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The cases of mental illness in Malaysia are alarming where numbers of people being diagnosed with this illness have increased these past few years despite health campaigns and public awareness programs organised by the government and private sectors. These issues are also being faced by teachers and students in school as more of them are reported to be emotionally unhealthy and suffer from various kind of mental health. Thus, the research aims to investigate secondary school teachers and students' awareness level as well as perceptions on mental illness. The instruments used to collect the data for this study are questionnaire and interview questions. The data from the questionnaire are entered into the computer using Statistical Package for Social Science software (SPSS). The results are presented through frequency counts, percentage and mean as well as other descriptive statistics such as table and bar graph. In analysing the data, the Five-Point Likert Scale of ordinal measures of agreement is utilized and responses of the respondents are measured by using the range of mean value. While the finding obtained from the interview sessions will further clarify and support the result from the survey.