



## Department of Justice and Attorney General

---

### **Empowering Public Servants: MHPSS Training Commences**

The Department of Justice and Attorney General (DJAG) has inaugurated its second Mental Health and Psychosocial Support (MHPSS) and Prevention of Sexual Exploitation, Abuse, and Harassment (PSEAH) training at the Gateway Hotel from 10<sup>th</sup> - 14<sup>th</sup> February 2025. The five-day program aims to enhance participants' skills in promoting mental health, supporting survivors, and upholding integrity within public service and communities.

Secretary for Justice Dr. Eric Kwa, emphasized the significance of mental health as a universal human right. He stated, "Mental health is integral to our overall well-being, influencing how we think, feel, and act. It affects our ability to handle stress, relate to others, and make decisions."

The training will cover critical topics, including Psychological First Aid (PFA), providing emotional support to survivors of gender-based violence, lay counselling, and stress management. Participants will engage in practical exercises to enhance their ability to offer effective assistance.

Dr. Kwa highlighted the importance of a survivor-centered approach in preventing sexual exploitation and abuse. He stated, "Understanding the trauma and complexities faced by survivors is essential for offering empathetic and effective support."

He also addressed the demanding nature of public service work, emphasizing the need for stress management. "Stress management is crucial, especially given the demanding nature of our work. We will explore various types of stress and techniques for identifying signs of stress and adopting adaptive coping mechanisms," Dr. Kwa explained.

Dr. Kwa encouraged participants to view the training as an opportunity to foster a just, equitable, and inclusive environment. "By enhancing our skills in mental health and psychosocial support, as well as preventing sexual exploitation, abuse, and harassment, we are not only improving our performance but also serving as catalysts for positive change within the public service environment and our communities," he concluded.

Ends//...



**Picture:** Secretary for Justice, Dr. Eric Kwa, PhD, speaking to the senior department staff during the Mental Health and Psychosocial Support (MHPSS) and Prevention of Sexual Exploitation, Abuse and Harassment (PSEAH) training.