

IELC Employment Webinar Series on

COVID-19: Safeguarding Mental Health in the Legal Profession

26 Oct 2021 (Tuesday) | 4:00 pm to 5:30 pm

This webinar carries 1 CPD point.

The COVID-19 pandemic continues to rage through the world causing long-term negative impact by hurting investments, human capital and productivity, and it is not going away any time soon. In the already challenging and demanding world of legal practice, new challenges have emerged as a result of the pandemic. Isolation from colleagues, facing unrealistic expectations imposed by clients and bosses, a lack of supervision, financial stress, and uncertainties in job securities are some of the issues and gaps that we need to address urgently. Many lawyers today are battling anxiety, burnout, depression, and other mental health issues.

[Register online here](#)

This webinar will explore some of the mental health issues that lawyers face and the practical strategies to help address these issues and build mental resilience in the workplace, so that we can emerge better and stronger, together.

Speakers

Dr Amer Siddiq Amer Nordin is an Associate Professor in Psychiatry and a Consultant Psychiatrist with University of Malaya. He is also an Adjunct Professor in Public Health with the Universitas Airlangga, Surabaya in Indonesia.



Dr Amer is the President of Care Warriors Association, a newly formed non-governmental organisation involved in mental health and suicide prevention work. He is presently a consultant for Emerging Journey Asia ("EJA") Sdn Bhd, and advises a number of organisations, including the Ministry of Health of Malaysia, the World Health Organisation Regional Office, UNICEF Malaysia, and Befrienders Kuala Lumpur on mental health matters.

Dr Amer is very active in patient care where he practises in both University of Malaya Medical Centre and University of Malaya Specialist Center as a psychiatrist apart from his administrative duty as the Director of UMCares, the main central facility in charge of community engagement and sustainability for the whole of the university. He actively shares his ideas and knowledge through mass media (television, radio, newspapers, magazines and social media), and is reported to be one of eight advocates to watch in the country by Tatler Malaysia.

Justin Victor is the current Chairman of Befrienders Kuala Lumpur. He is a member of the Board managing the Befrienders services and centres since 2015. He has volunteered at Befrienders for 23 years offering emotional support to those who are depressed, despairing, and suicidal. He has been part of the Befrienders training team for the past 20 years responsible for recruiting and training new volunteers. He conducts talks and workshops on suicide prevention, depression, and stress management to raise awareness and educate the public on mental health and suicide matters.



He is a senior lecturer in media and communication at Taylor's University, Malaysia, and has been in academia for the past 21 years in the area of communication. He is a member of the Malaysian Mental Health Promotion Advisory Council of the Ministry of Health of Malaysia from 2016 until present. He is a member of the National Level Technical Working Group for Suicide Prevention from July 2020, a member of the National Coalition for Mental Wellbeing (Malaysia) and a former medical journalist.

Moderator



Sonia Abraham graduated from the University of Kent in 1994. She has been practising at Azman Davidson & Co since she was called to the Malaysian Bar in 1997 and was made partner in 2005. Her areas of practice are employment law and industrial relations.

Come and join this webinar from the comfort of your own home!
This webinar carries 1 CPD point.

This webinar is **free of charge, but advance registration is required**. Upon successful registration, a link to the webinar will be emailed to registered participants only. Registration will close on **25 Oct 2021 (Monday) at 5:30 pm**.

Please note that **no** additional registration will be accepted once the closing date has passed, or if the webinar is full (whichever comes first).

We may not permit future registration if you fail to attend the webinar after registering, unless you provide an acceptable and valid reason(s).

A Step-By-Step Guide to Join a Webinar via Zoom

Webinar via Zoom is an initiative by the Bar Council during the Movement Control Order.

Continue learning even while at home. We're here to inspire you, connect with you and learn with you. This guide will show you how to join a webinar smoothly.

01

For seamless streaming, download the Zoom app.



You will be given a webinar ID and a password to join the webinar once your registration has been confirmed.

02

Log in to Zoom, and provide your username.

For Members of the Bar or pupils in chambers, use the format below for identification purposes when prompted: **Full name (as per NRIC) | Bar Council membership number or petition number.**

For non-Members, provide your full name only.

03

Set up your space.



Find a spot which is comfortable and free from background noises. You may use an earpiece with microphone for clarity. Having a strong internet connection is equally important.

04

Please raise your questions only during the Question-and-Answer session.

Please take note that no speaking is allowed when the webinar is taking place.

If you wish to raise a question, please type in the Q&A box and the speaker will respond accordingly.

05

Please do not do these



Sharing screen recording and webinar ID and password links, and reproducing the content of the webinar on any platform.

Any unregistered person may be removed without prior notice and no CPD point will be awarded. Failure to adhere to this may result in disciplinary action by the Bar Council.

Should you have any enquiries, please contact:

Satha Selvan Subramaniam

(satha@malaysianbar.org.my)

Nursyaizan bt Jasni

(nursyaizan@malaysianbar.org.my)

