



06 MAY, 2020

## Continued support for the stressed

The Star (Metro North), Malaysia

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## Free WOU-ICCHP psychological programme extended to May 15

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WAWASAN Open University (WOU) in partnership with International College of Clinical Hypnotherapy Practitioners (ICCHP) Asia have extended their free psychological first aid programme until May 15.

From April 1 to April 25, a total of 223 people reached out for help in dealing with Covid-19 pandemic issues.

Although the psychological

service was initially set up with frontliners in mind, there were many calls from the general community seeking help.

Suicidal cases were referred to the team's on-call psychiatrists for clinical assessment, advanced help and close monitoring.

A team of 16 professionals from ICCHP Asia, including six psychiatrists, are offering confidential support over handphones.

The team members help to calm distressed callers and enable them



to better cope with the current uncertainties and make informed decisions.

Where urgent practical assistance was needed in medical and food emergencies, the team

worked with the relevant MPs to provide ambulance services and food items.

Students from across the country who are attending online learning sessions from their homes or elsewhere are also encouraged to call if they are feeling stressed during the MCO period.

The public can call ICCHP Asia from 9am to 9pm daily from now until May 15.

They can email [icchpcovid19@gmail.com](mailto:icchpcovid19@gmail.com) to arrange a convenient time to chat.

Alternatively, they can call 012-444 7032/ 016- 927 1240 from 9am to 12pm or 012-408 0675/ 012-374 1558 (noon to 3pm).

The numbers to call from 3pm to 6pm are 017-477 7746/012-473 6830/016-497 9876.

From 6pm to 9pm, the public can call 012-221 2906/ 019-564 5868/012-425 2962.

Students who are feeling stressed can contact the WOU toll-free careline 1-300-888-968 and be redirected to ICCHP on request.



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### SUMMARIES

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