



Empowering Minds, Transforming Lives Nurturing Mental Wellbeing Across Generations

2ND NCMW NATIONAL CONFERENCE

Saturday May 11, 2024 | HELP University, Wisma CL, Jalan Semantan, KL

8
CPD
POINTS
MMA

PLENARY SPEAKERS



Keynote Address : Equity In Mental Health: Bridging Gaps across Generations

Speaker : Dr Goh Chee Leong

Chief Executive Officer, HELP University

Leader, Educator, Psychologist and Coach.

Dr Goh currently serves as the CEO for HELP Education Services and also serves as the Dean of the Faculty of Behavioral Sciences which houses one of the largest Psychology programs in South East Asia. He obtained his PhD in Psychology from the University of Otago and has served as the project leader for several UNICEF interventions in Malaysia, including a bully prevention intervention in Malaysian schools and a positive discipline initiative in schools. He has served as a consultant and facilitator with Ogilvy and Mather, Petronas, Maxis, MISC, CIMB, Public Mutual, Prudential, Standard Chartered Bank, Digi, Great Eastern, Kraft, Sime Darby, Bank Negara, Prudential, Hitachi, Mimos, Toyota and BASF. His areas of specialization include the application of psychology to change management, conflict mediation, customer service, people management, stress management, talent management and leadership.



Plenary 1 : **Circuses and Cinema: Creative Approaches to Engagement and Mental Health Services**

Speaker : **Asso. Prof Dr Nicholas Pang Tze Ping**
University Malaysia Sabah

Dr. Nicholas Pang Tze Ping is an associate professor in psychiatry at Universiti Malaysia Sabah. With a background in clinical psychiatry, Dr. Pang has dedicated his career to advancing our understanding of mental health and well-being. His work often focuses on areas such as mindfulness-based interventions, seeing ACT and DBT applied in research contexts in areas as wide ranging as alcohol addiction and perinatal populations. He is also founding secretary of the Association of Contextual Behaviour Sciences Malaysia chapter and is co-organiser of the International Society of Quality of Life Conference in Sabah, 2024.

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Plenary 2 : Online Grooming and Sexual Abuse against Children

Speaker : Supt. Hirdawati Binti Isa

Head of Child Investigation Unit, Sexual, Women and Child Investigation

D11 Criminal Investigation Department, Bukit Aman, Police DiRaja Malaysia

Supt G/17910 Hirdawati binti Isa was born at Kuala Lumpur, the fourth of seven siblings. She is married and has four children. She received her early education at Tabika Kemas Jalan Hang Tuah, Sekolah Kebangsaan Bandar Baru Sentul, Sekolah Menengah Bandar Baru Sentul and Sekolah Menengah Sungai Besi. After graduating from school in 1998, she continued her Diploma in Science at Universiti Teknologi Mara, Jengka, Pahang. She obtained her First Class Degree in Bachelor of Chemical Engineering with Honours from Universiti Teknologi MARA, Shah Alam in 2005. She obtained a Bachelor of Social Science (Police Studies) from the National University of Malaysia in 2021.



Plenary 3: Digital Dilemma: Social Media and Mental Health

Speaker: Dr Jasmine Begum

Regional Director, Corporate, External & Legal Affairs, Microsoft ASEAN

With over 30 years of award-winning experience, Jasmine brings extensive expertise in legal, policy, regulatory, geostrategy, and communications. She is the first Malaysian appointed to the Internet Governance Forum (IGF) Multistakeholder Advisory Group (MAG) by UN Secretary General in December 2021. Jasmine is also an advisor to various Digital Economy Agencies in the region, as well as Multilateral and International Organizations, and she is on the Boards of MIDA and TalentCorp in Malaysia. Jasmine holds a double degree in Law from the International Islamic University in Kuala Lumpur, pursued post-graduate studies in the UK, and earned a Ph.D. in business and human rights. With admission to practice law in Malaysia, UK and State of Washington, she is currently an Adjunct Professor in several Universities across the region and has received an Honorary Doctorate for her outstanding leadership and contributions in Public Policy and Governance from UNITAR International University.

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PANEL DISCUSSION- NURTURING MENTAL WELLBEING ACROSS GENERATIONS

Moderator: **Dr Nurashikin Binti Ibrahim**

Public Health Physician

Director, National Centre of Excellence for Mental Health (NCEMH)

Dr. Nurashikin Ibrahim, a medical doctor and Public Health Medicine Specialist has been in service at Ministry of Health for the past 28 years Her areas of expertise/knowledge are in Mental Health Promotion Mental Health Services and Psychosocial Support Disaster and Suicide Prevention upon which she received training in Psychosocial Response to Disaster from Hyogo Institute of Traumatic Stress, (HITS) Japan as well as training in Mental Health Promotion & Mental Illness Prevention from Hunter Institute of Mental Health, Australia and Suicide Prevention from AISRAP, Australia.

She is also responsible as Head Coordinator of the Mental Health and Psychosocial Support Services of Ministry of Health in response to the COVID-19 pandemic in Malaysia and has been involved in many past crisis situations including the unprecedented incident of air tragedy MH370 and MH17 in 2014, Humanitarian Mission for the Rohingya's in 2017 and recent massive flood tragedy in 2021. She has received several awards among them, Ahli Mahkota Wilayah in 2015, the Excellence Service Medal in 2016, and most recently The Heart of Gold Award from PERKAMA International in 2022 for being an active civil servant in "Strategies Addressing Mental Health in Malaysia".



Launch of Psychological First Aid (PFA) Competency Course.

Presenter : **Dr Victor Goh Weng Yew**

**Head of Department of Psychology and Senior Lecturer,
HELP University**

Dr Victor graduated with a Bachelors from HELP University, before completing his PhD in Applied Psychology in the University of Nottingham. His research interests include workplace mental health, higher education teaching, and positive psychology.

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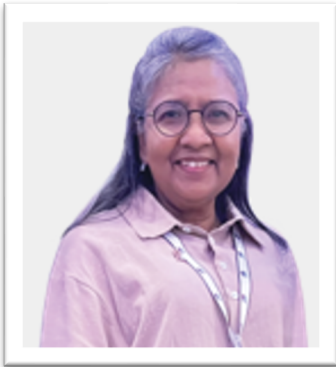


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CLOSING ADDRESS

Siti Subaidah Mustaffa

Chairman, National Coalition for Mental Wellbeing

Siti is a Past District Governor of Rotary International District 3300, Malaysia. Her passion in service is through Rotary, a global humanitarian service organisation, a worldwide network of volunteer leaders harmonising their time, talent and resources to impact lives. She is a Mental Health Advocate and a Psychological First Aider. She advocates for mental health policies and resources and her aim is to establish the National Coalition for Mental Wellbeing as a Centre of Excellence for Psychological First Aid (PFA), a leading resource for PFA training, research and best practices.