ASSIGNMENT I (10%):

Title: Mental Health

Write your assignment according to the format below:

A. Introduction: What is Mental Health?
B. History behind Mental Health
C. Prevalence in Malaysia & the world
D. Mental Health in Children and Young Adults
E. Prevention and Treatment
F. Latest information and news
G. Why is important to have good mental health?
H. What is the relationship between Mental Health and the environment?
I. Conclusion
J. References

Format for assignment:
1. Answer all questions asked above.
2. Single spacing & justified paragraph
3. Arial 11 point font
4. Max 10 pages
5. At least 10 references (please refer to books and articles, less on websites)
6. At least 5 pictures
7. Please send your assignment in softcopy form to my email by:
   31 March 2018 & hardcopy to UPMET by 07 April 2018.

Warning: Please DO NOT cut and paste.

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Date : 23 February 2018