



MENTAL HEALTH AT WORK: A BEGINNER'S GUIDE

29 SEP 2026 | 9.00AM - 5.00PM | MEF ACADEMY, PJ

Course Overview

Mental Health at Work: A Beginner's Guide is an introductory course designed to build awareness and understanding of mental health in the workplace. The training equips participants with foundational knowledge to recognize common mental health struggles in the workplace, understand their impact on well-being and performance and adopt practical strategies to support themselves and others. Through simple concepts and real-world examples, participants will learn how to foster resilience, curb discrimination and contribute to a healthier more supportive work environment.

Who Should Attend

- HR Personnel
- Managers & Team Leads
- Executives
- Employee Assistance Personnel

Learning Outcomes

- Explain the basic concepts of mental health and its importance in the workplace.
- Identify common signs and symptoms of poor mental health in themselves and others.
- Apply practical strategies to improve work-life balance and support mental well-being.

Course Registration :



<https://forms.office.com/r/eH2kC3h603>

RM750*

(Price Inclusive of 8% SST)

HRDC Claimable*



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Course Structure

Time	Agenda
8:30am - 9:00 am	Registration
9:00am - 10.15 am	MODULE 1 : • Mental Health Landscape in Malaysia • Mental Wellbeing at Work • Characteristics of a Healthy Functioning Individual
10:15am - 10.30 am	Break
10.30 am - 12.00 pm	MODULE 2 : • Identifying Symptoms of Poor Mental Health (+ Case Studies) • Mental Health Inclusion at Work • Employee Assistance Initiatives
12.00 pm - 1.00 pm	Lunch
1.00 pm - 2.30 pm	MODULE 3 : • Impact of Mental Health on Work Performance • Managing a Workplace Crisis and Emergencies (+ Group Discussion) • Emotional and Psychological First Aid Strategies
2.30 pm - 4.00 pm	MODULE 4: • Fostering A Psychologically Safe Working Environment • Healthy Work-Life Balance Practices • Evidence - Based Stress Management Strategies
4.00 - 4.15 pm	Tea Break
4.15 - 5.00 pm	Summary + Q&A Session
5.00pm	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.

