

# MENTAL HEALTH POLICY CASE COMPETITION



20  
22

## 48 TEAMS, 207 PARTICIPANTS

aged 18 to 30 took part in the first MHPCC



## 3 WORKSHOPS

Whilst working on policy prompts, all teams attended a policy executive summary writing workshop and two mental health topic-related lectures.

## 5 MENTORS

Prior to virtual competition day, mentors were made available to the top 5 teams to refine their policy solutions.

## 5 FINALISTS

A total of RM6000 in cash prizes was given to the 5 finalists, with the winner receiving RM2500

## KEY EXPERTS AND ADVISORS



**YB Khairy Jamaluddin**  
Former Minister of Health  
**Virtual Competition Day Keynote Speaker**



**Dr. Feisul Idzwan Bin Mustapha**  
Deputy Director (Non-Communicable Diseases),  
Disease Control Division, Ministry of Health  
**Virtual Competition Day Judge**



**Dr. Nurashikin Ibrahim**  
Sector Head, Mental Health, Substance Abuse  
and Violence Injury Prevention, Disease  
Control Division, Ministry of Health  
**Virtual Competition Day Judge**



**Dr. Chua Sook Ning**  
Clinical Psychologist and Founder  
of Relate Malaysia  
**Speaker**



**Professor Dato Dr. Andrew Mohanraj**  
President, Malaysian Mental Health  
Association (MMHA)  
**Virtual Competition Day Judge**



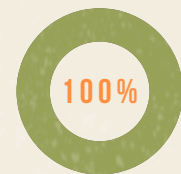
**Dr. Khor Swee Kheng**  
Independent Health Policies Specialist  
**Speaker**

Here's what the participants had to say about the competition:



more than 90% said it was

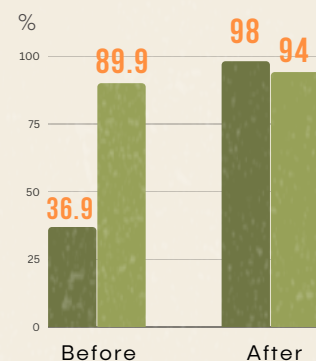
**EDUCATIONAL AND ENGAGING**



100% said they are

**MORE AWARE OF MENTAL  
HEALTH ISSUES**

in Malaysia



**COLLABORATIVE SKILLS**  
**PROBLEM-SOLVING SKILLS**

"An amazing learning experience. I had almost zero knowledge about policymaking before the competition. It was definitely an amazing journey."

"I truly enjoyed the gold standard workshops that we were able to attend in preparation for the competition. Everything was very well structured. [I] was astounded at the difference it made after attending the workshops. It was rich with new information and it was really able to paint the picture of the mental health scene in Malaysia. Brilliant."



in collaboration with



and

