

Mental health talk for scouts

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The 1102 Universiti Islam Sultan Sharif Ali (UNISSA) Rover Scouts marked World Mental Health Awareness Day with a talk on the importance of maintaining mental health.

The talk was delivered by 1102 UNISSA Rover Scout leader and lecturer Dr Muhammad Alif bin Haji Sismat, who spoke on the importance of recreational and spiritual activities for mental well-being.

The talk also raised the importance of providing support to individuals experiencing mental health issues.

This year's World Mental Health Day celebration comes with the theme 'Make Mental Health and Well-Being for all a Global Priority', in line with United Nations Sustainable Development Goal - 'Good Health and Well-being'.



UNISSA Rover scouts at the talk session. PHOTO: UNISSA