

PAPER TITLE

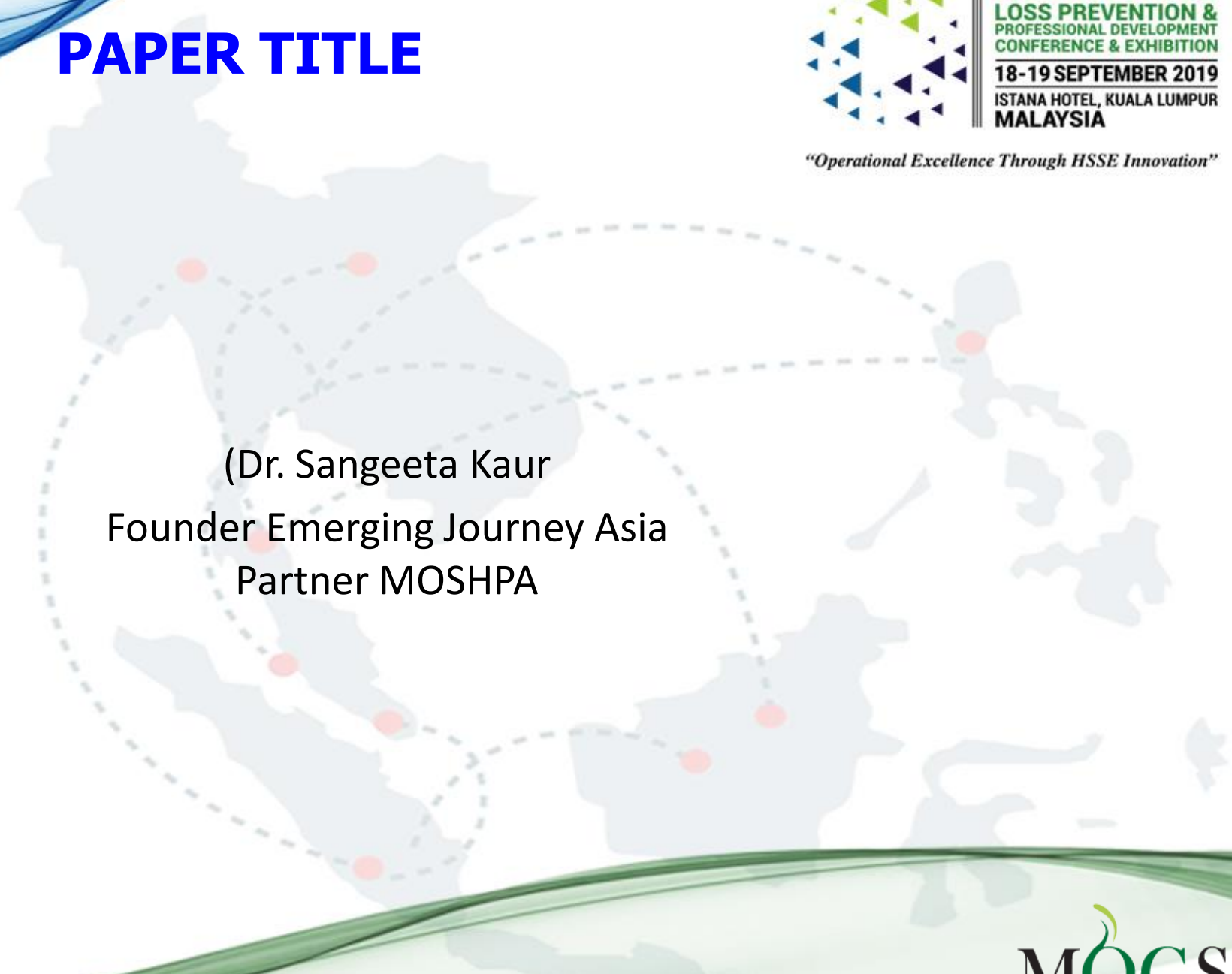


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CONFERENCE & EXHIBITION
18-19 SEPTEMBER 2019
ISTANA HOTEL, KUALA LUMPUR
MALAYSIA

"Operational Excellence Through HSSE Innovation"



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Founder Emerging Journey Asia
Partner MOSHPA



Introduction



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Mental Health

It is the state of someone who is "functioning at a satisfactory level of emotional and behavioural on daily activities

Mental Illness

Mental illnesses are health conditions involving changes in emotion, thinking or behavior (or a combination of these).



AREA OF DIFFERENCE	COUNSELLOR	COUNSELLING PSYCHOLOGIST	PSYCHIATRIST
Level of qualification	Requires no formal qualification; may hold a Diploma or Degree or Masters	University degree (Bachelor or higher) in psychology	Medical degree with post graduate studies in psychiatry
Client group	Less disturbed clients; clients with "everyday problems"	Usually client within mental disorder including those diagnosed as psychotic	Usually client with moderate to severe mental disorders.
Medication	Can not prescribe medication	Can not prescribe medication	Can prescribe medication



Statistics

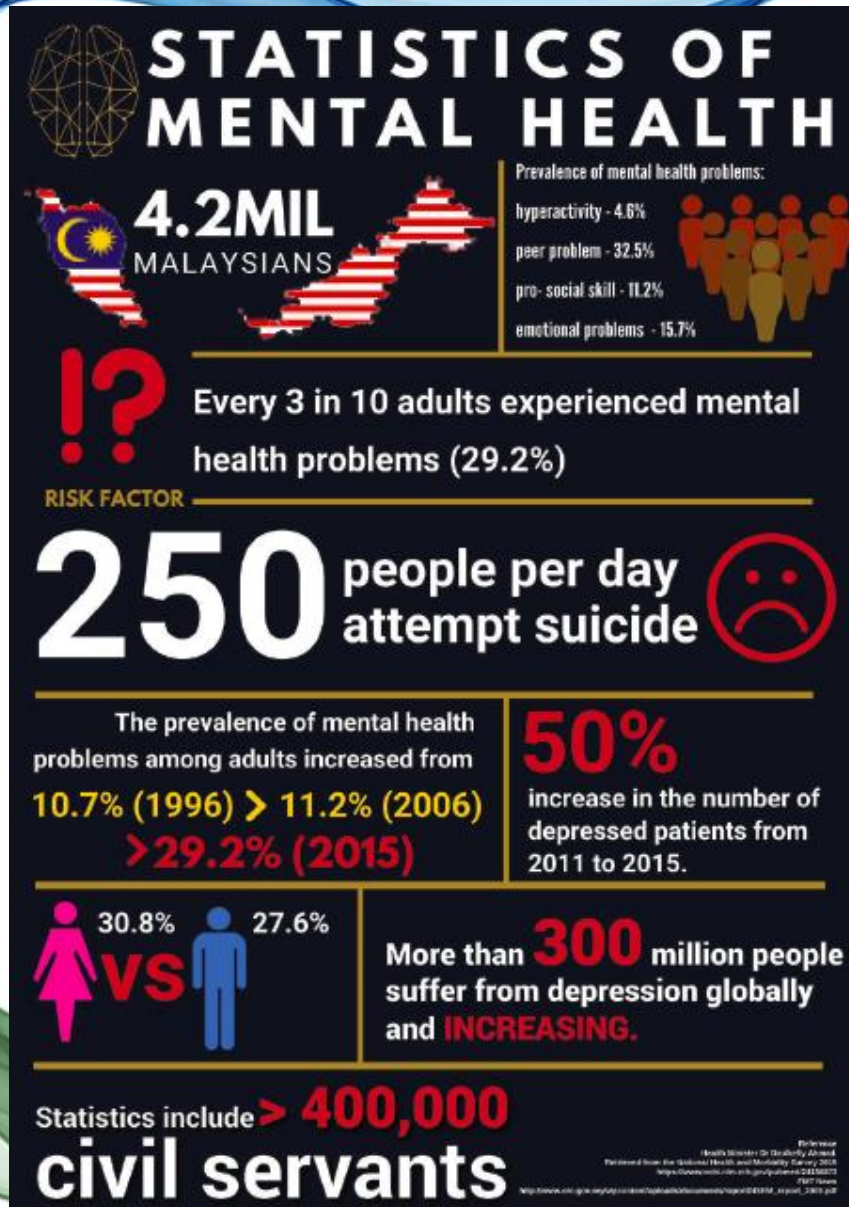


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National Health and Morbidity Survey (NHMS) 2015 and 2017, Ministry of Health

- One in five are suffering depression (18.3%),
- Two in five anxiety (39.7%), and
- One in 10 suffering from stress (9.6%).
- More than 4.2 million are suffering from mental health issues.



Risk Factors



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Biological



Psychological



Digital

Interactions between these = Lifestyle





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The **World Health Organization** (WHO) estimates that around:

Depression :300 million people

Dementia : 50 million people

Schizophrenia : 23 million people

Bipolar disorder : 60 million people



Suicide Statistics



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- 20 out of 68 people who call befrienders have suicidal thoughts
- Increased of 16% , 7,446 (2018) compared to 5,739 (2015)
- In Malaysia, it's second leading cause of death for youth between the ages of 15-29
- Higher number of emails as younger generation prefers to write 3,443 (2018) compared to 2,685 (2015) and 2,283 (2014)





Risk Factors

- Poor communication and unfair treatment
- Low level of support and resources
- Unclear roles and responsibilities
- Workload and time pressure
- Bullied and sabotage
- Sexual abuse
- Toxic leaders
- Overworked





Risk Factors @ Conversation

- **No desire to live:** *I wish I don't wake up tomorrow*
- **Helplessness:** *There seemed no way out of this, no one can help me*
- **Feeling like a burden:** *They'd be better off without me*
- **Lack of belonging:** *I just can't fit in anywhere*
- **Hopelessness:** *What is the point? Things are never going to get any better, No one can help me*
- **Escape:** *I just can't take this anymore*
- **Alone:** *No one care about me, no one would even notice if I was gone*



Signs



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- Substance abuse
- Isolation from peers
- Decreased self-confidence
- Absenteeism and Presenteeism
- Increased overwhelming feelings
- Decreased problem-solving ability
- Decreased productivity due to distraction and cognitive slowing
- Quality defects leading to waste and rework impacting profit margins
- Increased interpersonal conflict leading to a potential for workplace violence





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THEY FACE SIGNIFICANT ECONOMIC INSECURITY.

74%

Live on less than
\$13 per day

45%

Work In low-skill or
manual occupations

77%

Work In part-
time, temporary,
"vulnerable," or
unpaid jobs

THEY ARE GROWING OLDER AND LESS HEALTHY.

18%

Of labor force over
55 by 2030

52%

Of adults
overweight or obese

9%

Of adults
with diabetes

76%

Are "struggling" or
"suffering"
in their physical
wellbeing

THEY ARE STRESSED, UNHAPPY, AND EVEN UNSAFE AT WORK.

38%

Suffer from
excessive pressure
on the job

24%

Are actively
disengaged at work

2.3M

Annual work-related
deaths

313M

Annual
work-related
accidents

The future of Health by 2030

Image: The Future of Wellness at Work / Global Wellnes



Solutions



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- Reduce Stigma
- Create a healthy working culture
- Confidentiality
- Respect the boundaries
- Supportive and well engaged communication
- Mental Health Awareness
- Engaging Qualified Mental Health Practitioners



Government Services



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Hotline



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1. **ALL WOMEN'S ACTION SOCIETY (AWAM) - TELENITA**

Contact: +603-7877 0224

2. **BEFRIENDERS**

Contact: +603-7956 8144 | +603-7956 8145

3. **DBKL TELECOUNSELLING.**

Contact: 1800-88-2600 | 03-26179905

4. **TALIAN NUR**

Contact: 15999

5. **WOMEN'S AID ORGANISATION (WAO)**

Contact: +03-7956 3488





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There's no Health like Mental Health
Overall Health = Mental + Physical Health





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#ReachOutSpeakOut





Acknowledgements

- Emerging Journey Asia (EJA)
- MOSHPA
- World Health Organisation, 2017
- [International Labour Organization \(ILO\)](#)
- World Economic Forum 2015
- Ministry of Health Malaysia
- National Health and Morbidity Survey (NHMS) 2015 and 2017, Ministry of Health
- Ernst & Young - [The Future of Health and Safety – Moving beyond Zero](#)





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Thanks and Questions

