



اوتوريټي كيشناسان كسلامتن
كصحيټن دان عالم سكيټر
Safety, Health and Environment
National Authority

SAFETY
FORUM 2026

20 MAY
2026

8⁰⁰ AM - 5⁰⁰ PM

**BALAI KHAZANAH ISLAM
SULTAN HAJI HASSANAL BOLKIAH**

SPEAKER 2

PANEL SESSION 1

**YM NOR SYAHMUN
BINTI HAJI MATASSAN**

HEAD OF MENTAL HEALTH STRATEGY,
HEALTH PROMOTION CENTRE (HPC),
MINISTRY OF HEALTH



With over two decades of service in the Ministry of Health, Brunei Darussalam, Ms. Nor Syahmun currently serves as the Mental Health Strategic Lead at the Health Promotion Centre. She has been a pivotal figure in advancing the nation's mental health initiatives, leading key programs such as Brunei Bebas Buli, I-Mind: For Better Mental Health at Workplaces, and Mind Your Mind Brunei™. Her leadership also contributed to the establishment of Talian Harapan 145, Brunei's first mental health helpline, and the formulation of the Brunei Darussalam 1st Mental Health Action Plan 2022–2025.

A passionate advocate for mental health & well-being, Ms. Nor Syahmun continues to champion resilience, compassion, and work–life balance within communities and workplaces.

IN CONJUNCTION WITH:

