



KUMPULAN YAYASAN SABAH

Menara Tun Mustapha
Kompleks Ibu Pejabat Yayasan Sabah
Teluk Likas, Peti Surat 11623
88817 Kota Kinabalu, Sabah, Malaysia
Tel: 6 088 326300 Faks: 6 088 326424

E-mail: ysinfo@ysnet.org.my

Laman Web: <http://www.yayasansabahgroup.org.my>



CERTIFIED TO ISO 9001:2015
CERT. NO.: QMS 02371

SIARAN MEDIA

[MEDIA RELEASE/STATEMENT]

FOR IMMEDIATE RELEASE

2 October 2024

MENTAL HEALTH TALK AND WAYS TO QUIT SMOKING

KOTA KINABALU (Wednesday): Yayasan Sabah Group organised a talk by the Ministry of Health Malaysia on 1 October 2024 in conjunction with the Yayasan Sabah Group Occupational Safety and Health Month 2024 programme. The talk was attended by 74 staff members of the Yayasan Sabah Group.

The first talk, delivered by the Psychology Officer from the Sabah State Health Department, Ms. Grace Allion, provided engaging insights into mental health issues such as stress, anxiety, and depression. She also shared tips for maintaining mental health and introduced several light exercises everyone can practice.

The second speaker for this programme was Dr. Fatimah Sabrina binti Mohd, the Chief Assistant Director of the Public Health Division at the Sabah State Health Department, who discussed the long-term effects of smoking. Additionally, she shared a video link showcasing the anatomy of the lungs and highlighting smoking as the leading cause of lung cancer. This informative talk raised awareness among the public about the dangers of smoking to health. Seventy-four staff members from the Yayasan Sabah Group attended the talk.



Picture 1: Guest speaker Puan Grace (fourteenth from left) with seminar participants.



Picture 2: The guest speaker, Dr. Fatimah (twelfth from right), with seminar participants.



Picture 3: The guest speaker, Ms. Grace, delivered her Mental Health talk.



Picture 4: The guest speaker, Dr. Fatimah, delivered her Ways to Quit Smoking talk.

-----ENDS-----

For further details, please contact : Sam S. Karnail
Group Manager
Corporate Communications Division
Yayasan Sabah Group
Tel : 088-326448
Fax : 088-421526/088-326424
Email : ynwaskarnail@gmail.com