

# MENTAL HEALTH



## WHAT IS MENTAL HEALTH?

Mental health is a state in which an individual realizes their potential, can cope with the stresses of life, can work productively, and can contribute to the community

- Ministry of Health Malaysia -

## STATISTICS ON MENTAL HEALTH

Based on the National Health and Morbidity Survey (NHMS)

2015	2023
Nearly 30% of Malaysians experience mental disorders	It has doubled, from 7.9% (424,000 people) in 2019 to 16.5% (922,318 people) in 2023

Based on statistics from the National Health and Morbidity Survey (NHMS), it can be concluded that mental health issues are increasing every year

## FACTS ABOUT MENTAL ILLNESS



Mental illness is not contagious



Mental illness can occur without any family history factors



People with mental illness can lead a normal life with adequate treatment



Mental illness can affect anyone



Individuals with mental illness in the early stages tend to be sensitive and lose motivation

## STATISTICS ON CHILDREN'S MENTAL HEALTH ISSUES

<b>46%</b> Having problems with peers	<b>25%</b> Having behavioral problems
<b>17%</b> Having emotional problems	<b>8%</b> Having hyperactive problems

- National Health and Morbidity Survey -



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## HUMAN RIGHTS IN MENTAL HEALTH

The rights and freedoms of individuals with mental health issues and disorders must be guaranteed and protected through legislation

### - National Mental Health Policy -

Stop using negative language to describe mental illnesses such as "psycho," "retarded," or "mental" as it instills fear, distrust, and also violence against individuals with mental illnesses and their families

### - Human Rights Commission of Malaysia -

Equal access to care and timely assistance should be provided to those who are most vulnerable, including children, the poor, oppressed, and marginalized, as it should be available to all members of Malaysian society

### - Human Rights Commission of Malaysia -



## SIGNS AND SYMPTOMS OF MENTAL DISORDERS



Prolonged  
sadness



Excessive  
anxiety



Easily angered  
without reason



Thinking  
about  
suicide

## MEASURES TO PREVENT MENTAL ILLNESS



Sharing problems  
with family or close  
friends



Engaging in  
beneficial hobbies or  
activities



Eating nutritious  
food



See a doctor  
immediately if  
symptoms occur



Think positively



Avoid smoking,  
alcohol, and drug use

