



THE Awards Asia 2020 - Outstanding Support for Students

Institution Name	International Medical University, Kuala Lumpur, Malaysia
Submission title or project name	Advocating for mental health well-being - a collaborative and integrated approach by IMU Student Support Services
Nominee/key personnel	Prof Vishna Devi Nadarajah, Pro Vice-Chancellor Education and Institutional Development; Puan Noraidah Yusoff, Registrar; Saravanan Muthiah, Manager, Student Services; Carina Lai, Counsellor; Siti Suriani Abdul Razak, Lecturer, IMU Centre of Education; Salwa Mahamud, Administrator, Registrar's Office
URL	http://www.imu.edu.my/imu/support-services/self-development-counselling/
Submission	<p>The transition from student to health professional is usually celebratory, however the increase in the number of young health professionals opting out of a stressful healthcare working environment is alarming.</p> <p>The International Medical University (IMU) in Malaysia, which focuses on training universal health professionals, advocates and prioritises student support services from inception.</p> <p>The IMU Self Development Unit (SDU) offers mental health awareness and well-being support based on the concerns of health professionals. This includes the introduction of a Suicide Intervention Workshop for staff and faculty members, the setting up of a 24/7 mental health hotline, access to clinical psychologists in SDU, training of peer supporters and early intervention accessibility via multiple communication platforms.</p> <p>Evaluation data and feedback show an increased awareness of the importance of mental health and well-being amongst students and faculty, and consequently the university has led the way in mental health advocacy across Malaysia, and Asia more broadly.</p>