INSTITUT KESELAMATAN DAN KESIHATAN PEKERJAAN NEGARA

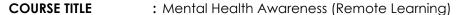
NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH

KURIKULUM KURSUS

COURSE CURRICULUM

TEL: 03 - 8911 3800 FAX: 03 - 8926 3900

URL: www.niosh.com.my



COURSE DURATION: 1-day(s) / 6.50-hour(s) **COURSE CODE**: MHA-RL

COURSE CATEGORY: Non-Competency COURSE LEVEL: Basic

HRD CORP SCHEME: Claimable

COURSE FEE : RM216.00 (inclusive of 8% SST)

1. OBJECTIVE(S):

At the end of the course, the participant will be able to:

i. Identify the impact of a mental illness on the employee.

ii. Explain the importance of wellbeing support from the workplace.

iii. Develop strategies for helping themselves or others who are suffering from a mental

illness.

2. TARGET GROUP(S):

- i. Managers / Executives.
- ii. Safety and Health Officers.
- iii. OSH practitioners.
- iv. Safety and Health Committee members.
- v. Supervisors and all levels of workers.

3. ENTRY REQUIREMENT(S):

- i. None (This course is designed for everyone who is passionate in improving workplace mental health and wellbeing).
- ii. Must have device (Computer, Laptop or Tablet) to participate in e-learning platform. The use of mobile phones is NOT PERMITTED; **AND**
- iii. Must have good internet connection; AND
- iv. Zoom account registered with personal email.

4. TOPIC(S):

- i. Introduction.
- ii. What is Mental Health?
- iii. Basic Skills and Techniques.

5. LIST OF REFERENCE BOOK(S):

i. None.

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6. LIST OF TEACHING AID(S):

- i. Computer/Laptop.
- ii. Teaching tools.

7. LIST OF CLASSROOM ACTIVITIES:

- i. Lecture.
- ii. Discussion.

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NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH				
COURSE SCHEDULE				
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NIOSH-PDD-CS-MHA-RL	MAST220426	3/3		

COURSE TITLE: MENTAL HEALTH AWARENESS (REMOTE LEARNING)

DAY ONE

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0830 - 0900	0.50	Registration and Course Briefing	NIOSH
0900 - 1030	1.50	Introduction • Introduction of mental health • Malaysian statistics	
1030 - 1045	0.25	BREAK	
1045 - 1300	2.25	What is Mental Health? • Definition of mental health and mental illness • Mental health practitioner • Characteristics of mental health challenges	
1300 - 1400	1.00	LUNCH BREAK	
1400 - 1530	1.50	What is Mental Health? • Risk factors • How to identify signs	
1530 - 1545	0.25	BREAK	
1545 - 1700	1.25	Basic Skills & Techniques • Positive solution • Coping mechanism • Intervention techniques	
1700 - 1715	0.25	Evaluation and Closing	NIOSH
	6.50	END OF THE COURSE	

COURSE SCHEDULE NIOSH MALAYSIA