



Mental Health at Work: A Beginner's Guide

28 OCT 2025 | 9.00AM - 5.00PM | MEF ACADEMY TRAINING CENTER

Mental Health at Work: A Beginner's Guide

is an essential training program designed to equip employees and employers with the tools to foster a mentally healthy workplace. Participants will gain a comprehensive understanding of mental health in the workplace, from recognizing the early signs of poor mental health to learning the profound impact it can have on employees' morale and productivity. By emphasizing awareness and proactive approaches, this training aims to create a foundation for a supportive and compassionate work environment.

This program goes beyond just understanding mental health; it empowers employees to take charge of their own wellbeing with practical strategies for self-care. It also explores how businesses can cultivate a workplace culture that encourages open conversations, reduces stigma and fosters a sense of community and support. Whether you're an employee seeking to improve your mental health or an employer looking to enhance your workplace culture, this course provides the knowledge and resources to make a meaningful difference.

Who Should Attend

- HR Professionals
- Managers, Team Leaders & Supervisors
- Learning & Development Personnel
- Workplace Wellness Champions

Learning Outcomes

1. Identify discrete signs of stress, burnout and other mental health related issues at the workplace
2. Understand the impacts and consequences of poor mental health on work performance and productivity
3. Develop strategies to foster a working culture which promotes openness and supports employees' mental wellbeing
4. Acquire tools and strategies to manage stress efficiently, maintain a healthy work-life balance and build resilience
5. Learn to create and promote workplace initiatives aimed at supporting mental health of employees

Course Registration



<https://forms.office.com/r/EPgBshMy5h>

RM 800 Only!

Offer valid in conjunction with
National Counselling Month
2025

(Price Inclusive of 8% SST)



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Course Structure

Time	Agenda
8.30AM	Registration
9.00AM	Course Introduction + Ice Breaking
9.30AM	Module 1: Introduction to Mental Health at Work
10.45 AM	Morning Break
11.00 AM	Module 2: Indicators of Mental Distress
12.30 PM	Lunch Break
1.30PM	Module 3: Structural Impact of Mental Health
2.30 PM	Module 4: Creating Supportive Workplace Cultures
3.30 PM	Tea Break
3.45 PM	Module 5: Self-Care for Employees
4.45 PM	Q&A + Summary
5.00 PM	Session Ends

Trainer Profile



Kent Loh

(KB10016, PA09646)

Mr. *Loh Kok Cheong (Kent)* is an accomplished mental healthcare practitioner with over a decade of experience in the field of psychology, counselling and corporate wellness. He is a licensed counsellor under Lembaga Kaunselor Malaysia (LKM) and a HRDC accredited trainer. Mr. Loh has a strong background working in both public and private sectors as an educator, in-house counsellor, motivational speaker and trainer. Throughout his career, he has been committed to driving growth and excellence whilst advocating for a positive workplace culture. His proficiency includes conflict resolution, stress management and conducting wellness programs at an organizational level. Currently, Mr. Loh is focused on cultivating a healthy, safe and supportive work environment where employees can shine and organizations can meet their strategic goals.