

25 Sept - 16 Oct

An Initiative of:

Australian High Commission Brunei Darussalam

Curated by:

CuriouS MIND

Week 1 | Saturday, 25 Sept
Theme: The Role of a Mental Health Champion

Time	Content	Speakers
2.30pm – 2.40pm	Introduction ● Welcoming Remark – "Ok Kah Kita" project goals and vision	AHC
2.40pm – 3.00pm	Course Outline ● Defining the role of a Mental Health Youth Champion	Shaun Hoon
3.00pm – 3.30pm	Team 1 Presentation (20 Minutes) ● 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 ● Today's Objectives	Shaun Hoon
2.40pm – 3.10pm	Team 2 Presentation (20 Minutes) ● 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: ● 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 **iyarn Australia** (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 • Today's Objectives	Shaun Hoon
2.40pm -3.10pm	Team 3 Presentation (20 Minutes) • Developing Empathy and Active Listening • Discussions (10 Minutes)	Team 3
3.10pm – 3.45pm	Understanding the Mental Health Support Framework • 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: Headspace Australia • **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 ● 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? ● Ministry of Health	Speaker | MOH
3.40pm – 3.50pm	Break	
3.50pm – 4.30pm	Interview / Presentation – Orygen ● **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