



MEKAR SERVICES

Helping Organisations Bloom and Thrive

mental health services
for your employees

« **53%** of Malaysian workers experience work-related stress contributing to major loss in productivity »

Source: AIA Vitality Survey 2017

WE OFFER

- » Individual & group counselling
- » Assessments
- » Referral to specialists
- » Seminars and workshops*

* SEPARATE FEES APPLY

CORE TEAM MEMBERS

	Fudhail Hakimi Arif bin Ibrahim <small>K.B.P.A.</small> Board-Certified Counsellor Financial Wellness, Family & Adolescent Counselling
	Azzah Sabrina Muhammad Shariff Paul <small>K.B.P.A.</small> Board-Certified Counsellor Adolescent Counselling, Helping Microskills, Communication Skills
	Nur Arfah Zaini <small>K.B.P.A.</small> Clinical Psychologist / Board-Certified Counsellor Stress Management and Psychotherapy for Mental Health Issues
	Darlina Hani Fadil Azim Clinical Psychologist Stress Management and Psychotherapy for Mental Health Issues

WHY MEKAR SERVICES?

- » Boost your employee's morale and improve your organisation's productivity
- » Qualified psychologists and counsellors at fees below market rate
- » Trusted by KLSE-listed company

OUR APPROACH

We provide a business-to-business mental health consultation and intervention service for your employees. Our team will conduct sessions at your office or your chosen venue, and employees can voluntarily come to our sessions to receive assessments, learn coping skills, get guidance on making decisions, and explore untapped potential. We also provide an avenue for colleagues and superiors to refer a client to us. Rest assured that we maintain the highest level of integrity and confidentiality.

For enquiries and appointments:

Tel.: +603 8941 8646 ext. 226 Email: pu-counselling@perdanauniversity.edu.my
fudhail@perdanauniversity.edu.my / azzah@perdanauniversity.edu.my