

Mental Health and Well-Being at Work: Counselling Services and the Peer Support Network

28 Jan 2026 (Wednesday) | 5:30 pm to 7:00 pm

Platform and Venue:

Online via Zoom (for virtual participants)

Raja Aziz Addruse Auditorium (for physical participants)

Level 2, Wisma Badan Peguam Malaysia
2 Leboh Pasar Besar, 50050 Kuala Lumpur



Register Now

This event is free of charge.

This session, organised by the Bar Council National Young Lawyers and Pupils Committee ("NYLPC"), is dedicated to promoting mental health awareness and emotional well-being among young legal professionals.

A counsellor from the Lembaga Kaunselor Malaysia ("LKM") will provide Members of the Bar with strategies and tools to help navigate the demands and pressures of legal practice. Members will also gain insight into counselling as a valuable resource which can assist Members in managing stress, preventing burnout, and developing healthy coping strategies.

The Malaysian Bar has an ongoing programme organised in collaboration with Lembaga Kaunselor Malaysia ("LKM"), whereby Members and pupils in chambers have access to five **free counselling sessions** (see Circular No 467/2025 dated 29 Dec 2025, titled "Counselling Services Programme for Members of the Bar and Pupils in Chambers").

Separately, a representative from the Malaysian Bar's Peer Support Network will discuss the vital role this support network plays in supporting Members who have experienced sexual harassment in the workplace. The Peer Support Network offers confidential assistance, practical guidance, and support in lodging complaints or reports, ensuring that victims feel safe, heard, and empowered throughout the process.

This session is designed to help Members:

- ♦ Understand how personality traits influence professional behaviour and resilience;
- ♦ Recognise the impact of social networking on mental wellness;
- ♦ Identify early signs of stress, burnout, and emotional fatigue;
- ♦ Learn when and how to access counselling and support;
- ♦ Discover practical ways for achieving work-life balance; and
- ♦ Gain knowledge about the Peer Support Network's confidential services for survivors of harassment.

The NYLPC is committed to fostering open conversations about mental health, promoting professional and personal well-being, and empowering Members to seek help without stigma.

Speakers



Assoc Prof Dr Ooi Pei Boon (KB, PA)

Dr Ooi Pei Boon obtained her PhD in Guidance and Counselling from Universiti Putra Malaysia ("UPM"), and is a registered counsellor with LKM. She is trained in cognitive behavioural therapy ("CBT") and currently serves as the Master Trainer for Media Heroes, a cyberbullying intervention programme in Malaysia.

Her key research interests include cyberbullying, mental health and wellbeing, and artificial intelligence ("AI") and ethics in counselling. She is also the panel counsellor appointed by both the Malaysian Bar and LKM.



Harleen Kaur

Harleen Kaur (Leena) is a partner in Vin Partnership and a civil litigator for the past 20 years. She is also actively involved in Bar matters and was the former chair of the Kuala Lumpur Legal Aid Centre and former Chairman of the Kuala Lumpur State Bar. She is currently the Chairperson of the Bar Council Peer Support Network Committee and the Chairperson of the Bar Council Tender Review Committee.

Moderator



Anishaa Sundramoorthy

Anishaa Sundramoorthy was admitted as an advocate and solicitor of the High Court of Malaya in 2021. She is a legal associate at Sreenevasan, where her practice focuses on civil and commercial litigation, mediation and dispute resolution. Anishaa also maintains a diverse portfolio of public interest files. She is a Bar Council member for the 2025/26 term and the Co-Chairperson of the Bar Council National Young Lawyers and Pupils Committee.

Terms and Conditions

Event Policy

Admission is free, but advance registration is required.

Places will be allocated on a first come, first served basis. The registration for this session will close on **23 Jan 2026 (Friday), at 5:00 pm.**

The organiser reserves the right to modify, cancel or postpone the event, should circumstances arise that make such action necessary.

Cancellation

Cancellations must be made in writing.

Substitutions are allowed. Kindly inform us in writing with the relevant details at least **three** days in advance.

If you have failed to inform the organiser on your cancellation for three consecutive times, you may be blacklisted for future events.

Transferral

You are allowed to transfer your place to another participant, but you must notify the organiser with the necessary details at least **three** days in advance.

Attendance

CPD points for CPD Scheme will not be awarded to lawyers and pupils in chambers who arrive more than 15 minutes late, are not present throughout the event, or leave before its scheduled end.

Privacy

The personal information that you provide to the Malaysian Bar, whether now or in the future, may be used, recorded, stored, disclosed or otherwise processed by or on behalf of the Malaysian Bar for the purposes of facilitation and organisation of this event, research and audit, maintenance of a participant database for the promotion of this event, and such ancillary services as may be relevant.

Disclaimer

- ♦ Materials (if any) will be emailed only. No printed notes will be provided.
- ♦ No recording of the event is permitted via any means at any time.
- ♦ No part of the event content may be used / reproduced in any form without the written and explicit consent of the Malaysian Bar and speaker(s).



Organised by:

Bar Council National Young Lawyers and Pupils Committee

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Kee Hui Yee and Anishaa Sundramoorthy

Co-Chairpersons, Bar Council National Young Lawyers and Pupils Committee