



Persekutuan Persatuan-Persatuan Kesihatan Reproktif, Malaysia

Federation of Reproductive Health Associations, Malaysia
(Member of the International Planned Parenthood Federation)

Email: frham@frham.org.my / tanyalahkami@frham.org.my

MySihat Project: Program Promosi Kesihatan Minda Sihat-Bicara Santai Think Differently

Background

Based on the Adolescent Health Survey (AHS) 2017, it shows an increase mental health problem for 13-17 year olds adolescents in Malaysia. The Malaysia Global School-Based Health Survey (GSHS) in 2012 discovered that depression from 17.7% to 18.3% and anxiety from 39.6% to 39.7%. In a sense Suicide behavior is on the rise, and the idea of suicide is on the rise from 7.9% to 10%, having a suicide plan from 6.4% to 7.3% while Suicide attempts increased slightly from 6.8% to 6.9%.

Therefore, Malaysian Health Promotion Board (MySIHAT) takes the approach by providing a guideline to implementing "Program Promosi Kesihatan Minda Sihat Bicara Santai – Think Differently" for use by Non-profit Organization Government (NGO) to raise awareness of mental health. This guideline has been launched by our Minister of Health during 1st Malaysian Mental Health Conference this year. Selected NGOs were invited by MySIHAT to attend a TOT on how to use the guideline and to conduct the workshop. FRHAM and Melaka MA staffs, volunteers and interns attended this TOT workshop and were given fund to conduct this workshop at 5 locations.

This workshop will focus on self-development among adolescents to be prepared for the inner challenges life and can make the right decisions in the face of crisis youth. This workshop will also bring teens to talk about their strengths in dealing with issues that are affecting teenagers today. This workshop will focus more on mental health and teens are exposed to skills in how to get to know their environment, especially in terms of they can control and cannot control.

Objectives

1. Focus on building the strength of the adolescent mental health
2. Exposure to teens with communication skills, relationships with others and making good choices, especially in dealing with life problems and creating a good image.

Activity

Seven (7) interactive game sessions and group casual talk were the approaches used in delivering the session with the young people. The benefits that can be gained through this project are to make teens more responsible for themselves, identify the behaviours they should adopt in communication, better relationships with others and their ability to control the environment more effectively so that eventually they can develop the best choices about themselves and their future.



Kolej Vokasional Gombak

SMK Pandan Mewah



SMK Ideal Height



Monfort Youth Centre



SMK Taman Dato Harun



Monfort, Shah Alam

Result

The collaboration of FRHAM and Melaka MA has led to the achievement of 477 young people benefitted from the project in terms of importance of mental health and technique to assist them in coping with mental health issue.

The beneficiaries are students from:

1. Kolej Vokasional Gombak
2. SMK Pandan Mewah
3. SMK Ideal Heights
4. Monfort Youth Centre, Melaka
5. SMK Bukit Baru, Melaka
6. SMK Taman Dato Harun
7. Monfort Boys Town, Shah Alam