

AKHBAR : THE SUN
MUKA SURAT : 4
RUANGAN : NATIONAL



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The Sun M/S 4 National 28/5/2025 (Rabu)

'Seek mental health support early for children'

► Timely intervention makes significant difference as young minds more adaptable, responsive to therapy, says hospital director

IPOH: Parents of children who need mental health support should seek help early to prevent long-term emotional and developmental issues, especially amid a rise in post-pandemic psychological challenges, said Hospital Bahagia Ulu Kinta director Dr Ian Lloyd Anthony.

He said early intervention could make a significant difference as young minds are more adaptable and responsive to therapy.

"Many parents hesitate to seek help early

due to stigma or fear of what others might say, but delaying only helps make matters worse," he said at the Malaysian Child and Adolescent Mental Health and Psychiatry Conference 2025 yesterday.

Hospital Bahagia, one of Malaysia's main psychiatric institutions, has seen a steady increase in mental health cases involving children and teenagers since the pandemic.

Ian said while some young patients present conditions such as autism or attention-deficit hyperactivity disorder, others struggle with stress and emotional difficulties linked to academic pressure or family problems.

"The key is to identify signs early, such as changes in behaviour, sudden withdrawal or difficulty coping at school."

He added that no referral letter is needed to seek treatment at Hospital Bahagia, which accepts walk-in patients and is staffed by a team of specialists and medical officers.

He said the facility also works closely with schools and receives referrals from teachers who observe behavioural changes in students.

Additional child and adolescent psychiatric

services are also available at Raja Permaisuri Bainun Hospital in Ipoh and Taiping Hospital.

Ian also warned that increased screen time and social media use are emerging as significant factors in declining mental well-being among children and teens, Bernama reported.

"When we were growing up, we didn't have this level of digital exposure. Today's children face constant pressure to keep up online, which can undermine their self-esteem and resilience."

Perak Human Resource, Health, Indian Community Affairs and National Integration Committee chairman A. Sivanesan said the conference is timely, given the rise in youth mental health issues.

He cited findings from the National Health and Morbidity Survey 2023, which revealed that 16.5% of children aged five to 15 in Malaysia were experiencing mental health problems, nearly double the rate reported in 2019.

The three-day conference is being held at Casuarina Meru Hotel.



BOOKS GALORE ... The Kuala Lumpur International Book Fair being held from May 23 to June 1 at the World Trade Centre is drawing sizeable crowds.
— SYED AZAHAR SYED OSMAN/THESUN

AKHBAR : SINAR HARIAN
MUKA SURAT : 27
RUANGAN : NEGERI

Sinar Harian M/s 27 Negeri 28/5/2025 (Rabu)

Pengantin baharu jual vape dadah

Kegiatan terbongkar rumah sewa jadi tempat simpanan

Oleh NOR FARHANA
YA'ACOB
MELAKA

Kegiatan pasangan pengantin baharu yang disyaki menjana pendapatan dengan menjual vape mengandungi cecair campuran dadah, termasuk kepada pelajar sekolah, akhirnya tumpas dalam satu serbuan polis di Jasin Bestari pada Isnin.

Pasangan yang baharu tiga bulan mendirikan rumah tangga itu terdiri daripada seorang lelaki warga Singapura berusia 41 tahun dan isterinya, seorang wanita tempatan berusia 38 tahun.

Ketua Polis Melaka, Datuk

Dzulkhairi Mukhtar berkata, hasil risikan Bahagian Siasatan Jenayah Narkotik, Ibu Pejabat Polis Daerah (IPD) Jasin berjaya mengesan kegiatan pasangan tersebut yang menjadikan rumah sewa mereka lokasi penyimpanan pelbagai jenis dadah, termasuk cecair ketamin berperisa.

Menurutnya, pemeriksaan lanjut menemui 212 biji pil ekstasi, pil eramin 5 (42 biji), syabu (13.7 gram), ganja (10 gram) dan cecair ketamin (127.5 gram).

Katanya, modus operandi mereka adalah dengan membungkus semula dadah ke dalam bekas cecair vape berperisa bagi mengaburi pihak berkuasa.

"Ujian air kencing kedua-dua suspek mereka positif dadah jenis methamphetamine dan siasatan lanjut mendapati lelaki itu memiliki tiga rekod lampau di negaranya," katanya dalam sidang akhbar di Ibu Pejabat Polis Kontinjen (IPK) Melaka, Bukit



Dzulkhairi (depan, kiri) menunjukkan pelbagai jenis dadah yang berjaya dirampas ketika sidang akhbar di IPK Melaka pada Selasa.

Beruang, di sini pada Selasa.

Mengulas lanjut, beliau berkata kegiatan pasangan itu amat membimbangkan kerana menyasarkan golongan remaja sebagai pengguna awal dadah, dengan menggunakan rokok elektronik sebagai medium penyamaran.

"Kedua-dua suspek kini di-

remam tujuh hari bermula Selasa hingga Isnin depan," katanya.

Sementara itu, dalam sidang akhbar sama, kehidupan mewah pasangan kekasih terbongkar selepas mereka ditahan kerana disyaki mengedar dadah sejak tahun lalu.

Dzulkhairi berkata, seorang lelaki tempatan dan wanita war-

ga Vietnam berusia 30 tahun ditahan di sebuah kondominium di Jalan Syed Abdul Aziz di sini, jam 11.10 malam Selasa lalu.

Menurutnya, pemeriksaan lanjut menemui ketamin seberat 70 gram (g) dan telah membawa kepada serbuan di sebuah lagi kondominium di Jalan Klebang Kechik.

"Polis merampas heroin seberat 2,150g, syabu (350g), ketamin (100g), MDMA (50g) dan pil ekstasi (5,500 biji).

"Keseluruhan dadah dan harta milik suspek termasuk rantai emas, wang tunai dan sebuah kereta Proton Saga FLX yang disita dianggarkan bernilai RM362,370," katanya.

Tambahnya, kedua-dua suspek kini direman selama tujuh hari bermula Rabu lalu," ujar beliau.

Dzulkhairi berkata, pihaknya sedang menyiapkan kertas kerja bagi cadangan mengharamkan penjualan vape sebelum dibentangkan kepada kerajaan negeri dalam masa terdekat.

AKHBAR : THE STAR

MUKA SURAT : 12

RUANGAN : VIEWS

The Star m/s 12 Views 28/5/2025 (Rabu)

Mental health for university students needs attention

AS a full-time student, I have witnessed many of my peers silently fighting their own battles of anxiety, stress and burnout.

Balancing academic pressure, handling financial burdens and having personal responsibilities can be overwhelming. We are often expected to handle everything on our own and are told to "act our age".

But are we not allowed to

express our frustrations? Even secondary school students complain about their schoolwork, so why is it that university students, living independently and mostly away from home, are not taken seriously when it comes to our mental health?

Sadly, mental health support in many universities remains limited or under-utilised. When services do exist, they are often poorly promoted, and students

fear being judged or misunderstood for seeking help. This discourages many from speaking up until it's too late.

It's time to change how mental health is treated at universities. We need accessible and well-publicised counselling services, open discussions about mental wellbeing and staff members trained to recognise signs of distress. These might seem small but at least, it's a

step forward for a better future.

Students should not be expected to suffer in silence or just "cope". Some may seem fine on the outside but the truth is, they may be secretly crumbling apart. We deserve an environment where our mental health is taken just as seriously as our academic performance.

FATHIN NUR NABILA MD ZIN
Shah Alam

AKHBAR : BERITA HARIAN

MUKA SURAT : 18

RUANGAN : NASIONAL

