

Adolescent Mental Health and Digital Well-Being in Malaysia

Expert meeting



8th May 2026



9:30am – 2.00pm (MYT)



UNU-IIGH Office,
Cheras, Kuala Lumpur

OBJECTIVES

1. Review the current state of adolescent mental health in Malaysia

Examine emerging trends, risk factors, service gaps, and priority concerns affecting Malaysian adolescents, including depression, anxiety, self-harm, suicide risk, bullying, and online harms.

2. Promote adolescent digital well-being

Define practical approaches to help adolescents build healthy relationships with technology, social media, gaming, and online identity, while reducing harmful exposure and addictive patterns.

3. Learn from ASEAN (and other LMICs) regional experiences

Review successful models and lessons from countries such as Cambodia and Vietnam on school mental health programmes, youth participation, and suicide prevention.

4. Strengthen school and community-based prevention systems

Identify how schools, parents, faith groups, youth organisations, and communities can better support emotional resilience, peer support, early warning signs, and referral pathways.

5. Agree on priority actions for Malaysia

Produce a list of actionable priorities to build a national multistakeholder platform, including pilot programmes, research collaborations, policy recommendations, and funding opportunities.

AGENDA

Time	Session	Speaker/Moderator
9.30-9.45	<ul style="list-style-type: none"> • Welcoming remarks and introduction • Overview of the workshop aims and objectives 	Revati Phalkey, Director United Nations University
9.45-10.30	<ul style="list-style-type: none"> • Overview of school based mental health (SBMH) approaches • <u>M-BRIGHT</u> (presentation + Q&A) 	Fiona Samuels Aisling Murray Queen Mary University of London
10.30-11.00	The GoodKids Academy (presentation + Q&A) Mental and Emotional Transformational Program for Youth	Koggelavani Muniandy <u>GoodKids Academy.</u>
11.00-11.15	Coffee break and networking	--
11.15-11.45	Flashtalks by organisations 1. Asia Solace 2. NobleDr 3. Gender and Intersectionality (UNU IIGH)	Moderator: Claudia Lopes United Nations University

11.45-12.45	<p>Roundtable discussion</p> <ul style="list-style-type: none"> • What are the top priority areas regarding youth mental health? • Who are the most at risk groups (population and geography)? • Which is the best way to reach youth? through which settings, which approaches, which networks? • What are the opportunities to SNMH approaches including funding sources? <p>Plenary feedback led by small group rapporteurs</p>	<p>Moderators:</p> <p>Sharlini Palar</p> <p>Friends to Mankind</p>
12.45-13.00	<p>Closing / next steps</p> <ul style="list-style-type: none"> • Ongoing communication with those present • Key stakeholder/advisory group • Next steps from the event 	<p>Claudia Lopes</p>
13.00-14.00	Lunch	--