAT NASIHAT**  
untuk anda :



Hubungi kami :

WhatsApp :  
01119598214

Emel :  
mycarecov19@islam.gov.my

Imbas Kod QR



Talian SPIM :  
0176609760

Waktu perkhidmatan :  
8.30 pagi hingga 4.30 petang  
(Isnin - Jumaat)



Jabatan Kemajuan Islam Malaysia - JAKIM

- ✖ Kekeluargaan
- ✖ Kemasyarakatan
- ✖ Kerohanian
- ✖ Nikah, Cerai & Rujuk
- ✖ Remaja
- ✖ Ilaj Syarie
- ✖ Usrah Interaktif



DI MANA BOLEH DAPATKAN BANTUAN

Talian Psikososial MHPSS KKM

03 - 29359935  
014 - 3223392  
011 - 63996482  
011 - 63994236

Senarai  
Perkhidmatan  
psikiatri

Talian MHPSS Negeri



Talian MHPSS NGO



Senarai klinik  
kesihatan



- T** Tell someone you trust about your problems  
(Kongsi masalah dengan orang yang dipercayai)
- A** Ask for help  
(Minta bantuan)
- L** Listen without judgement  
(Dengar tanpa menghukum atau menghakimi)
- K** Know where to seek help  
(Tahu dimana dapatkan bantuan)

#kitajagakita

Putuskan Rantaian COVID-19

# DI MANA UNTUK DAPATKAN BANTUAN: LISTS OF GOVERNMENT AND PRIVATE HEALTH FACILITIES

## PANDUAN BAGI BANTUAN MASALAH KESIHATAN MENTAL

1/2

### 1 KLINIK KESIHATAN

Dapatkan surat rujukan  
[http://www.moh.gov.my/index.php/database\\_stores/store\\_view/1](http://www.moh.gov.my/index.php/database_stores/store_view/1)

### 2 PUSAT KESIHATAN MENTAL KOMUNITI (MENTARI)

Sila hubungi MENTARI berdekatan untuk dapatkan temujanji  
<https://www.infosihat.gov.my/index.php/multimedia/infografik/item/pusat-kesihatan-mental-masyarakat-mentari-perkhidmatan-psikiatri-kesihatan-mental-kkm>

Anda Perlukan Bantuan?



### 3 HOSPITAL KERAJAAN DAN SWASTA

1. Dapatkan surat rujukan dari klinik kerajaan atau klinik swasta
2. Buat temujanji di hospital berdekatan dan bawa surat rujukan  
<https://relate.com.my/public-hospitals/>

### 4 HOSPITAL UNIVERSITI

- Buat temujanji di hospital berdekatan dan bawa surat rujukan
- a) Pusat Perubatan Universiti Malaya (PPUM)  
03-7949 4895
  - b) Pusat Perubatan Universiti Kebangsaan Malaysia (HUKM)  
03-91457 360/61
  - c) UiTM Sg. Buloh  
03-6126 500 ext 5127
  - d) Hospital Universiti Sains Malaysia (HUSM)  
09-7676 710



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## PANDUAN BAGI BANTUAN MASALAH KESIHATAN MENTAL

2/2

## NGO

### 1 Befrienders

Kuala Lumpur  
03 7956 8144/8145 (24 jam)  
Pulau Pinang  
04-2810 5161/1108  
Ipoh  
05-547 7933/7955  
@ email kepada  
[sam@befrienders.org.my](mailto:sam@befrienders.org.my)

### 2 Helpline MIASA

014-2236 938/019-2362 423

### 3 SNEHAM Malaysia

1 800 22 5757

### 4 Women's Aid Organisation (WAO)

03-7956 3488 (Hotline 24 jam)  
018-9888 058  
(SMS/WhatsApp 24 jam)

Anda Perlukan Bantuan?



## AGENSI KERAJAAN LAIN

### 1 Talian Kasih (KPWKM)

15999 (24 Jam)

### 2 KSK Care Centre@ Masjid Tuanku Mizan Zainal Abidin (JAKIM)

03-8870 7515



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# Initiative by Ministry of Health in addressing mental health burden in Malaysia – National Strategic Plan for Mental Health (2020-2025)

## Eight key scopes



Improving the governance and regulatory framework

Strengthening the mental health control system

Ensuring the availability and accessibility of comprehensive mental health services

Strengthening mental health resources

Enhancing cross-sectoral cooperation

Promoting mental well-being and health

Strengthening preparedness during emergencies, crises and disasters

Suicide prevention

# Advancing Mental Health Services In Malaysia Through Digitalization

Ministry of Health  
is investing more  
into the  
digitalization of  
mental healthcare  
system

To date, it is  
incorporated in the  
MySejahtera smart  
application under  
the component of  
digital health

Way forward - all  
services and  
databases related to  
mental health  
services to be  
available and easily  
accessible to the  
public through  
platform of  
digitalization

# Key Messages

The psychological impact that occurred during the COVID-19 pandemic needs to be given serious attention



The vision for Malaysia is to have a resilient and mentally healthy community



It requires collaboration between all advocates and related stakeholders to sustain the mental health care



Mental health should be a key part of every public health strategy

