

**Speech by Professor Ts Dr Mohamed Ibrahim Abdul Mutalib  
Vice Chancellor of Universiti Teknologi PETRONAS**

**for  
CLOSING CEREMONY  
UTP MENTAL WELLNESS WEEK 2019**

**Thursday, 3 October 2019  
Undercroft, UTP**

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Encik Zamri Yusof  
Chief Human Resources Officer

Tuan Haji Talhah Hasan  
Director, Centre for Student Services

Puan Nor Adela Dinyati  
Director, Yayasan Universiti Teknologi PETRONAS

Tuan Haji Abdul Jalil Abdullah  
Manager, Psychological and Counselling Services

Puan Azlina Mohd Lazim  
Advisor of Mental Wellness Week 2019

Ladies and Gentlemen,

Assalamualaikum warahmatullahi wabarakatuh, Selamat Sejahtera and a very good afternoon.

It gives me great pleasure to be here at the closing ceremony of UTP's Mental Wellness Week 2019. This two-day event to create awareness on all areas of mental wellness marks another feather in our cap as we empower and enrich staff and students' experiences here on campus. I believe the exhibitions and the activities that the organising committee have lined up for you have been rejuvenating and rewarding.

According to the Global Wellness Institute's Mental Wellness Initiative 2018, the world is suffering from a mental wellness crisis: Roughly one billion people suffer from anxiety, and one in four people experience mental disorders. A study conducted by the Malaysian Education Ministry in 2017 showed that 4.4% – or 2,123 – teachers were identified as experiencing moderate stress levels while civil servants also scored badly in the Malaysia Psychological Wellbeing Index survey which was conducted in August 2018. The statistics are shocking and until we begin to provide the resources and the mental health care providers, as well as screening and treatment to both our staff and students, we won't curtail the tide of mental illness.

Therefore, this Mental Wellness Week is just another initiative by UTP in supporting students and staff with concerns of mental health and wellbeing. Through Psychological and Counselling Services (PCS), we provide assessments to understand the issue and level of support needed, one-to-one support, seminars and talks from professionals and increased awareness and response to mental health issues. We want you to know that IT IS OK IF YOU DO NOT FEEL OK and that here on campus, there is help.

I understand that for students to excel it is important that a sound academic environment is complimented by an equally comprehensive physical and mental well-being 'habitat'. We can both agree that the university system is tough on both of us but we can work something out. Our engagements are always ongoing and constant and I urge everyone of us to reach out.

Ladies and Gentlemen,

I wish to congratulate Psychological and Counselling Services for making this a meaningful event. The efforts from PCS and the team are truly commendable. I would like to express my appreciation towards all the people involved directly and indirectly in making this Mental Wellness Week a reality.

May all of us raise awareness and promote understanding on mental wellness. Without further ado, in the name of ALLAH, Most Gracious, Most Merciful, it now gives me great pleasure to declare the Mental Wellness Week of 2019 officially close.

Thank you and Assalamualaikum warahmatullahi wabarakatuh.