

**INTRODUCTION TO
RE:LIFE MENTAL HEALTH
CLINIC
&
THE STATE OF MENTAL
HEALTH IN MALAYSIA**



PUSAT KESIHATAN KOMUNITI
PSIKIATRI DAN PSIKOLOGI RELIFE

RE:Life
MIND & BODY



WE ARE RE:LIFE MENTAL HEALTH CLINIC

Re:Life is a multi-disciplinary mental health facility. We have a full range of multi-racial and multi-lingual psychiatrists, psychologists, and therapists who are all experienced in treating mental health issues and learning disabilities.

We are ONE OF ONLY 3 Kementerian Kesihatan Malaysia / Ministry of Health Malaysia approved & licensed Psychiatry and Psychology Community Centre (Pusat Kesihatan Komuniti Psikiatri dan Psikologi) in Malaysia. This allows us to house psychologists, psychiatrists, counsellors, and other mental health professionals under one roof.

BRIG. GEN. PROF. DATUK DR. RAJAGOPAL.N (RTD)

INTRODUCTION TO RE:LIFE'S MEDICAL DIRECTOR (TAKEN FROM RE:LIFE'S WEBSITE)

PrBrig Gen Prof Datuk Dr Rajagopal. N. (Rtd) is a Consultant Psychiatrist and the current Medical Director and person in charge of RE: Life Mental Health Clinic.

He is the founder President of Melaka Mental Health Society (MMHS) and the President of Hospis Melaka. He was a former State Commander of St. John Ambulance of Malaysia (Melaka state). He is an advisor to Lions Club of Malacca, a long serving Treasurer of Malacca Indian Association, a member of the Advocate-Solicitors Disciplinary Board (Melaka), a Patron to Indian Veterans Armed Forces Association (Melaka), an advisor to Education Welfare Research Foundation (EWRF Melaka) and in the Board of Governors(BOG) to Methodist Primary and Secondary Schools (Melaka), an auditor to Melaka Tamil Sangam and to Malaysian Hospice and Palliative Care Association (MHPCC).

Brig Gen(Rtd) Datuk Dr Rajagopal served in the Ministry of Health for a short time and volunteered to join the Malaysian Armed Forces (MAF) in 1978. He served the MAF for 26 plus years and as MAF Psychiatrist since 1984 till his retirement in 2004. He was involved in a number of military operations during his career in MAF.

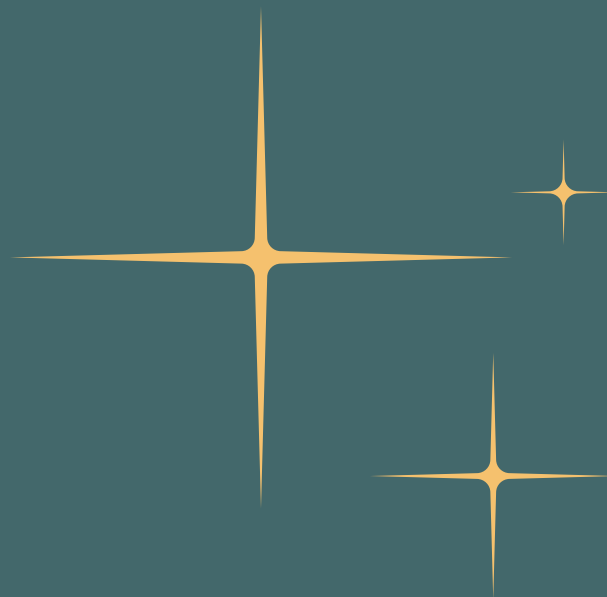
After his retirement from MAF, he taught Psychiatry in the Manipal University College Malaysia (MMMC/MUCM) and retired as a Clinical Professor in 2024. He was actively involved in various academic, cultural and sports fields while at MMMC/MUCM.

He is actively involved in many non-governmental organizations (NGOs) at state, national and international levels.

He was awarded by Malaysian Medical Association (MMA) the Gold Medal in 2023 and the Prestigious Award in 2025 (MMA Melaka) for outstanding contribution to the general public.

He has been awarded with a number of awards by the Governor of Melaka (state level) and by the king (federal level) and International (SJAM).

Brig Gen Prof Datuk Dr Rajagopal. N (Rtd)
MBBS (B'lore U) M.Psych Med (UM). AM(Mal). FIPS
DMSM PAT DSM KMN BCM PJK PJM PPA PPS PBB O St. J MJF DF.



HI, I'M JOYCE!

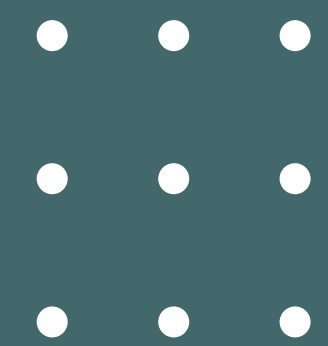
A WORD FROM COUNSELLING
PSYCHOLOGIST, CLINICAL HYPNOTHERAPIST
AND DIRECTOR OF RE:LIFE

"I have been running my own private practice since 2009. In 2020, during the COVID pandemic, there was a surge of anxiety cases but many were facing financial difficulties then. I ended up delivering a lot of free mental health webinar and discounted therapy sessions. However, due to high demand, I needed to work with a team. Thus, Re:Life was established in 2020 right smack during the COVID pandemic. We had a multi-disciplinary team and thus we could reach out to more people, with different modalities and different languages. Today, our team is growing to be your 1-stop mental health provider. Though we are a fully private clinic, we too believe in giving back to society and Re:Life is also active in community work."





STATE OF MENTAL HEALTH IN MALAYSIA



It is estimated by the Ministry of Health that **1 in 3 Malaysians** suffers from some form of mental health disorders.

Most common issues preventing Malaysians from obtaining quality mental health care are **STIGMA, LACK OF AFFORDABLE & QUALITY MENTAL HEALTH CARE AND LACK OF UNDERSTANDING ON THE IMPORTANCE OF MENTAL HEALTH.**

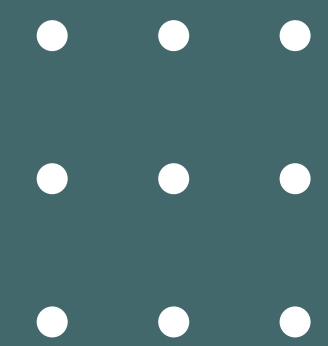


WHAT CAN RE:LIFE OFFER? PERSONAL

Re:Life's team of experienced mental health professionals stands ever-ready to help Malaysians in overcoming stigma, mental health challenges and providing Malaysians from all walks of society quality and affordable mental health care.

Our multi-racial and multi-lingual team is ready to help on the following :

Depression, mood issues, ADHD, OCD, anxiety, marital and family relationship issues, addiction (to drugs, alcohol, smoking, gaming, sex, gambling etc.), learning disability, phobias, sexual issues etc. (Please call us for more info).



- Individual Psychotherapy
- Psychiatry
- Clinical Hypnotherapy
- Counselling
- Therapy for Children, Adolescents and Seniors
- Equine Assisted Learning/Therapy (Horse therapy)
- Employee Assistance Program
- Speech Therapy
- Success Coaching
- Sound Therapy
- Substance Abuse Recovery
- Smoking Cessation
- Sex Therapy & Couple Counselling
- Behavioral Therapy
- DASETi (Singaporean Personal Development Program)
- Psychological Assessments
- Workshops and Trainings

WHAT CAN RE:LIFE OFFER?

LIST OF SERVICES

WHAT CAN RE:LIFE OFFER? CORPORATE



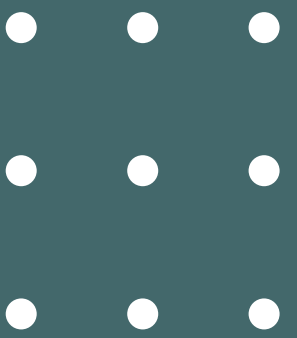
Re:Life can also help companies and governmental agencies in maintaining optimal mental health of their employees, which is paramount for their overall well-being. **Re:Life firmly advocate that prevention is better than cure.**

In addition to providing one-on-one consultations, Re:Life also conducts events and workshops tailored for companies to proactively address their employee's wellbeing. By fostering a mentally healthy workforce, employers will stand to benefit heightened efficiency and greater contributions to the company's overall success.

BENEFITS OF POSITIVE MENTAL HEALTH

If a person is treated for his/her mental health ailments, he/she would be able to :

- 1 Work productively
- 2 Make contribution to communities
- 3 Cope with the stresses
- 4 Realize their potential



**CONTACT US IF YOU HAVE QUESTIONS OR
WOULD LIKE TO MAKE AN APPOINTMENT!**

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