

**29 JUNE 2016****ADVANCED MOBILE PHONES AMONG SOURCES OF MENTAL DISTRESS**

Kangar, 29 June – Advancements in mobile telephone technology has been among the contributors of mental distress, said Universiti Malaysia Perlis (UniMAP) Vice Chancellor Dato’ Prof. Dr. Zul Azhar Zahid Jamal.

“Mobile phones afford us the convenience to now work 24 hours a day and making us accustomed to receiving information which require immediate responses,” he said.

He said this when officiating the Mental Health Awareness For UniMAP Department Heads Seminar closing ceremony at the Tuanku Syed Faizuddin Putra (PTSFP) Library Auditorium at the UniMAP Pauh Putra Main Campus yesterday.

Hospital Tuanku Fauziah (HTF) psychiatry specialists Dr. Ruzita Jamaluddin and Dr. Zarina Zainan Abidin presented their talks .

Also present at the event were the Dean of Academic Management also the UniMAP Deputy Vice Chancellor (Academic and International) Prof. Ir. Dr. Rezuwan Kamaruddin and the Dean of the School of Human Development and Technocommunication (iKOM) Prof. Madya Dr. Huzili Hussin.

Dato’ Zul Azhar added that there have been numerous cases reported at UniMAP involving employees and students, and department heads must be well-equipped with knowledge, information and awareness to be prepared for these unwelcome incidents.

“A leader should not only be responsible for focusing on an organisation's achievements but should also emphasise on emotional and mental well-being of his underlings,” he stated.

He hoped that programmes such as this will be able to further unlock the minds and knowledge of UniMAP department heads to guide the people around them.

“These programmes should be organised in the future and focus on training staff members who deal directly with students like the Student Facilitator Companions (RPS) which consist of UniMAP lecturers,” he said.

**Released by :**

**Nurul Aida Othman**

**Unit Perhubungan Media UniMAP**

**Tel : 04-9798522 / 012-2210095**