

CERTIFICATE COURSE

IN MENTAL HEALTH (CMH) FOR **GENERAL PRACTITIONERS**

A self-paced, online program by Malaysia's leading psychiatrists. Endorsed by a leading Malaysian university.



“Mental Health Costs Malaysia 1% of GDP”

According to **Free Malaysia Today** (Jan 2025), mental health issues are estimated to cost Malaysia up to 1% of its GDP – roughly RM14 billion annually – due to reduced productivity and absenteeism.

This course empowers **General Practitioners** to detect and treat early-stage mental health conditions in primary care, helping close the treatment gap and reduce the national burden.

Course At A Glance

- ✓ **Mode:** 100% online, self-paced
- ✓ **Duration:** 20 modules × 2 hours each (complete within 6 months)
- ✓ **Start Date:** 31 March 2026
- ✓ **Fee:** RM 4,500 (HRDF claimable)
- ✓ **Certification:** Jointly awarded by Malaysian Society for Academic Psychiatry + Public University

Why This Course?

1 Malaysia has only **1 psychiatrist per ~68,000 people** far below the WHO recommendation of **1:10,000**

2 **Primary care doctors** are often the **first point of contact** for patients with mental health issues.

3 With proper training, GPs can help **close the treatment gap** and provide timely interventions while reducing stigma.

Faculty Highlights

Prof. Dato' Dr Andrew Mohanraj

Consultant Psychiatrist, President MMHA, former WHO Consultant

Dato' Dr R.S. Kumar

Family Medicine, 40+ years in Primary Care

Prof. Emeritus Dato' Dr Syed Mohamed Aljunid

Public Health & Health Economics expert

Dr Mohd Affendi Hashim

Child & Adolescent Psychiatry specialist

Dr Aw Tsung Wai

Jefferson & Yale trained, Tele-mental health

Associate Professor Datin Dr. Sharmilla Kanagasundram

Psychiatry researcher, University Malaya

Dr Joseph Panikulam

Dr Dandaithapani Thyagarajan

What You'll Learn



Evaluation Modules

- ✓ Anxiety & Mood Disorders
- ✓ Child & Adolescent Psychiatry
- ✓ Addiction Psychiatry
- ✓ Old Age Psychiatry
- ✓ Schizophrenia & Psychotic Disorders
- ✓ Sleep & Eating Disorders
- ✓ Basic Counseling Skills



Non-Evaluation Modules

- ✓ Practical Solutions for GPs – The Gatekeeper's Perspective
- ✓ Case Mix in GP Practice – The Way Forward



Micro & Supplementary Modules

- ✓ Dementia Care
- ✓ Fundamentals of Psychometric Assessment
- ✓ Self-care for GPs
- ✓ Interview Techniques & Case Studies

Learning Experience

- Engaging **lecture videos** simulating in-person teaching
- **Printed resources**, exhaustive question bank & glossary
- **Quizzes after each module + final exam**
- **Continued support** for 6 months after course completion

Who Should Enrol?

- ✓ Fully registered medical practitioners / GPs
- ✓ Retired doctors with valid APC
- ✓ Government doctors planning to enter general practice

Course Fees & Registration

Course Fee: RM4,500

HRDF Claimable

Duration: Complete within 6 months of commencement

Scan here
to register!

