



25 Sept - 16 Oct

An Initiative of:



Curated by:



Week 1 | Saturday, 25 Sept

Theme: The Role of a Mental Health Champion

Time	Content	Speakers
2.30pm – 2.40pm	Introduction <ul style="list-style-type: none"> Welcoming Remark – “Ok Kah Kita” project goals and vision 	AHC
2.40pm – 3.00pm	Course Outline <ul style="list-style-type: none"> Defining the role of a Mental Health Youth Champion 	Shaun Hoon
3.00pm – 3.30pm	Team 1 Presentation (20 Minutes) <ul style="list-style-type: none"> What is mental health? Why is it important to take care of your mental health? Discussion (10mins)	Team 1

3.30pm – 3.50pm	Understanding the common mental health problems amongst the youth in the time of COVID-19 pandemic	Hjh Norajleen Uminatul Hafizan Counsellor Cureheart (Confirmed)
3.50pm – 3.55pm	Break	
3.55pm – 4.30pm	Presentation / Interview: Stephanie Vasiliou, Head of Global Impact Batyr Australia (confirmed)	Facilitated by Shaun Hoon

Week 2 | Saturday, 2 Oct

Theme: Managing Mental Health in the time of Covid-19

Time	Content	Speakers
2.30pm – 2.40pm	Introduction <ul style="list-style-type: none">• Today's Objectives	Shaun Hoon
2.40pm – 3.10pm	Team 2 Presentation (20 Minutes) <ul style="list-style-type: none">• Findings on the common mental health issues in COVID-19 with the young Bruneians• Discussions (10 Minutes)	Team 2
3.10pm – 3.40pm	How can Youth deal with major mental health issues during COVID-19 pandemic: <ul style="list-style-type: none">• Languishing, depression, anxiety, panic attacks, bereavement How to identify if someone needs professional help?	Nasyhea Abdullah, Clinical Psychologist Clarity Brunei (Confirmed)
3.40pm – 3.50pm	Break	
3.50pm – 4.30pm	Presentation / Interview: Lockie Cooke Founder and Chief Executive Officer <u>iyarn Australia</u> (confirmed)	Facilitated by Shaun Hoon

Week 3 | Saturday, 9 Oct

Theme: How to provide Mental Health support?

Time	Content	Speakers
2.30pm – 2.40pm	Introduction <ul style="list-style-type: none">• Today's Objectives	Shaun Hoon
2.40pm -3.10pm	Team 3 Presentation (20 Minutes) <ul style="list-style-type: none">• Developing Empathy and Active Listening• Discussions (10 Minutes)	Team 3
3.10pm – 3.45pm	Understanding the Mental Health Support Framework <ul style="list-style-type: none">• Recognise, Engage, Assist, Listen, Signpost, Follow Up	Major Rusli Bujang President, Brunei Counselling Association / Empowerior Sdn Bhd (Confirmed)
3.45pm – 3.50pm	Break	
3.50pm – 4.30pm	Presentation / Interview: Hearspace Australia <ul style="list-style-type: none">• How to take care of your own mental health and support others? Rupert Saunders National Clinical Advisor, Headspace Simon Dodd National Clinical Advisor, Headspace	Facilitated by Shaun Hoon

Week 4 | Saturday, 16 Oct

How to be an advocate for Mental Health?

Time	Content	Speakers
2.30pm – 2.40pm	Introduction <ul style="list-style-type: none">• Today's objectives	Shaun Hoon
2.40pm – 3.10pm	Your mental health promotion game plan (20 Minutes) Discussions (10 Minutes)	Team 4
3.10pm – 3.40pm	Presentation / Interview: Where to get mental health support in Brunei? <ul style="list-style-type: none">• Ministry of Health	Speaker MOH
3.40pm – 3.50pm	Break	
3.50pm – 4.30pm	Interview / Presentation – Orygen <ul style="list-style-type: none">• How to promote mental health in your community? Andrew Tangas Government Relations and Advocacy Officer Orygen Maddi O'Gradey-Lee Co-founder, The Orygen Global Youth Advocacy Fellowship	Facilitated by Shaun Hoon