

THE STATE OF MENTAL HEALTHIR MALAYSIA



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 fully approved and licensed by Ministry of Health Malaysia

PROF. DATO' DR. ANDREW MOHANRAJ

INTRODUCTION TO MALAYSIA'S EMINENT MENTAL HEALTH ADVOCATE AND RE:LIFE'S MEDICAL DIRECTOR

Prof Dato' Dr. Andrew Mohanraj is a consultant Psychiatrist, Mental Health Development Adviser and the new medical director of Re: Life Clinic. He is also the President of the Selangor Mental Health Association, the President of Malaysian Health Association and is a member of the Board of Directors of the World Federation for Mental Health (WFMH).

He has served the Ministry of Health Malaysia for 12 years until joining the international assignment for helping survivors of the Asian Tsunami of 2004. He is well-known for his pioneering work in the development of sustainable psychosocial rehabilitation services and aiding in removing physical restraints in people with chronic mental illness; in the post-disaster and conflict of Indonesia, Philippines and Timor Leste.

In 2012, under the prestigious purview of the then Prime minister's department, called the Return of the Expert Programme by Talent Corporation, invited his expertise back into his home country. He has served two terms as a member of the Mental Health Promotion Advisory Council to the Minister of Health Malaysia. In 2013, in recognition of his international work in the promotion of the United Nations Convention on the Rights of Persons with Disabilities (UNCRPD), he was appointed by the then Acting Minister for Community Development as a member of the National Council for Persons with Disabilities, in which he served two terms consecutively.

In recent years he had joined the Perdana University Graduate School of Medicine (in collaboration with Johns Hopkins Medical School, Baltimore) as Associate Professor in Psychiatry and its first Director of Clinical Clerkship. He periodically provides consultancy on mental health services. He has also taken up an academic position as Professor of Psychiatry at Taylor's University Medical School, Malaysia.

He still continues his consultancy work for local and international government and non-government organisations. He periodically, for providing periodic consultancy and mental health services to refugees and asylum seekers whose intended destination is Australia.



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).

WHAT CAN RE:LIFE OFFER?

LIST OF SERVICES

- 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?

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.



A SELECTION OF OUR CORPORATE PROJECTS

Company: Semi – governmental

Project targeted at: Executive and Management level

Project details: DASS tests to all 200+ staff. Reports done within 2 days and

online stress management talks to the staff.

Project value: RM

Company: FMCG company

Project targeted at: Executive and Management level

Project details: Company road show with stress management talk. Conducted

DASS at booth for 100+ staff. Results sent individually to all staff within 48

hours.

Project value: RM

Company: NGO

Project details: Public awareness roadshow in conjunction with the NGO.

DASS test conducted and results analyzed in-situ, so the counselors can

advice on next steps. A brief report will be sent to their emails within 48 hours.

Project value : RM

BENEFITS OF POSITIVE MENTAL HEALTH

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

- Work productively
- Make contribution to communities
- Cope with the stresses
- Realize their potential





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

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