



REVIEW AND MAPPING OF MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT SERVICES IN MALAYSIA

ILMU HASANAH
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INTRODUCTION

The National Health Morbidity Survey (2017) reported that 1 in 5 adolescents in Malaysia were suffering from depression.

Mental health screening at school, periodically counsellor monitoring, promoting mental health awareness program and introduction to peer support group are highly recommended.

There is limited “ground work” that could map out the accessibility and suitability of the existing programme and service related to mental health disorders among adolescents.





RESEARCH OBJECTIVES

Provide **base-line data** of the situation in country with regards to mental health policy, programmes and services for students, adolescents, and their families.

Identify **gaps** in policy frameworks, programmes and service provision and **formulate recommendations** for overcoming the challenges.

Identify and **document promising practices** to promote an exchange of knowledge on initiatives for students and adolescent mental health and psychosocial wellbeing.



METHODOLOGY

| Demographic Variable | Category | Frequency (f) | Percentage (%) |
|----------------------|-----------|---------------|----------------|
| Age* | | 15.34 | 2.70 |
| Gender | Male | 371 | 38.6 |
| | Female | 589 | 61.4 |
| Race | Malay | 883 | 92.0 |
| | Indian | 44 | 4.6 |
| | Chinese | 33 | 3.4 |
| Religion | Islam | 880 | 91.7 |
| | Hindu | 40 | 4.2 |
| | Buddha | 29 | 3.0 |
| | Christian | 7 | 0.7 |
| | Others | 4 | 0.4 |

| Demographic Variable | Category | Frequency (f) | Percentage (%) |
|-------------------------|-----------------|---------------|----------------|
| Siblings | No siblings | 11 | 1.1 |
| | 1 to 3 | 377 | 39.3 |
| | 4 to 5 | 425 | 44.3 |
| | 6 and more | 147 | 15.3 |
| Parents' Marital Status | Married | 874 | 91.0 |
| | Divorced | 72 | 7.5 |
| | Live Separately | 14 | 1.5 |
| | | | |
| Family's Monthly Income | B40 | 452 | 47.1 |
| | M40 | 388 | 40.4 |
| | T20 | 120 | 12.5 |
| Type of School | Daily | 444 | 46.3 |
| | Boarding | 516 | 53.8 |
| Education Level | Primary | 136 | 14.2 |
| | Secondary | 595 | 62.0 |
| | Tertiary | 229 | 23.9 |

| ID | Education | Occupation | Years of Experience | Platform of interview | Language Used |
|------|-----------|-------------------------------|---------------------|-----------------------|---------------|
| SH1 | Master | Psychiatrist | 11 years | Online | English |
| SH2 | PhD | Clinical Psychologist | 5 years | Online | English |
| SH3 | Master | Clinical Psychologist | 1.6 years | Online | English |
| SH4 | Master | Psychiatrist | 9 years | Online | Malay |
| SH5 | Bachelor | School Counsellor | 26 years | Online | Malay |
| SH6 | Bachelor | School Counsellor | 21 years | Online | Malay |
| SH7 | PhD | Non-Governmental Organization | N/A | Online | English |
| SH8 | PhD | Non-Governmental Organization | 22 years | Online | Malay |
| SH9 | Bachelor | School Counsellor | 11 years | Online | Malay |
| SH10 | Bachelor | School Counsellor | 15 years | Online | Malay |
| SH11 | Bachelor | School Counsellor | 10 years | Online | Malay |
| SH12 | Master | School Counsellor | 14 years | Online | Malay |
| SH13 | Bachelor | Parent | N/A | Online | Malay |
| SH14 | Bachelor | School Counsellor | 11 years | Online | Malay |
| SH15 | Bachelor | Parent | N/A | Online | Malay |



FINDINGS & RECOMMENDATIONS

| Phase | Findings | Recommendations |
|---------------------------|---|--|
| Phase 1 Desk review | <p data-bbox="301 303 1141 396">Increasing trends of mental health problems among adolescents 2011-2017</p> <p data-bbox="301 459 1155 601">Secondary school students (13-17 years old) have significantly higher problems in mental health.</p> <p data-bbox="301 665 1058 809">Measures used to assess mental health problems among adolescents were unstandardized across the years.</p> <p data-bbox="301 872 1161 1014">Several general mental health policies, lack of mental health policies and programmes on adolescents' mental health.</p> | <p data-bbox="1207 459 1862 500">The need to focus on at risk group</p> <p data-bbox="1207 665 1818 959">A standardized assessment instrument/tool that comprehensively measures all aspects of mental health issues, including depression, anxiety, stress.</p> |



FINDINGS & RECOMMENDATIONS

| Phase | Findings | Recommendations |
|------------------------------|---|--|
| Phase 2 Scoping review | <p>Several high-impact programmes and services for adolescents' mental health with more than half of the programmes conducted at school (15 out of 26 programmes).</p> <p>Schools seemed to be a more familiar, less stigmatised and acceptable setting to seek and receive mental health services as compared to the community health clinics or psychiatric setting</p> | <p>A school-based mental health promotion intervention to build resilience in school children/adolescents- must include school counsellors, students/peer support, and parents/families.</p> <p>Talks, quizzes, online games, mental health awareness competitions</p> <p>Emotions and feelings, cognitive reappraisal, problem-solving, behaviour activation, relaxation techniques, self-monitoring etc.</p> |



FINDINGS & RECOMMENDATIONS

| Phase | Findings | Recommendations |
|---|--|--|
| <p>Phase 3 Online snapshot survey</p> | <p>1 in every 2 adolescents displayed anxiety symptoms, and 1 in every 3 adolescents experienced stress and depressive symptoms.</p> <p>Increase of 10% rate for depression, 10% rate for anxiety, and 20% rate for stress levels among adolescents.</p> <p>Associated factors: Secondary school, female, those studying in boarding schools, have 4 to 5 siblings, & those from the B40 categories.</p> | <p>Emphasize the need of a school-based mental health promotion intervention</p> <p>These findings should be shared with school counsellors in Malaysia therefore early identification and treatment can be initiated.</p> |



FINDINGS & RECOMMENDATIONS

| Phase | Findings | Recommendations |
|--|---|---|
| <p>Phase 4 In depth semi structured interviews with stakeholders</p> | <p>Mental health issues have caused low academic performance and increased suicidal behaviours</p> <p>Policies and pathways to help-seeking were unclear, specific guidelines for adolescents' mental health were unavailable, and parental awareness and cooperation were still low.</p> <p>Low mental health literacy and stigma (especially among parent) had resulted in the delay of getting relevant professional intervention.</p> | <p>Multidisciplinary team (and cross sectoral management) is required to combat adolescents' mental health problems (health-school-community)</p> <p>Training for school counsellors Parents awareness & involvement</p> <p>Online approach (helpline/chatbox on social media/website)- approachable, easily accessible, stigma-free, anonymity</p> |

“So, there are **parents who cannot accept it**, they say "my child is okay at home, there is nothing wrong" but what they don't see, that the child has already started to self-harm, right?” (SH 6, School Counsellor)

“Sometimes, the **mother doesn't even know that her child has an issue**, only to know when the teacher calls. So, if a student has problems, for example, mental health, I think that support is important and that mom and dad need to know” (SH 10, School Counsellor)

Actually his brother told me that he saw the wound at his hand, and I can see it too. **But I didn't ask**.....His academic performance doesn't go well. I was concerned.... After so long then only I came to know that he had depression. **He was bullied at school, and know nothing about that** (SH13, Parent)

“So, I think if we can empower even at the level of the Health Clinic, it means you allow this child and adolescent to come to seek help, it means he has a special pathway too, right because sometimes he doesn't come with his parents because one might be ashamed of that issue. So, I think if we can empower near the Health Clinic level it would be a way forward because it means that there is a special pathway that the boy comes without the parent, he can still be accessed somehow.” (SH 1, Psychiatrist)

“So, when we talk, to make a program with the students, so we build the relationship with the counsellors. So, these counsellors, when it's like certain cases like he's not sure what to do, they can discuss with us, they'll call us up and ask or they don't feel afraid to refer.” (SH 1, Psychiatrist)

“If dementia, for adults we have MENTARI. MENTARI is the same concept as that. But for adolescents and children, we don't have it. And let's say you have an adolescent that is neglected by abuse, **where does the boy need to go, and whom does he want to call.**” (SH 4, Psychiatrist)

“**The medical officer would not have that training,** but they would be sometimes the first person to see the patient or during follow-up. So, there may be in terms of because there is no training that would also be a barrier, so he doesn't know how to relate, how to build rapport, how to get the history from the child and adolescent.” (SH 1, Psychiatrist)



“I look at the aspect of, what kind of **social media** that immediately reach people, so we want to use things, we want to use that mechanism, in order to immediately reach, to counter back the old pattern.” (SH 5, School Counsellor)

If possible, **more programs can be made available for teenagers**. I can't see it now. Sometimes you also search to see if there is a program, there are many programs now for children aged 7-12 (SH15, Parent).





Conclusion



Increasing trends- urgent intervention is required.

School-based mental health promotion intervention

Cause of delay- stigma and a lack of awareness

Focus – parents and family-counsellors-students

Cross sectoral management



Tentative Agenda

| Time | Agenda |
|---------|--|
| 9.30am | Doors Open & Light Refreshments |
| 10.00am | Welcoming Remarks by the Head of Education at Yayasan Hasanah |
| 10.10am | "Review and Mapping of Mental Health and Psychosocial Support Services in Malaysia" Research Paper Presentation Speaker: Assoc. Prof. Dr. Siti Roshaidai Binti Mohd Arifin Associate Professor, International Islamic University Malaysia (Kuantan Campus) |
| 10.20am | Q&A Session |
| 10.30am | "Mental Health for Vulnerable Youths" Panel Discussion Speaker: Farihin Ufiya Binti Mohd Azeem Co-Founder, Mental Health Aid Association (Nyawa) Dr. Nurashikin Binti Ibrahim Head, National Center of Excellence for Mental Health, Ministry of Health Farzana Balan Special Projects Director, Saora Industries Moderator: Ethan Ganes Masters in Counselling Candidate, Monash University |
| 11.10am | Q&A Session |
| 11.40am | Token of Appreciation Presentation |
| 11.50am | Group Photo |
| 12.00pm | Lunch |

17 Mac 2023

SEPERTI SENARAI EDARAN

YBhg./YBrs./Datuk/Dato'/Dr./Tuan/Puan,

JEMPUTAN KE PERBINCANGAN MEJA BULAT KESIHATAN MENTAL ANJURAN YAYASAN HASANAH

Dengan segala hormatnya merujuk kepada perkara di atas.

2. Sukacita dimaklumkan bahawa, fokus sektor Pendidikan di Yayasan Hasanah ("Hasanah") memberi penekanan kepada program kesihatan minda bagi meningkatkan kapasiti para kaunselor serta kesedaran dalam kalangan murid. Sebagai yayasan berasaskan impak melalui pemberian geran, Hasanah telah menjalin kerjasama dengan beberapa rakan strategik untuk membolehkan pelaksanaan program kesihatan mental di seluruh negara.

3. Untuk makluman YBhg./YBrs./Datuk/Dato'/Dr./Tuan/Puan, Hasanah berhasrat menganjurkan perbincangan meja bulat kesihatan mental untuk memudahkan perkongsian terbuka mengenai pelbagai perspektif, pengalaman dan pendekatan pihak berkepentingan kesihatan mental di Malaysia. Dengan itu, Hasanah ingin menjemput wakil-wakil kerajaan, swasta, pertubuhan bukan kerajaan atau organisasi masyarakat sivil yang terlibat untuk menghadiri **Perbincangan Meja Bulat Kesihatan Mental anjuran Hasanah** seperti ketetapan berikut:

Tarikh : 28 Mac 2023, Selasa
Masa : 10.00 pagi hingga 12.30 tengah hari
Tempat : Yayasan Hasanah
Tingkat 3, Blok A, Dataran PHB Saujana Resort
Seksyen U2, 40150 Shah Alam, Selangor

4. Sebarang pertanyaan berkaitan bengkel ini boleh dirujuk kepada **Cik Chow Shenn Kuan**, melalui emel **shenn.kuan@hasanah.org.my** atau melalui talian **012-504 5883**. **Maklum balas kehadiran adalah melalui emel tersebut.**

5. Segala perhatian dan keprihatinan YBhg./YBrs./Datuk/Dato'/Dr./Tuan/Puan berhubung perkara ini saya hargai dan dahului dengan ucapan terima kasih.

Sekian.

Saya yang menjalankan amanah,



ZADIL HANIEF MOHAMAD ZAIDI

Ketua Pegawai Strategi
Yayasan Hasanah

SENARAI EDARAN
PERBINCANGAN MEJA BULAT KESIHATAN MENTAL ANJURAN YAYASAN HASANAH

- 1. Kementerian Pendidikan Malaysia**
Bahagian Pengurusan Sekolah Harian
Aras 3 & 4, Blok E2, Kompleks E
Pusat Pentadbiran Kerajaan Persekutuan
62604 Wilayah Persekutuan Putrajaya
(u.p.: **Tuan Saiful Effendi Bin Mohd Zahari**,
Ketua Penolong Pengarah, Unit Pengurusan Kaunseling dan Kerjaya Murid
Tuan Mohd Pilus Bin Abdullah,
Penolong Pengarah, Unit Pengurusan Kaunseling dan Kerjaya Murid)
- 2. Kementerian Kesihatan Malaysia**
Bahagian Kawalan Penyakit
Aras 3, Blok E10, Kompleks E
Pusat Pentadbiran Kerajaan Persekutuan
62590 Wilayah Persekutuan Putrajaya
(u.p.: **Dr. Nurashikin Binti Ibrahim**,
Ketua Sektor Kesihatan Mental, Pencegahan Kecederaan dan Keganasan
Dan Penyalahgunaan Substans)
- 3. Puan Alina Amir**
Ketua Pegawai Eksekutif, Arus Academy
- 4. Tuan Rudie Yaakob**
Ketua Pegawai Eksekutif, Bring the Opportunity Program (BTOP)
- 5. Puan Claire Fabian**
Penolong Pengurus, Good Shepherd Services
- 6. Tuan Darick Wong**
Pengarah Negara, HOPE Worldwide Malaysia
- 7. Assoc. Prof. Dr. Siti Roshaidai Binti Mohd Arifin**
IIUM Entrepreneurship and Consultancies
- 8. Prof. Dato' Dr. Andrew Mohanraj**
Pengerusi, Malaysian Mental Health Association (MMHA)
- 9. Puan Ivy Tan**
Pengerusi, Malaysian Music Therapy Association (MMTA)
- 10. Dr. Lynne Yong Ee Lin**
Pengerusi, Malaysian Society of Clinical Psychologists (MSCP)

- 11. Puan Farihin Ufiya Binti Mohd Azeem**
Pengarah, Mental Health Aid Association (NYAWA)
- 12. Puan Anita Abu Bakar**
Pengerusi, Mental Illness Awareness and Support Association (MIASA)
- 13. Dr. Siti Taniza Toha**
Pengerusi, Persatuan Kaunseling dan Pendidikan Malaysia (PEKA)
- 14. Dr. Shazli Ezzat Ghazali**
Naib Presiden, Persatuan Psikologi Malaysia (PSIMA)
- 15. Tuan Kelvin Tan**
Ketua Pegawai Eksekutif, Pertubuhan Akademi Project ID
- 16. Puan Norzalina Masom**
Pengurus Besar, PINTAR Foundation
- 17. Puan Farzana Balan**
Pengarah Operasi, Saora Industries
- 18. Puan Elisha Othman**
Pengarah Urusan, Thrive Well