

PROGRAM AND INITIATIVES

There are currently on **SIX (6)** Mental Health programs / initiatives which include:

| | Mental Health Programs / Initiatives | Program Manager |
|------------|---|---|
| 3.1 | Brunei Bebas Buli Program (BBB) <ul style="list-style-type: none"> - BBB Training workshop for parents and teachers across the country - Brunei Bebas Buli Talks in schools and higher institutions - Brunei Bebas Buli exhibition - Promotion activities (IG: Brunei Bebas Buli) | Nor Syahmun Bt. Hj. Matassan (Student's Welfare Division, Ministry of Education) |
| 3.2 | "Untuk Ku, Untuk Mu" (UKUM) : Mental Health for Children and Young Person Program <ul style="list-style-type: none"> - Training Workshop on Children and Young Person Mental Health for teachers and counsellors - Untuk ku & Untuk Mu (UKUM) Talks to schools - Promotional activities - Exhibition | Nor Syahmun Bt. Hj. Matassan (Community Psychology Division) |
| 3.3 | I-Mind: Mental Health in Workplace Program | Nor Syahmun Bt. Hj. Matassan |
| 3.4 | Mind Your Mind Program <ul style="list-style-type: none"> - Mental Health Awareness Roadshows to different public places such as shopping malls, mosques, community halls etc. - Usually organised in the month of May to coincide with Mental Health Awareness month - The roadshows activities usually include in | Nor Syahmun Bt. Hj. Matassan (Community Psychology Division) |
| 3.5 | Suicide Prevention Intervention Initiative | Nor Syahmun Bt. Hj. Matassan (Psychiatry Department, RIPAS Hospital) |
| 3.6 | Mental Well – Being at Workplace Survey 2019 - 2020 | Nor Syahmun Bt Hj. Matassan (Institute of Health Sciences, UBD) |