



COURSE TITLE	: Mental Health Awareness (Remote Learning)	COURSE CODE	: MHA-RL
COURSE DURATION	: 1-day(s) / 6.50-hour(s)	COURSE LEVEL	: Basic
COURSE CATEGORY	: Non-Competency		
HRD CORP SCHEME	: Claimable		
COURSE FEE	: RM216.00 (inclusive of 8% SST)		

1. OBJECTIVE(S):

At the end of the course, the participant will be able to:

- i. Identify the impact of a mental illness on the employee.
- ii. Explain the importance of wellbeing support from the workplace.
- iii. Develop strategies for helping themselves or others who are suffering from a mental illness.

2. TARGET GROUP(S):

- i. Managers / Executives.
- ii. Safety and Health Officers.
- iii. OSH practitioners.
- iv. Safety and Health Committee members.
- v. Supervisors and all levels of workers.

3. ENTRY REQUIREMENT(S):

- i. None (This course is designed for everyone who is passionate in improving workplace mental health and wellbeing).
- ii. Must have device (Computer, Laptop or Tablet) to participate in e-learning platform. The use of mobile phones is NOT PERMITTED; **AND**
- iii. Must have good internet connection; **AND**
- iv. Zoom account registered with personal email.

4. TOPIC(S):

- i. Introduction.
- ii. What is Mental Health?
- iii. Basic Skills and Techniques.

5. LIST OF REFERENCE BOOK(S):

- i. None.



6. LIST OF TEACHING AID(S):

- i. Computer/ Laptop.
- ii. Teaching tools.

7. LIST OF CLASSROOM ACTIVITIES:

- i. Lecture.
- ii. Discussion.

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DAY ONE

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0830 - 0900	0.50	Registration and Course Briefing	NIOSH
0900 - 1030	1.50	Introduction <ul style="list-style-type: none"> • Introduction of mental health • Malaysian statistics 	
1030 - 1045	0.25	BREAK	
1045 - 1300	2.25	What is Mental Health? <ul style="list-style-type: none"> • Definition of mental health and mental illness • Mental health practitioner • Characteristics of mental health challenges 	
1300 - 1400	1.00	LUNCH BREAK	
1400 - 1530	1.50	What is Mental Health? <ul style="list-style-type: none"> • Risk factors • How to identify signs 	
1530 - 1545	0.25	BREAK	
1545 - 1700	1.25	Basic Skills & Techniques <ul style="list-style-type: none"> • Positive solution • Coping mechanism • Intervention techniques 	
1700 - 1715	0.25	Evaluation and Closing	NIOSH
	6.50	END OF THE COURSE	