General

Mental Health Awareness Programme curbs stress problems

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KUANTAN, 15 October 2021 - In conjunction with the Universiti Malaysia Pahang (UMP) 2021 Counselling Month Celebration, Employee Assistance Programme (EAP) in collaboration with the Counselling and Psychology Division, Department of Student Affairs (JHEP) recently organised the Suicide Prevention Programme: No Way Out.

The programme aims to ensure that people from all walks of life, regardless of age, can prevent suicidal behaviour and have the appropriate knowledge in seeking help from certain parties.

According to the Deputy Chairman of the Malaysian Psychospiritual Wellness Organisation, Dr. Adnan Omar, data released by the Ministry of Health (MOH) Malaysia in 2019 before the COVID-19 pandemic found that 4.2 million or 29.2 per cent of Malaysians suffer from mental health problems such as depression, stress and anxiety.

“Mental health is a condition or existence where someone can reach his potential, deal with the stresses of life, work (study) productively and contribute to society.

“The study found that the risk of suicidal behaviour is higher among women at 30.8 per cent while men at 27.6 per cent.

“Some Muslims interpret mental illness as a weakness of faith,” he said.

He also advised those who are vulnerable to the illness to pray more, fear Allah SWT or forget their situation.
According to him, the statistics show 609 suicide cases in 2019 and 631 cases in 2020, an increase of two per cent obtained from the Royal Malaysian Police (PDRM) records.

“Right now, we are using data from PDRM on how to identify the problem of suicide in this country.

“Between January and May 2021, there were 468 cases, which is 3.12 cases every day.

“In fact, it was found that most of these suicide cases involve a productive age of 15 to 29 years,” he explained.
For him, this can happen to anyone and it is not a sign of weakness.

However, he mentioned that failure to treat the illness could lead to suicidal thoughts and attempts.

He advised students to always seek advice from counsellors located at both UMP Gambang and Pekan campuses.
UMP counsellors are always ready to help following the slogan of the UMP Counselling and Psychology Division, namely Here to Hear by contacting Hajah Paridah Mohd. Ali (019-9153440), Fara Hazlini Mohd. Som (01998-19094), Nur Azila Osman (013-4689721) or Siti Norni Mohd. Daud

(013-9621886).

Meanwhile, UMP staff can also seek advisory service through the Employee Assistance Programme (EAP) by contacting the Head of the EAP Unit, Dr. Fatmawati Latada (019-2286379) or UMP Psychology Officer, Nur Atiqah Mohd. Nor (013-7190983).

The programme, aired live through Saffad's Facebook, was conducted by UMP Psychology Officer, Employee Assistance Programme (EAP), Nur Atiqah Mohd. Nor with the cooperation of the Counselling and Psychology Division, Department of Student Affairs as an effort to reduce the stigma against suicidal behaviour and thoughts that exist in the society in this country.

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