

# News Release

22 June 2023



## Zurich Malaysia Empowers Mental Health and Artistic Expression during Zurich Community Week 2023

**Kuala Lumpur, 22 June 2023** – Zurich Malaysia (Zurich), a leading insurance and takaful company committed to corporate social responsibility, is delighted to announce the successful conclusion of Zurich Community Week 2023. This event was dedicated to supporting the local community through mindfulness activities, as part of Zurich's brand commitment to #CareForWhatMatters.

According to recent data, mental health has become an increasingly pressing issue in Malaysia. The Ministry of Health's 2022 Mental Health Survey revealed that approximately 29% of Malaysians have experienced some form of mental health challenge in the past year. These statistics emphasize the urgent need for initiatives that promote mental well-being and provide support to individuals facing mental health issues.

In conjunction with Zurich Community Week, Paint For Change with Zurich event took place on Saturday, 17 June 2023. This significant day aimed to shed light on the importance of mental health awareness and showcase the transformative power of art as an expression tool. It featured several engaging activities, including Therapeutic Art Sessions, a Mental Health Talk by the esteemed Art Therapy Academy, and a Children's Artwork Auction.

"We are thrilled with the success of Paint For Change and the impact it has had on raising awareness about mental health as a core component to Zurich's brand message to care for what matters," said Junior Cho, Country CEO / Head of Zurich Malaysia. He added, "At Zurich, we strive to create a brighter future for everyone including vulnerable communities through purposeful activities and collaborations."

During the Therapeutic Art Session, over 150 participants had the opportunity to experience the healing benefits of art therapy. Under the guidance of skilled professionals, attendees engaged in various art activities designed to facilitate emotional expression, reduce stress, and enhance their overall sense of well-being. This session showcased the profound impact that art can have on mental health and highlighted the therapeutic value of creative exploration.

"We are honoured to have been part of this event, promoting mental health awareness and artistic expression," as expressed by Bee Tin Teoh, Founder of the Art Therapy Academy and Registered Art Therapist. She added, "The unwavering support from Zurich Malaysia towards the Art Therapy Academy to serve the community and uplifting the helping professions in Malaysia deserves great admiration."

A highlight of the Paint for Change with Zurich event was the Children's Artwork Auction, which showcased the incredible talent of the children from Lighthouse Children Welfare Home. Attendees had the opportunity to bid on these remarkable pieces, with 100% of the proceeds dedicated to supporting their home.

Upon Zurich Malaysia's completion of its challenge to raise RM5,000 for the children's home and in conjunction with Z Zurich Foundation's 50<sup>th</sup> anniversary this year, Z Zurich Foundation will contribute a 150% matching fund to the auction proceeds.

Through initiatives like Zurich Community Week, Zurich aims to make a positive and lasting impact on the surrounding communities and remind all Malaysians on how they can care for themselves as well as others.

For more information about Zurich Malaysia and future initiatives on their social media channels, such as [Facebook](#) and [Instagram](#).

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## **About Zurich Malaysia**

**Zurich Malaysia** is a collective reference term for the Zurich Insurance Group (Zurich) business subsidiaries operating in Malaysia: Zurich General Insurance Malaysia Berhad, Zurich Life Insurance Malaysia Berhad, Zurich General Takaful Malaysia Berhad and Zurich Takaful Malaysia Berhad. Zurich Malaysia offers a broad range of comprehensive insurance and takaful solutions; helping individuals as well as business owners understand and protect themselves, their businesses and their assets from risk. Zurich Malaysia has an integrated branch network in major cities nationwide as well as dedicated agency and distribution channels nationwide to serve the needs of its customers. For further information on Zurich Malaysia, visit [www.zurich.com.my](http://www.zurich.com.my).