

AKHBAR : UTUSAN MALAYSIA
MUKA SURAT : 12
RUANGAN : DALAM NEGERI

Lebih 300,000 alami murung, masalah kesihatan mental

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PUTRAJAYA: Sejumlah 327,927 orang didapati mengalami kemurungan, tekanan dan isu-isu berkaitan dengan kesihatan mental yang memerlukan bantuan psikososial.

Jumlah itu meliputi 308,600 aduan yang diterima menerusi Talian Bantuan Perkhidmatan Sokongan Psikososial (MHPSS) di bawah Kementerian Kesihatan (KKM) bagi tempoh dua tahun sejak Mac 2020 sehingga 20 Oktober 2022.

Talian bantuan MHPSS itu kemudian dinaik taraf kepada Talian HEAL selepas KKM menubuhkan Pusat Kecemerlangan

Kesihatan Mental Kebangsaan (NCEMH) pada Oktober 2022 dengan 19,327 panggilan diterima bagi tempoh itu sehingga kini.

Bercakap kepada *Utusan Malaysia*, Ketua Pengarah Kesihatan, Datuk Dr. Muhammad Radzi Abu Hassan berkata, kebanyakan panggilan yang diterima di Talian HEAL ialah pemanggil yang memerlukan sokongan emosi iaitu 65 peratus (13,001 panggilan) dan selebihnya sebanyak 35 peratus (6,904) diberikan intervensi khusus seperti psikoedukasi atau pengurusan sendiri.

"Talian HEAL ada menerima pemanggil yang mempunyai risiko mencederakan diri. Sokongan dilaksanakan dengan

melakukan intervensi awal dan bantuan awal krisis berdasarkan situasi atau keadaan pemanggil atau mangsa," katanya di sini, baru-baru ini.

Dr. Muhammad Radzi berkata, kira-kira 193 panggilan HEAL diterima daripada warga KKM sendiri atau satu peratus yang antaranya petugas kesihatan termasuk 18 peratus (3,479 orang) daripadanya adalah dalam kalangan pelajar.

Aduan tertinggi adalah mereka dalam kalangan bekerja di sektor swasta iaitu 28 peratus atau 5,411 orang diikuti 24 peratus (4,638 orang) mereka yang tidak bekerja selain 13 peratus (2,512 orang) daripada kakitangan kerajaan.

Menurut beliau, talian yang

dihubungi menerusi 15555 itu akan membantu memberikan intervensi awal, psikoedukasi dan intervensi krisis dan bantuan awal berdasarkan panggilan yang diterima.

Ini termasuk bekerjasama dengan pihak MERS 999, Polis Diraja Malaysia (PDRM) dan ambulans bagi kes-kes tertentu.

"Petugas talian akan menghubungi pemanggil semula atau melakukan tindakan susulan sehingga kes selesai atas setiap aduan yang diterima.

"Seramai 21 Pegawai Psikologi Kaunseling dan seorang penyelia talian bertugas di Talian HEAL yang dibahagikan kepada dua putaran kerja yang beroperasi dari pukul 8 pagi sehingga 12 tengah malam," katanya.

AKHBAR : THE STAR
MUKA SURAT : 15
RUANGAN : VIEWS

Kudos to government for Madani Medical Scheme

IT would not be wrong to say that most Malaysians think the process of securing government aid involves many layers of bureaucratic red tape. I was one of them until I brought my mother to a private clinic in Gombak for a consultation under the Madani Medical Scheme.

For those not in the know, the scheme is offered by the current government to the B40 to seek treatment in selected private clinics. Each household can get treatment (including medication) for up to RM250 until Dec 31 this year.

My mother is eligible for the scheme since she is categorised as B40.

We went to the clinic near her house, and all that was required was her MyKad. After a simple verification exercise, we were told that she was eligible. We did not have to jump through any bureaucratic

hoops at all.

Furthermore, she could still visit the private clinic and use up the balance of her household's RM250 quota until the end of the year (but of course we are not hoping that she would fall sick!).

The scheme makes it more convenient for people like my mother to get medical treatment. Prior to this, she would visit a public health clinic nearby. As we all know, these places are notorious for being overcrowded and most, including the one near my mother's house, are open during office hours only. As such, one of her children or other family members would need to take time off from work to take her to the clinic.

Under the Madani Medical Scheme, she could visit any of the participating private clinics, many of which are open until late

at night. Best of all, treatment, including medication, is free!

I think many Malaysians are still not aware of this scheme, and I hope to raise public awareness of this through this letter. It's an innovative and helpful scheme, and eligible Malaysians must seize the opportunity given by the Madani government.

I also hope the government will extend the scheme beyond this year and expand the coverage so that more Malaysians can enjoy this wonderful initiative.

I wish to extend my deepest appreciation to Health Minister Dr Zaliha Mustafa and her team in the Health Ministry for a job well done!

MOHD ARIFFIN MOHD IZAM
Teluk Intan, Perak

AKHBAR : THE SUN
MUKA SURAT : 5
RUANGAN : NEWS WITHOUT BORDERS

Unhygienic food factories suspended

MALACCA: The Health Department here has suspended four food processing factories for 14 days due to poor cleanliness, discovered during inspections conducted on Monday and Tuesday.

Its director Datuk Dr Rusli Abd Rahman said the factories in Bukit Rambai, Batu Berendam, Serkam and Umbai have been instructed to carry out cleaning works before being allowed to resume operations.

He added that six compounds involving RM15,000 were issued for not implementing the Food Safety Assurance Programme and failing to administer anti-typhoid vaccinations to food handlers.

"We also found rat droppings and cigarette butts at the premises. The temporary closure order was made under Section 11 of the Food Act 1983.

"During the (entire) operation, 13 food factories in the Central Malacca, Alor Gajah and Jasin districts were inspected and 15 compounds involving RM35,200 were issued under the Food Hygiene Regulations 2009," he said in a statement yesterday.

Rusli added that any complaints related to dirty food processing premises or the sale of damaged and expired food products can be channelled to the nearest district health office or <http://moh.spab.gov.my>. - Bernama

AKHBAR : THE SUN
MUKA SURAT : 9
RUANGAN : SPEAK UP

LETTERS letters@thesundaily.com

Grateful for Madani Medical Scheme

MOST Malaysians think that the process of securing government aid can be complicated. I was one of them until I took my mother to a private clinic in Gombak for a consultation for fever and cough under the Madani Medical Scheme.

The scheme, introduced by the government, is intended for the B40 group to get treatment in selected private clinics.

As my mother falls under the category of B40, she is eligible for the scheme, where each household is entitled to get treatment, including medication, for up to RM250.

When I took her to a private clinic nearby, she was only required to have her MyKad. After making a few verifications, she was told that she was eligible.

The whole process was not complicated and was rather straightforward.

As that was her first treatment in a private clinic, she still has a balance of her RM250 quota, which is valid until the end of the year.

The scheme is convenient for people like my mother to get medical treatment. Before this, she would visit a Klinik Kesihatan nearby, and these places were often crowded with patients.

Furthermore, as the public health clinic operates only during office hours, my siblings and I would have to take time off from work to take her there. But with the Madani Medical Scheme, she can visit participating private clinics, many of which are open until late. And the best part is that the treatment, including medication, is free.

Many Malaysians are not aware of the scheme. The government and media should make efforts to promote the scheme through various channels, such as websites and social media, to increase awareness of its benefits.

It is an innovative and helpful scheme, and eligible Malaysians should seize the opportunity offered by the Madani government.

I hope the government will extend this scheme beyond this year and its coverage so that more Malaysians can enjoy this benefit.

I wish to express my deepest appreciation to Health Minister Dr Zaliha Mustafa and her team in the Health Ministry for a job well done.

Mohd Ariffin Mohd Izam
Teluk Intan