



# Mental Health at Work: A Beginner's Guide

25 Nov 2025 | 9.00AM - 5.00PM | MEF Academy Training Centre, PJ

## Mental Health at Work: A Beginner's

**Guide** is a training program designed to help both employees and employers build a mentally healthy workplace. It covers recognizing early signs of poor mental health and highlights the significant impact on employee morale and productivity. With a focus on awareness and proactive strategies, the program aims to create a supportive work environment where mental health is prioritized.

The course not only provides employees with practical self-care strategies but also teaches employers how to cultivate a culture that encourages open conversations, reduces stigma, and fosters a sense of community and support. Whether you're an employee looking to improve your mental health or an employer aiming to enhance your workplace culture, this program equips you with the knowledge and resources to make a positive, lasting impact.

## Who Should Attend

- HR Professionals
- Managers & Team Leaders
- 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 of poor mental health on work performance
3. Incorporate strategies to cultivate openness and support employees' mental wellbeing
4. Acquire tools and strategies to maintain a healthy work-life balance and build resilience
5. Learn to develop workplace initiatives aimed at supporting mental health of employees

**RM 1,000**

(Price Inclusive of 8% SST)

HRDC Claimable Course

## Course Registration



<https://forms.office.com/r/4LnaJ4HDkA>



[adminmefa@mef.org.my](mailto:adminmefa@mef.org.my)



03-7498 7242 / 016 - 254 1844

## 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.