



PRESS RELEASE

For Immediate Release

“Feeling the Weight of Stress? Join the ‘Unmask the Mind to Thrive and Flourish’ Workshop by RSDM Bintulu This Weekend and Rediscover Yourself”

BINTULU, 13 April 2026 – The RSDM Workshop “Unmask the Mind to Thrive and Flourish” will be reaching the Bintulu community this coming weekend in an effort to empower mental well-being.

The workshop is being held at a time when Malaysia is seeing a significant rise in both awareness of and challenges related to mental health, with the national helpline, Talian HEAL 15555, receiving nearly 91,000 calls in 2025, twice the number received the year before.

Taking place on 18 April 2026 at MRSM Bintulu, the workshop is more than just a learning space. It is a shared journey of care that brings the Bintulu community together to support mental well-being.

It connects individual experiences with shared support, building a stronger and more resilient community network.

The Ipsos 2025 study revealed that 37% of Malaysians identify mental health as the most pressing issue, while the National Health and Morbidity Survey 2023 reported that 4.6% (approximately 1 million individuals) aged 16 and above are experiencing depression, twice the rate recorded in 2019.

In Sarawak, post-pandemic health reports have highlighted growing levels of depression and loneliness among youths and the elderly after COVID-19.

In early March 2026, the Deputy Premier of Sarawak, Datuk Amar Professor Dr. Sim Kui Hian, disclosed that the state recorded 63 suicide deaths in 2024: 50 males and 13 females, leading the state government to launch a suicide prevention policy framework as an essential first step toward a more holistic mental health strategy.

This reality resonates strongly in Bintulu, where youths grapple with the demands of education and employment, and the elderly are left feeling isolated as their children move away to larger cities in search of opportunities.

According to recent data, a total of 156,033 cases involving vulnerable populations were assisted and resolved nationwide through the Social Support Centre (PSSS) services between October 2021 and the end of 2025, emphasizing the vital role of mental health and counselling services.

In the local context, Bintulu Hospital has taken significant steps to enhance mental health care by introducing dedicated male and female psychiatric wards, fully operational since January 2024, alongside its outpatient services.

Meanwhile, the Community Mental Health Centre (MENTARI) Bintulu continues to actively conduct online health screenings, although it still requires a new facility to deliver in-person services and rehabilitation programmes.

Additionally, the Sarawak government has taken proactive steps to establish a Homeless Transit Centre (TTG) in Bintulu, expected to commence operations within the year, in response to the identification of serious mental health conditions among segments of the homeless population.

These realities highlight that mental health is not only a medical concern but also a community and family matter that calls for shared responsibility.

The Mayor of Kuching South, Wee Hong Seng, who has also served as an advisor to the Sarawak Mental Health Association for 37 years, highlighted the importance of family communication and the development of positive coping skills in addressing the pressures faced by the “sandwich generation,” who are responsible for caring for both parents and children simultaneously.

This workshop creates a shared space where experiences can be voiced, understood, and supported, helping to build collective care while reducing stigma.

It will be held in a calm, supportive, and interactive environment.

Participants will engage with modules based on the film *Azimut* as a reflection tool for healing.

The programme includes breathing techniques, grief-oriented yoga, expressive arts, and empathy exercises, all designed to reduce anxiety among first-time participants and foster a sense of togetherness, in line to build a caring and inclusive community that prioritises mental well-being.

Strategic Partners' Expertise

This workshop is supported by the expertise of three (3) key organisations with strong community foundations:

- Yayasan Dee Hati
Experts in grief and loss, who assist participants in differentiating between normal and complicated grief while delivering empathetic and continuous support throughout the bereavement process.
- Teduh Jiwa Counselling and Consultancy
Focused on mental health and creative therapy, this programme incorporates art-based approaches (HeART SPACE) to support participants in expressing emotions creatively and strengthening resilience.
- MHAS Miri
Active in community mental health and suicide prevention, with a focus on community-based interventions, responsible reporting, and peer support frameworks such as ALEC (Ask, Listen, Encourage Action, Check In).

This collective expertise ensures that the workshop extends beyond knowledge dissemination to the development of a sustainable community support network, functioning as a “safety net” for individuals affected by mental health challenges.

Event Information

Details	Description
Programme Name	Mental Health Awareness Workshop RAKAN Sarawak Destiny Mover
Date	18 April 2026 (Saturday)
Location	MRSM Bintulu
Number of Participants	100 people: <ul style="list-style-type: none"> • UPM Bintulu students • TVET MARA Bintulu trainees • ADTECH Bintulu trainees • MRSM Bintulu students • Saberkas Bintulu members • PPWS Bintulu members

Official Page RSDM

Website	: rsdm.faradalemedia.com
Social Media	: FB Page : RAKAN Sarawak Destiny Movers

RAKAN Sarawak Destiny Mover Background

RAKAN Sarawak (*Rangkaian Khidmat Awam Negeri Sarawak*) is an initiative published by **Faradale Media-M Sdn Bhd** and has served as a source of public service information in Sarawak since 1994.

The Destiny Movers Workshop is a series of programmes organised under the umbrella of RAKAN Sarawak. Building on past workshops, it aims to support emotional well-being, foster personal resilience, and empower individuals through guided learning and shared experiences.

The themes of past workshops illustrate RAKAN Sarawak's strategic commitment to holistic human capital development, integrating recovery, community outreach, prevention, and self-empowerment within the HOPE framework: Healing, Outreach, Prevention, and Empowerment.

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