



# MENTAL WELLBEING PROGRAM

BY ELITE INDIGO

*Upskill you and your team's Mental Wellbeing and Learn how to bring your projects to the next level*

***Walk away with a list of "quick wins" cases you can use right away in the organization!***

 [www.eliteindigo.com](http://www.eliteindigo.com)

 [khenghuat.koay@gmail.com](mailto:khenghuat.koay@gmail.com)

100% HRDF Claimable



## MENTAL WELL-BEING PROGRAM (1/2 DAYS)

### • Program Overview

Mental health, a crucial aspect of global well-being, faces unique challenges and manifestations in different regions, including Malaysia. Understanding when a mental health problem escalates into a mental illness is vital, particularly in how it impairs an individual's functioning in daily roles. Common mental illnesses such as depression, anxiety disorders, psychosis, as well as issues like suicide, non-suicidal self-injury, and substance use disorders, significantly affect millions worldwide.

Recognizing the signs and knowing when to seek help is essential. Self-help strategies and Mental Health First Aid can serve as initial steps to manage mental health issues. However, professional help becomes necessary when conditions persist or worsen, impairing one's ability to function effectively.

### • Course Objectives

By the end of the programme, participants will be able to:

- Create better awareness on mental health and mental wellbeing.
- Be able to recognise common mental health problems to seek early help.
- Be able to apply some self-help strategies to keep oneself mentally well.
- To know when, where and how to seek professional help when needed.

### • Preacquisition

- None

### • Duration Half-Day Workshop(4 Hours Total)



# Mental Well-Being Program (1/2 days)

## • Course Outline

Time	Details	Activity
9.00am-10.00am	<b>Understanding Mental Health and Illness</b>	Learning + Debrief: <ul style="list-style-type: none"> <li>• Definition of mental health and its importance in overall well-being.</li> <li>• Distinction between mental health problems and mental illnesses.</li> <li>• Overview of how mental health issues impact individual role functioning and societal productivity.</li> <li>• Global statistics vs. mental health trends in Malaysia.</li> </ul>
10.00am-11.00am	<b>Common Mental Health Disorders</b>	Learning + Debrief: <ul style="list-style-type: none"> <li>• Detailed exploration of depression, anxiety disorders, psychosis, suicide and non-suicidal self-injury, and substance use problems.</li> <li>• Signs and symptoms of each mental health disorder.</li> <li>• Potential causes and risk factors, with a focus on how these disorders manifest differently across diverse populations.</li> </ul>
11.00am-12.00pm	<b>First Response and Self-Help Strategies</b>	Learning + Debrief: <ul style="list-style-type: none"> <li>• Introduction to self-help methods for mental well-being, such as mindfulness, exercise, and healthy eating.</li> <li>• Basic Mental Health First Aid training – understanding and applying the initial steps to help someone in a mental health crisis.</li> <li>• Differentiating when self-help suffices and when to seek professional assistance.</li> </ul>
12.00pm-1.00pm	<b>Seeking and Providing Professional Help</b>	Learning + Debrief: <ul style="list-style-type: none"> <li>• Overview of professional mental health resources available globally and in Malaysia.</li> <li>• Steps to take when seeking professional help – from primary care to specialized mental health services.</li> <li>• Understanding the roles of different mental health professionals (psychiatrists, psychologists, counselors).</li> <li>• Community resources and how to leverage them for support and advocacy.</li> </ul>



## ABOUT ELITE INDIGO

We are dedicated to empowering businesses to achieve their full potential. With a team of seasoned professionals and a wealth of industry experience, we offer tailored consulting services to help organizations overcome challenges and seize opportunities.

## WHY CHOOSE US?

98% Customer Satisfaction  
based on Google Reviews



4.9 ★★★★★ 600 Google reviews

All our courses are 100% HRDF  
claimable and no PO needed.

## CONTACT US

For More 100% HRDF  
Claimable Courses



SCAN ME

## OUR COURSES



### ARTIFICIAL INTELLIGENCE (AI)

Dive into the cutting-edge world of AI, exploring algorithms, data analysis and more.



### TECHNICAL SKILL

Sharpen your technical prowess from programming, software and more.



### SOFT SKILL

Develop essential interpersonal skills to excel in any professional setting.



### LEADERSHIP SKILL

Unleash your leadership potential with our Leadership Skills course



### TEAMBUILDING

Understand the dynamics of teamwork, communication, and synergy

