

7 FACTS ON BEHAVIOURAL HEALTH

1. About 1 in 50 Malaysian adults has either a depressive (excessive sadness) or anxiety (excessive fear) disorders that interfere with daily activities.
2. About 20% of the world's children and adolescents have some form of mental (e.g. anxiety) or behavioural problems (e.g. Attention Deficit Hyperactivity Disorder).
3. Over 800,000 people worldwide commit suicide every year. In Malaysia, two people on average died of suicide every day.
4. Mental health problems (e.g. stress, anxiety, and depression) are important risk factors of getting other physical diseases such as tension headache, gastritis, diabetes, hypertension, and coronary heart disease.
5. The recovery of physical illness (e.g. cancer) is often influenced by a person's emotional state (e.g. hopelessness) and illness behaviours (e.g. compliance to medication and lifestyle changes).
6. Stigma and discrimination against patients and families (e.g. perceived as weak, mad, dangerous, untreatable) prevent people from seeking help for mental or behavioural health problems.
7. Mental or behavioural health challenges could be effectively overcome by counselling, behavioural interventions, family education, medications, and other psycho-social strategies.

Operation Hours

Monday-Saturday : 8.30am-5.30pm
Sunday & Public Holidays : Closed

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Find us on:



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LIVE LIFE TO THE FULLEST





Behavioural Health Centre advocates a holistic approach to healthcare by nurturing the psychosocial aspects of physical illness. We believe that health is a state of body and mind **WELLNESS**. It is essential to nourish our **THOUGHTS, EMOTIONS AND BEHAVIOURS** to produce better physical and mental health. We will help you to thrive and lead a healthier, fuller life.

OUR TEAM AND SERVICES

Our team consists of psychiatrists and clinical psychologists. We assist people in dealing with daily life challenges, emotional distress, and mental health issues through:

- Mental health screenings and psychological assessments (e.g. intelligence, personality, dyslexia, autism, inattention, career)
- Mind-body interventions for stress reduction and wellness (e.g. relaxation, mindfulness, meditation)
- Counselling and psychotherapies for children and adults (e.g. play/art therapy, cognitive behavioural therapy)
- Management of severe mental illness (e.g. schizophrenia, bipolar disorder)
- Behavioural/lifestyle interventions for chronic illness (e.g. diabetes, coronary heart disease, chronic pain, stroke, cancer)



CONDITIONS

The following are the commonly treated conditions at Behavioural Health Centre:

- Anger
- Attention Deficit Hyperactivity Disorder (ADHD)
- Bipolar disorder
- Burnout
- Depression
- Eating disorder
- Fear and phobia
- Grief, loss and trauma
- Low self-esteem
- Obsessive compulsive disorder (OCD)
- Parent-child conflict
- Relationship issues
- Schizophrenia
- Stress & anxiety disorder
- Work-life balance

