



19TH ASEAN-Japan HLOM for Caring Societies

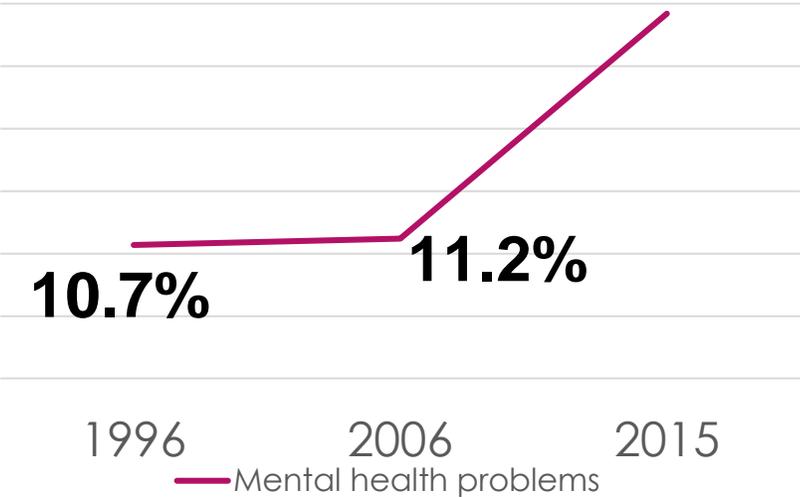
Updates on Mental Health Services and Programmes
in Malaysia

9th - 10th December 2021

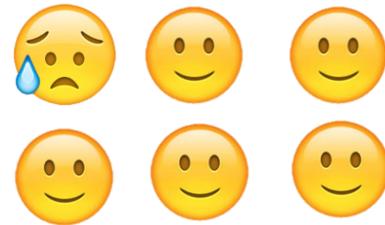
***MENTAL HEALTH, SUBSTANCE ABUSE AND VIOLENCE INJURY PREVENTION SECTOR
DISEASE CONTROL DIVISION, MINISTRY OF HEALTH, MALAYSIA***

MENTAL HEALTH BURDEN IN MALAYSIA (1)

NHMS



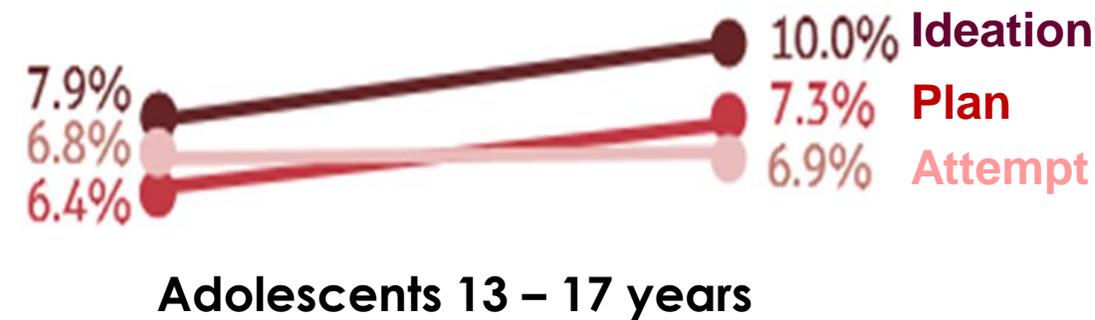
Prevalence of depression > 16 years : 2.3%
(NHMS 2019)



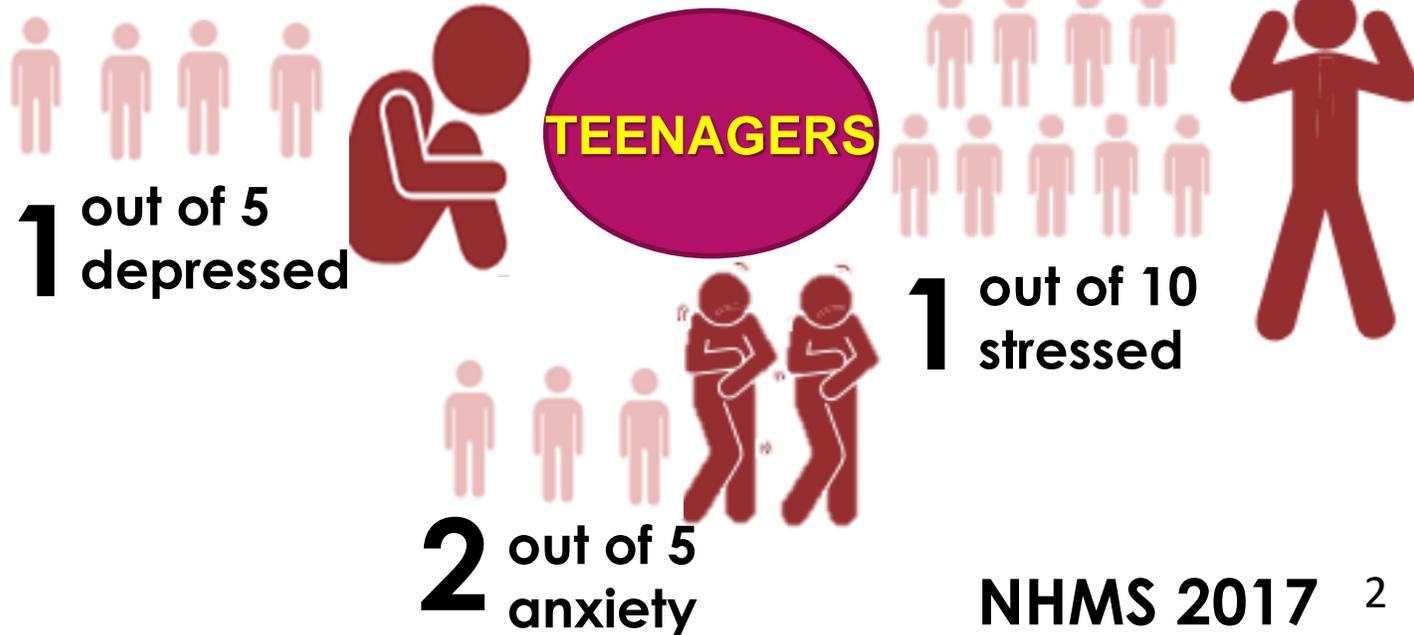
1 out of 6

teenagers (13-17 years) were bullied

Prevalence of Suicidal Behaviour



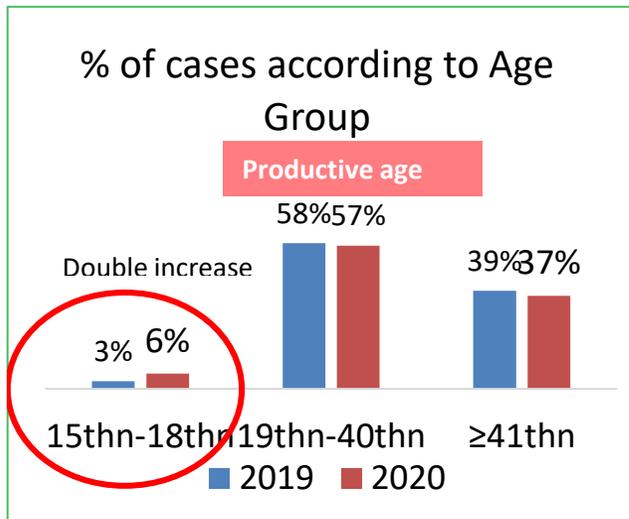
Adolescents 13 – 17 years



MENTAL HEALTH BURDEN IN MALAYSIA (2)

SUICIDAL BEHAVIOUR

Increase in suicide cases by **2%** from **609 cases (2019)** to **631 cases (2020)**



(Source: PDRM)

An increase in **number of** suicide cases : **Jan –July 2021 (638 cases)** compared to the same period in **2020 (262 cases)**

DEPRESSION

Approximately **500,000** Malaysians 16 years and above with depression

Rural vs Urban



(NHMS 2019)

Of a total of 4677 civil servants with health problems, **12.2%** were identified as having **mental health problems**

(Source: JPA)

1.99% of frontliners have severe mental health problems (stress, anxiety, depression)

(Survey by ISM: May-Jun 2020)

MENTAL HEALTH PROBLEMS AMONG ELDERLY

Prevalence of depression among those ≥ 60 years : **11.2%**

Prevalence of *dementia* among ≥ 60 years: **8.5%**

Prevalence at risk of violence in those ≥ 60 tahun: **9.0%**

(NHMS 2018)

586 (27.6%) residents of the total 2121 residents of the Elderly Institutions of JKM are mentally ill

(Sumber: JKM)

PSYCHOSOCIAL ISSUES

As of **21st November 2021**, **78.3%** of the total calls received by the KKM-Mercy Malaysia Psychosocial Support Line, KASIH Line and JAKIM KSK-Care Line are related to emotional support, psychology and counseling.

CURRENT PROGRAMMES AND SERVICES

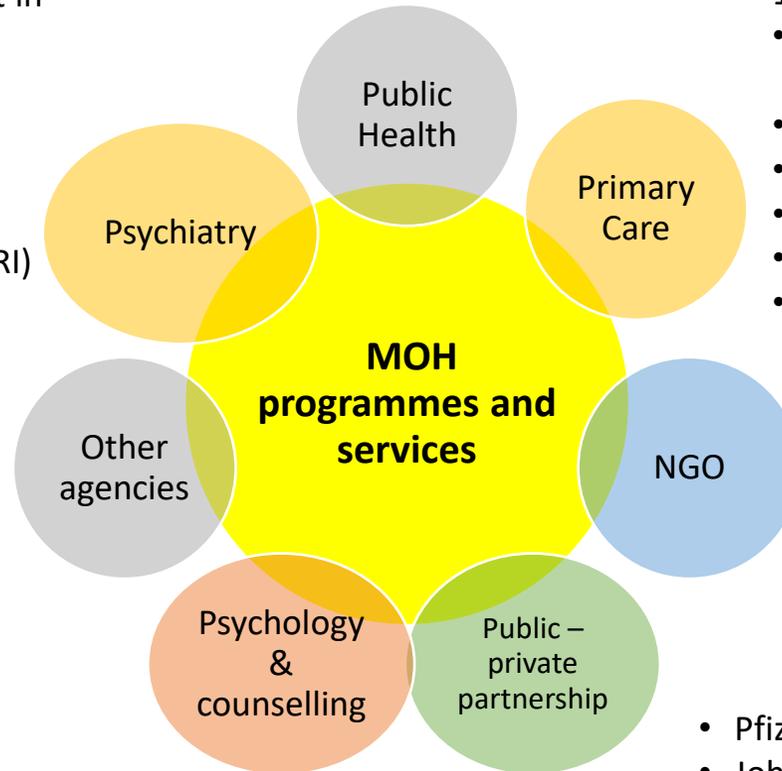
Mental Health Promotion and Advisory Council

- Mental health treatment in hospitals (56 hospitals & 4 mental institutions)
- Community Psychiatry Services
- Pusat Kesihatan Mental Masyarakat (31 MENTARI)

- Mental Health Awareness Campaign: Let's TALK Minda Sihat
- Suicide Prevention Program
- Mental Health & Psychosocial Support (MHPSS) in disaster
- Psychosocial Support Helpline
- KOSPEN, KOSPEN PLUS

Mental Health Services in Primary Care: 1161 health clinics (KK)

- Screening, early detection and intervention according to age groups
- Counselling
- Follow-up of stable mentally-ill
- Psychosocial rehabilitation: 17 KK
- OSCA (33 KK)
- Alcohol screening and intervention (319)

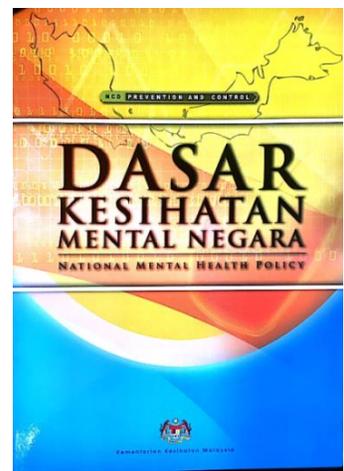


- Mental health promotion & advocacy programmes

- Pfizer
- Johnson & Johnson

- Counselling & psychosocial support services

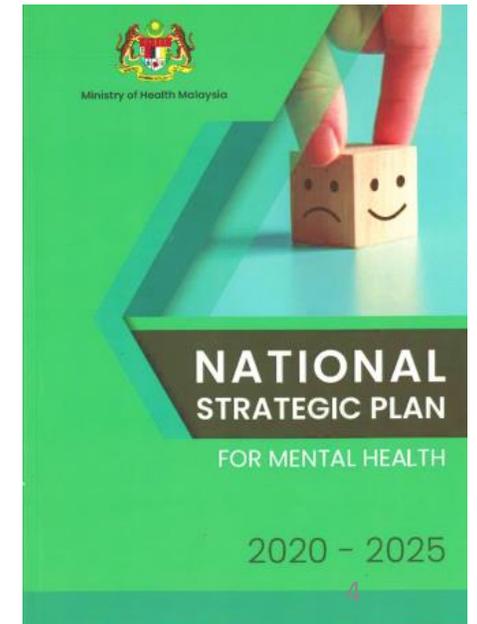
Mental health treatment in private facilities



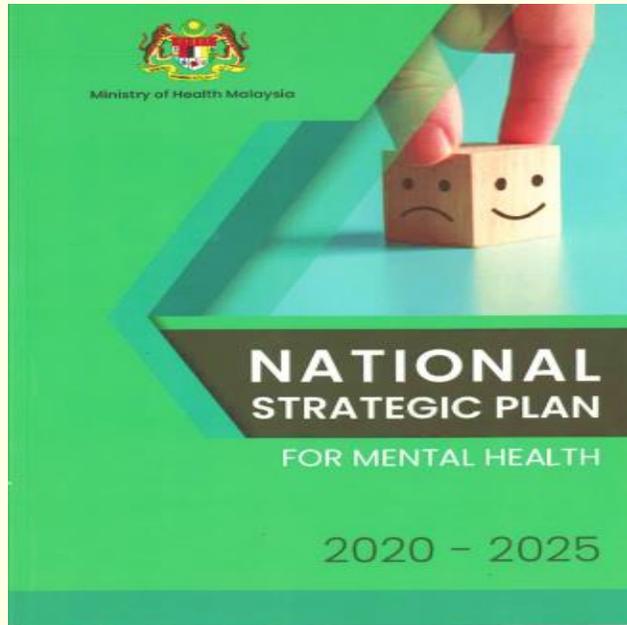
Psychiatry
Nursing Care +

Mental health related programmes Non-MOH

- Healthy Mind Programmes at school (MOE)
- PEARL (*Program Ekspresi Anak Remaja Lestari*)
- PROSIS
- Café @Teen (KPWKM)
- Teenage Club (KBS)
- Parenting programmes (LPPKN)
- Pre-marital programmes (JAKIM)



INITIATIVES BY MOH



NSP Mental Health (2020 – 2025) – 8 strategies

Enhancing governance and regulatory framework

Strengthening mental health surveillance systems

Ensuring the availability and accessibility of comprehensive and quality mental health services

Strengthening mental health resources

Enhancing an nurturing intra and intersectoral collaboration

Promoting mental health and well-being in all settings and target groups

Strengthening mental health preparedness and services during emergencies, crisis and disasters

Addressing suicide and suicidal behaviours

Mental Health Awareness Campaign

Efforts to decriminalise suicide attempt

Development of NSFIRM (National Suicide and Fatal Injury Registry Malaysia)

Establishment of Psychosocial Helpline at national level

Psychological First Aid training for healthcare workers and volunteers

Expansion of counselling services at districts and health clinics (200 counsellors)

Establishment of MHPSS team at states and districts level

Engagement with other agencies, corporate bodies, private and NGO for promotion and advocacy of mental health programmes



Mental Health Promotion and Advisory Council

**CHAIRPERSON:
MINISTER OF HEALTH**

Involvement of NGO, experts in mental health and officers from other agencies (KBS, KPM, KPWKM)

COLLABORATION BETWEEN GOVERNMENT & NON-GOVERNMENTAL ASSOCIATIONS

The Befrienders

MMHA

SCOPURS

MIASA

*MINDA
Malaysia*

MHF

WAO

Pengasih

Empowering NGOs

MeCare

AWAS

NCMW

PSIKEM

PERKAMA

Care Warriors

**Supporting NGOs activities
(provision of funds)**

Government Agencies

ISSUES AND CHALLENGES IN MENTAL HEALTH

01

Low level of mental health literacy

- Findings from NHMS 2019 reported only '*sufficient health literacy*' at 40%

02

Stigma and discriminations towards mental health and mental illness

03

Increase in suicidal behaviours

- Increase in the trend of suicidal behaviours among teenagers age from 13 to 17 years old
- (ideation, and suicidal attempts)
- Increase in number of suicide cases in 2020 compared to cases in 2019

04

Handling of 'aftercare' for homeless with possibility of having underlying mental health issues

Continuity of care for individuals in the community after receiving treatment in hospitals

05

Safety net at community level - Lack of social workers and counsellors at the community level

- Limitation in numbers of counsellors in the community: only 1 counsellor per district

WAY FORWARD: ENHANCING MENTAL HEALTH SERVICES AND PSYCHOSOCIAL SUPPORT AT EVERY LEVEL IN THE COMMUNITY

- Increased allocation for NGO to provide services
- Task Shifting concept : Psychological First Aid training to frontliners of other government agencies and NGOs
- Creating a Mental Health Policy in the Workplace
- Crisis Support Group
- Exploring into other forms of psychosocial support eg music therapy, art therapy
- Service delivery activities need to be supported by the use of technological systems: tablets, computers, internet
- Digital Media as an intermediary to improve mental health literacy: mental health component in MySejahtera
- Community leaders and Local religious leaders to be involved in mental health promotion activities and advocacy

Thank You

**MENTAL HEALTH, SUBSTANCE ABUSE AND
VIOLENCE INJURY PREVENTION
DISEASE CONTROL DIVISION,
MINISTRY OF HEALTH**