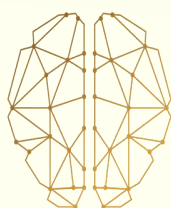


Organised by:



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MHEC 3.0

MENTAL HEALTH EXPERIENTIAL CONFERENCE

ADVANCING PSYCHOSOCIAL WELLBEING FOR OCCUPATIONAL SAFETY & HEALTH ACROSS ASEAN

11-12 DECEMBER 2025 | ALOFT KUALA LUMPUR SENTRAL

About MHEC

The **Mental Health Experiential Conference (MHEC)** brings together leaders and professionals to advance workplace mental health through practical, experience-based learning.

From addressing workplace risks in 2019 to leadership-driven strategies in 2023, MHEC 3.0 now focuses on **psychosocial wellbeing** as a vital part of **Occupational Safety and Health (OSH)** across ASEAN.



mhec@ejasia.net
+603-7971 3111

REGISTER NOW

Standard
RM2,300

Group (5 pax)
RM2,180

International
USD700

All fees quoted are exclusive of 8% SST.



Open to

- Policymakers
- HR professionals
- OSH practitioners
- Organisational leaders
- Educators & researchers
- Mental health advocates
- Anyone committed to healthier workplaces

GET

DOSH 5 CEP Points
CIDB 20 CCD Points

Eligibility is subject to industry and organisational requirements.



Why Join MHEC 3.0

1. REGIONAL FOCUS

Explore psychosocial wellbeing integrated with OSH principals across ASEAN.

2. EXPERIENTIAL SESSIONS

Engage in experiential learning, not just lectures.

3. CREDIBILITY & IMPACT

Organised by industry experts in psychosocial wellbeing and OSH.

4. REAL-WORLD STRATEGIES

Gain practical tools to improve workplace psychosocial health.

5. EXPERT SPEAKERS

Learn from thought leaders, practitioners, and policymakers.

6. NETWORKING OPPORTUNITIES

Connect with professionals across ASEAN united by similar goals.

MHEC 3.0 SPEAKERS

Distinguished Experts from Malaysia & Across ASEAN



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Motivational Expert



Adj. Prof. Dr Sangeeta Kaur
Director of EJAsia
Psychosocial Risk Assessor



Dr Nurashikin Ibrahim
Director of the National Centre of
Excellence for Mental Health
(NCEMH), Ministry of Health



Rajeswari Karupiah
Deputy Chairman of the National
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Dr Rony Ambrose Gobilee
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Dr Melinda U
General Manager of EJAsia
Psychosocial Risk Assessor



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and Consultant Psychiatrist, UM



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Outreach Division, AKPK



Nirmala Supramaniam
Head of the Household Financial
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Shazwani Rhosky
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