General

UMPSA and the Pahang State Health Department organized the World Suicide Prevention Awareness Day Symposium and the Pahang State Level Mental Health Day Celebration 2024

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PEKAN, 19 September 2024 – Recently, Universiti Malaysia Pahang Al-Sultan Abdullah (UMPSA), in collaboration with the Pahang State Health Department (JKNP), organized the World Suicide Prevention Awareness Day Symposium and Pahang State Level Mental Health Day Celebration 2024.

The event was officiated by Public Health Consultant Physician and Deputy Director of State Health (Public Health) at the Pahang State Health Department, Dato' Dr. Wan Abdul Rahim Wan Muhammad.

Also present were the Director of the ADAB Academy, UMPSA, Associate Professor Dr. Mohd Nizam Mohmad Kahar, and Chief Assistant Senior Director of the Non-Communicable Disease Control Unit, Pahang State Health Department, Dr. Hamiza Ngah.

The programme, which was attended by more than 200 participants, took place at the Library Auditorium, UMPSA Pekan.

According to Associate Professor Dr. Mohd Nizam Mohmad Kahar, UMPSA is committed to advancing society through science and believes that mental health is a critical component in ensuring overall well-being and holistic survival.

"Concern about the increase in suicide cases and mental health problems among the community, especially in this challenging era, should be addressed in an integrated manner.

"In this regard, this symposium serves as a vital platform for raising awareness, exchanging views, and formulating more effective and comprehensive prevention strategies," he said.

Dato' Dr. Wan Abdul Rahim Wan Muhammad stated that suicide and attempted suicide have become significant public health concerns.

"Every 40 seconds, there is a suicide death, with more than 703,000 deaths occurring globally each year, according to the World Health Organization (WHO).

"Suicide is also among the ten leading causes of death worldwide and the fourth leading cause of death for those aged 15 to 29 years.

"Almost 60 percent of these deaths occur before the age of 50, and the suicide rate is twice as high in men as in women," he said.



He added that for every life lost, it is estimated that 135 family members or friends are affected, experiencing emotional, social, and economic impacts.

"This symposium aims to raise awareness, change societal views on suicidal behaviour, reduce stigma, and foster greater empathy towards individuals suffering from mental health issues and suicidal tendencies.

"We must guide the community by instilling hope in those struggling with mental health challenges.

"Additionally, the symposium highlights the importance of prioritizing mental health in the workplace, to create a healthier and more conducive work environment.

"This aligns with the theme of World Suicide Prevention Day 2024, 'Change Attitudes, Build Hope,' as well as the theme for Mental Health Day 2024, 'Prioritize Mental Health in the Workplace,'" he added.

Also, in attendance were the Director of the Sejahtera Centre, Paridah Mohd Ali, District Health Officers, Heads of Public Health Divisions, and Pahang State Psychological Officers.

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