



Organised by :

National Coalition for Mental Wellbeing

Empowering Minds, Transforming Lives Nurturing Mental Wellbeing Across Generations

2ND NCMW NATIONAL CONFERENCE

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



Mental health awareness has made significant strides in recent years. Yet despite these efforts, the impact on real lives remains insufficient. We have to move beyond awareness alone. We need a proactive and inclusive approach that transforms rhetoric into tangible change.

Our mission in the upcoming conference is to provide a dynamic platform for discourse, where recommendations that emerge will drive policy actions in the realm of mental health. Mental health awareness has made significant strides in recent years.

Our conference will be the melting pot of minds, a convergence of experts, practitioners, policy makers and advocates. But it will not be just another gathering. It will be a catalyst for action. Our commitment extends beyond talk. We aim to translate these recommendations into concrete policy actions. The role of NCMW as a coalition of like-minded individuals and organisation, is to be the catalyst.

CONFERENCE PROGRAM

07.30am - 09.00am

Registration

07.30am - 09.00am

BREAKFAST for Registrants

09.00am - 09.45am

Conference Opening

Opening Remarks

Dato' Dr Andrew Mohanraj

Director, National Coalition for Mental Wellbeing

President, Malaysia Mental Health Association

President, Selangor Mental Health Association

09.10am- 09.40am

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

9.45am-10.00

My Mind on Film youth created film screenings:

Film 1: Summer's Healing Glow (5:20)

Film 2: Igauan (7:22)

10.00am-11.30am

BREAKOUT WORKSHOPS

Objective: To create a more compassionate and resilient society.

Expected Outcome: Advocate for policies to prioritize mental health education and prevention, accessibility to psychosocial support services, and promote equity and inclusivity, and investment in mental health literacy.

Children - Building Resilience from the Start

1. Fostering positive school environment and peer support
2. Digital literacy for a safe and secured online environment.

Session Expert Team

Benjamin Chay Wen Jun

UNICEF/Childline Young Leaders Program

Adj. Prof Dr Sangeeta Kaur

Founder, Emerging Journey Asia

Assoc. Prof Dr Anasuya Jegathevi Jegathesan

Dean, Faculty of Psychology and Social Sciences,
University of Cyberjaya.

Youth - Strategies for Empowerment

1. Easing the transition from youth to adulthood
2. Resilience building and coping mechanisms.

Session Expert Team

Alyssa Low Sue-Yin

MPhil student in Psychology, Research Assistant, HELP University

Dr Shermaine Su Tein Sim

MHPSS Program Officer, UNICEF

Dr. Aimi Nadiyah binti Jamel

Research Medical Officer

Head of Strategic Governance and Management Unit,
Institute for Clinical Research, National Institutes of Health,
Ministry of Health Malaysia

Elderly - Thriving in Later Years

1. Combating loneliness and social isolation
2. Strategies for maintaining cognitive health.

Session Expert Team

Dr Yap Kah Hui

Lecturer, Clinical Neuropsychology, Help University

Wani Muthiah

A Bureau Chief and News Editor with The Star,
Vice-President, Selangor Mental Health Association

Dr Benedict Francis

Psychiatrist, Medical Lecturer, University Malaya Medical Centre



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CONFERENCE PROGRAM

Disabled - Empowering Inclusion

1. Psychosocial support for people with disabilities
2. Breaking down stigma and discrimination

Session Expert Team

Brian Lariche

CEO, Make It Right Movement – Community Development Specialist

Amanda Kong

Community Advocate for Persons with Disabilities

Ms Ivy Josiah

Psychologist, Course Coordinator, Veritas University College

Everyone Wants A Piece Of Me:

Why Work-Life Balance Can Be So Difficult

1. Understanding the complexity of work-life balance
2. Coping skills for selfcare, negotiating boundaries, and staying on track.

Session Expert Team

Ms Raja Intan Arifah

Lecturer, Industrial Organisation, HELP University

Justien Lim

Clinical Psychologist, Eunoia

Santhya V Iyngkaran

Clinical Psychologist, Eunoia

11.30am-12.30pm

FEEDBACK AND COLLATION FROM WORKSHOPS

Summary presentation from Focus Group Workshops, and discussion to create actionable manifestos that drive change in prioritizing mental health and wellbeing.

Moderator: Jasmeet Kaur A/P Jaswinder Singh

Master's in Counselling, HELP University

12.30pm-01.30pm

LUNCH

01.30pm-02.00pm

Plenary Session 1

“Circuses and Cinema: Creative approaches to engagement and mental health services”

Speaker: Dr Nicholas Pang

Asso. Prof. in Psychiatry, University Malaysia Sabah
Founding Secretary, Association of Contextual Behaviour Sciences, Malaysia Chapter

02.00pm-02.30pm

Film 3: Fafa: Perjuangan Yang Tak Didendang Screening followed by Q&A with filmmakers

02.30pm-03.00pm

Plenary Session 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

03.00pm-03.30pm

Plenary Session 3

“Digital Dilemma: Social Media and Mental Health”

Speaker: Dr Jasmine Begum

Regional Director, Legal & Government Affairs
Microsoft ASEAN

03.30pm-04.00pm

Panel Discussion & Q&A

Moderator: Dr Nurashikin Binti Ibrahim

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

04.00pm

Closing Ceremony

Launch of Certified PFA - NCWM & HELP UNIVERSITY

Dr. Victor Goh Weng Yew

Head of the Department of Psychology, HELP University

04.30pm

Closing Remarks

Siti Subaidah Mustaffa

Chairman, National Coalition for Mental Wellbeing

04.30pm-06.30pm

TEA RECEPTION

Delegates & NCMW Members Networking

06.30pm

END OF CONFERENCE

Supported by :



Strategic Partners :