



BULETIN MUTIARA

Psychological first aid course launched

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THE Wawasan Open University (WOU) has partnered with the International College of Clinical Hypnosis Practitioners (ICCHP) Asia to organise a 'Psychological First Aid' course to address the mental health issues which are currently on the rise.

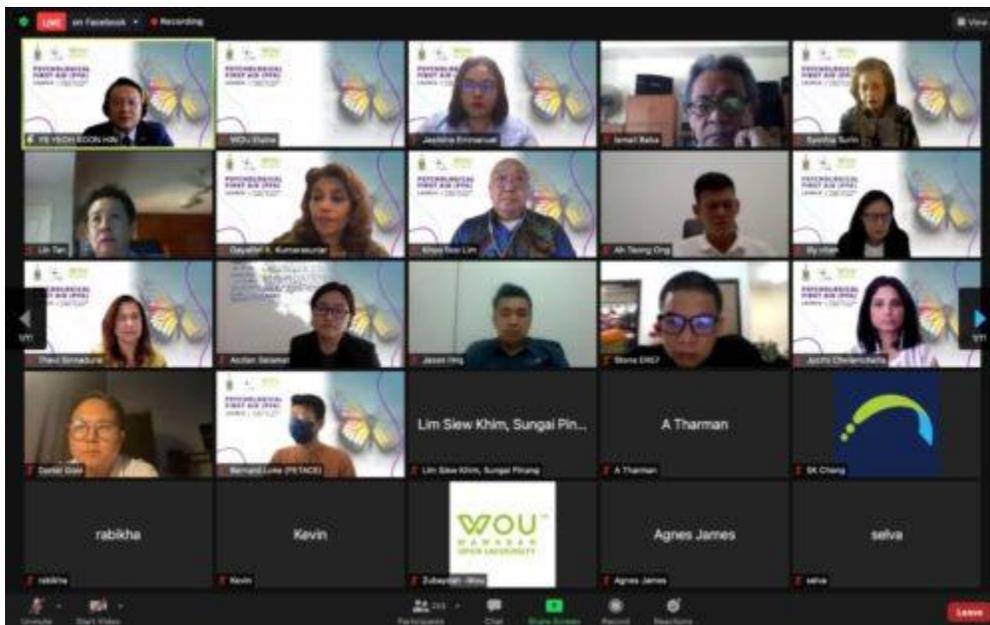
State Tourism and Creative Economy Committee chairman Yeoh Soon Hin has encouraged the public to take up the course to equip themselves with the vital knowledge pertaining to mental health.

“The public can be trained to identify individuals who are suffering from mental distress within their own community such as workplace as well as social and family circle and further assist them in receiving the necessary help.

“The World Health Organisation (WHO) recommends the psychological first aid as a useful tool to help people in times of crisis, such as natural disaster, war or during a pandemic such as this.

“The WOU-ICCHP ‘Psychological First Aid’ course introduces the participants to the risk factors and warning signs of severe stress that could lead to mental health problems as well as the appropriate responses.

“This initiative will be instrumental in reducing the number of suicide incidences as it will provide the knowledge and skills to assist individuals who are mentally stressed and connect them to the right support system,” said Yeoh during the launch of the programme via Zoom today.



(Top left) Yeoh encouraged the public to enrol themselves in the course to help contribute to the mental well-being of the community.

Yeoh also encouraged the health workers, assemblymen and parliamentarians to join the programme as well.

“I also would like to urge the private sector to also take part in this initiative,” he added.

The virtual launching ceremony was attended by Wawasan Open University chief executive and vice-chancellor Prof Dr Lily Chan, StudyPENANG executive director Khoo Boo Lim and ICCHP Asia regional director Synthia Surin.

According to Synthia, after completing the course, participants would be also provided with follow-up assistance.

“The support group will be there to help the participants should there be any matters that they are unsure of,” she said.

Apart from that, one of the trainers Dr K. Gayathri said the participants are required to complete 32 hours of training which will be held over two weekends.

“The classes will commence on Aug 28. Our training will involve three main key elements which are ‘listen, look and link’.

“All participants who successfully complete the course will be given a certificate of participation,” added Gayathri.

The enrolment fee is RM1,500, which is actually a discounted rate.

For those who are interested please contact Ms Jasmine Emmanuel at 012-4736961 (jasmineemmanuel@wou.edu.my), Ms Zubaydah Zamri at 016-3021909 (zubaydahzamri@wou.my), or Ms Synthia at 017-4777746.

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