FEDERATION OF MALAYSIAN MANUFACTURING
(JOHOR BRANCH) 196801000309 (7907-X)

PROGRAMME NO : 10001697120

FMM-SOCSO SEMINAR ON MENTAL HEALTH



DATE
JUNE 10, 2026
(WEDNESDAY)

TIME
8.30AM – 5.00PM

VENUE
GRAND PARAGON HOTEL,
JOHOR BAHRU

ABOUT THE SEMINAR

This seminar aims to enhance awareness and understanding of mental health in the workplace. It will provide practical insights, share best practices and equip employers and employees with the knowledge and tools to foster a supportive, inclusive and mentally healthy work environment.

PROGRAMME HIGHLIGHTS

- Understanding Mental Health in the Workplace
- Managing Stress and Building Resilience
- Supporting Employee Wellbeing
- Legal and Policy Perspectives on Mental Health
- Sharing of Best Practices and Panel Discussion

> "A healthy workplace begins with healthy minds."

PANEL OF SPEAKERS

- Pejabat Kesihatan Daerah Johor Bahru
- Regency Specialist Hospital
- HRDC Corporate Trainer
- Social Security Organization (SOCSO)

REGISTRATION FEE

RM648.00 (FMM MEMBER)

RM756.00 (NON MEMBER)

Inclusive of 8% Service Tax

REGISTER NOW!

Scan the QR code to register or visit www.fmm.org.my

For enquiries, please contact:

07-357 7613

zuraidahnur@fmm.org.my /
nur_fatihah@fmm.org.my

FMM
FEDERATION OF MALAYSIAN MANUFACTURING

PERKESO

FMM-SOCSO SEMINAR ON MENTAL HEALTH

JUNE 10, 2026 (WEDNESDAY) | 8.30AM - 5.00PM | GRAND PARAGON HOTEL, JOHOR BAHRU

REGISTRATION :

1) Full Name :

NRIC : **Vegetarian : Yes [ ] No [ ]**

Designation :

Phone No : **Email :**

2) Full Name :

NRIC : **Vegetarian : Yes [ ] No [ ]**

Designation :

Phone No : **Email :**

3) Full Name :

NRIC : **Vegetarian : Yes [ ] No [ ]**

Designation :

Phone No : **Email :**

Submitted by:

Name :

Designation :

Company Name :

Company New Registration No :

FMM Membership No :

Company Address :

Phone No : **Email :**

TIN No : **SST No :**

Please Tick Appropriate Box

We hereby confirmed that :

☐ We will be claiming under **SBL-KHAS SCHEME** and full payment would be made to Federation of Malaysian Manufacturing in the event that no disbursement from HRDC under any circumstances.

☐ We will **NOT** be claiming under SBL-KHAS SCHEME, Enclosed cheque/bank draft, No _____for RM_____ being payment made for _____ participant(s) made in favour of Federation of Malaysian Manufacturing

PARTICIPATION FEE :

PARTICIPANT	PER PAX	SST (8%)	TOTAL
Member	RM600	RM48	**RM648**
Non - Member	RM700	RM56	**RM756**

- Registration form must be completed and returned to FMM Johor by **JUNE 4, 2026**
- All confirmed participants should make the full fee before the event.

SBL-KHAS SCHEME - HRDC Claimable Courses:

- **Grant Approval** must be forwarded to FMM Johor at least **3 DAYS BEFORE** the programme date.
- **100% attendance is a must.** Participants who fail to attend, the full fees shall be payable by the company

PAYMENT METHOD :

PAYEE NAME : **FEDERATION OF MALAYSIAN MANUFACTURING**

Bank Name : **Malayan Banking Berhad**
Account No : **5-01280-05654-2**
Swift Code : **MBBEMYKL**
FMM SST No : **W10-1901-32000108**
FMM TIN No : **C25703742100**

- Cheque/Bank Draft Crossed Account Payee only
- Bank-in Payment : E-Mail Deposit Slip to FMM for Issuance of Official Receipt
- Please write the **Event Name** on the reverse side of the cheque/bank-in slip

REPLACEMENT/CANCELLATION/ NO-SHOW :

- Cancellation must be in writing to FMM. Replacement at no additional cost. *(Must be in Writing with Reasons 7 days before the programme)*
- Non-FMM members **MUST PAY** the full fee before/on the day of the event. Members need to provide a Letter of Undertaking to ensure participation before the event.
- FMM reserves the right to cancel or reschedule the programme. All efforts will be taken to inform participants of the changes.

FMM-SOCSO SEMINAR ON MENTAL HEALTH

JUNE 10, 2026 (WEDNESDAY) | 8.30AM - 5.00PM | GRAND PARAGON HOTEL, JOHOR BAHRU

08:30am - 09:00am
Registration of Participants

09:00am - 09:15am
Welcome Remarks by FMM Johor

09:15am - 10:45am
Session 1: Managing Workplace Stress and Burnout – Health Risks and Early Intervention

- **Causes and early warning signs of stress and burnout**
- **Preventive strategies for maintaining staff mental wellbeing**
- **Practical resilience-building techniques for employees and teams**
- **Role of employers in supporting mental health proactively**

10:45am - 11:00am
Morning Break

11:00am - 01:00pm
Session 2: Breaking the Silence – Creating a Mentally Safe Workplace Culture

- **Understanding mental health stigma and barriers to seeking help**
- **Role of leaders and managers in shaping supportive workplace culture**
- **Strategies to promote psychological safety and open communication**
- **Encouraging early intervention and help-seeking behaviour**

01:00pm - 02:00pm
Lunch Break

02:00pm - 03:30pm
Session 3: Workplace Misconduct & Mental Wellbeing - Managing Complaints, Domestic Inquiry & Dispute Resolution

- **Handling workplace complaints while considering employee mental wellbeing**
- **Managing complaints properly to avoid escalation and reduce psychological impact**
- **Conducting domestic inquiry (DI) fairly to avoid legal issues and unnecessary stress**
- **Understanding the risks of unfair dismissal and impact on workplace environment**

03:30pm - 03:45pm
Tea Break

03:45pm - 05:00pm
Session 4: SOCSO Support and Return-to-Work (RTW) Programmes

- **Overview of SOCSO's role in supporting employee mental health and wellbeing**
- **Introduction to key SOCSO schemes (Employment Injury Scheme, Invalidity Scheme)**
- **Return-to-Work (RTW) Programme: Benefits and employer responsibilities**
- **Claim procedures, eligibility criteria, and documentation requirements**

05:00pm
Group Photo Session & End of Programme