

MENTAL HEALTH AWARENESS & COUNSELING

for HR Executives, HR Managers and Managers

Date : 22 January 2025 (1 Days)
Time : 9.00 am - 5.00 pm
Mode : Face-to-Face
Venue : Klang Valley, Selangor
Price (RM) : RM 960.00 (Member) | RM 1,200.00 (Non-Member)
**Prices exclusive of 8% SST*



INTRODUCTION

Mental health is a vital component of workplace well-being, yet it often remains underprioritized or misunderstood. HR professionals are uniquely positioned to create environments that support mental well-being, recognize early signs of distress, and guide employees toward effective solutions. This course equips HR practitioners with the knowledge and skills needed to address mental health challenges proactively, foster open and inclusive workplace cultures, and provide initial support or referrals when necessary. By prioritizing mental health awareness and counseling, organizations can enhance employee satisfaction, productivity, and resilience, creating a foundation for sustainable success in today's fast-paced and dynamic work environments.



OBJECTIVE

- Equip HR professionals with the knowledge and skills to identify and address mental health challenges in the workplace.
- Foster a supportive organizational culture that prioritizes mental well-being.
- Enhance HR's ability to provide effective counseling support to employees while understanding the boundaries of their role.
- Promote proactive mental health practices and early interventions.



Organised by :

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MENTAL HEALTH AWARENESS & COUNSELING

COURSE CONTENT

DAY 1

9.00AM – 5.00PM

1. Understanding Mental Health in the Workplace

- Defining mental health and its impact on productivity and employee engagement.
- Common workplace stressors and their effects.
- Recognizing the stigma surrounding mental health issues.

2. Identifying Signs of Mental Health Challenges

- Behavioral, emotional, and physical signs of mental health concerns.
- Recognizing early warning signs of burnout, anxiety, and depression.
- Tools for conducting mental health assessments (screening methods, surveys).

3. Building a Supportive Workplace Environment

- Developing mental health policies and programs.
- Creating safe spaces for open communication.
- Strategies for reducing stigma in the workplace.

4. Basics of Workplace Counseling

- Active listening and empathetic communication techniques.
- Setting boundaries as an HR professional.
- Referral practices: When and how to recommend professional help.

5. Legal and Ethical Considerations

- Understanding confidentiality and employee rights.
- Navigating sensitive situations while adhering to organizational policies.

6. Proactive Strategies for Mental Health

- Implementing stress management programs.
- Promoting work-life balance initiatives.
- Encouraging self-care practices among employees.

7. Crisis Management

- Handling critical situations (e.g., employees in distress).
- Collaborating with external mental health professionals.

End of Programme