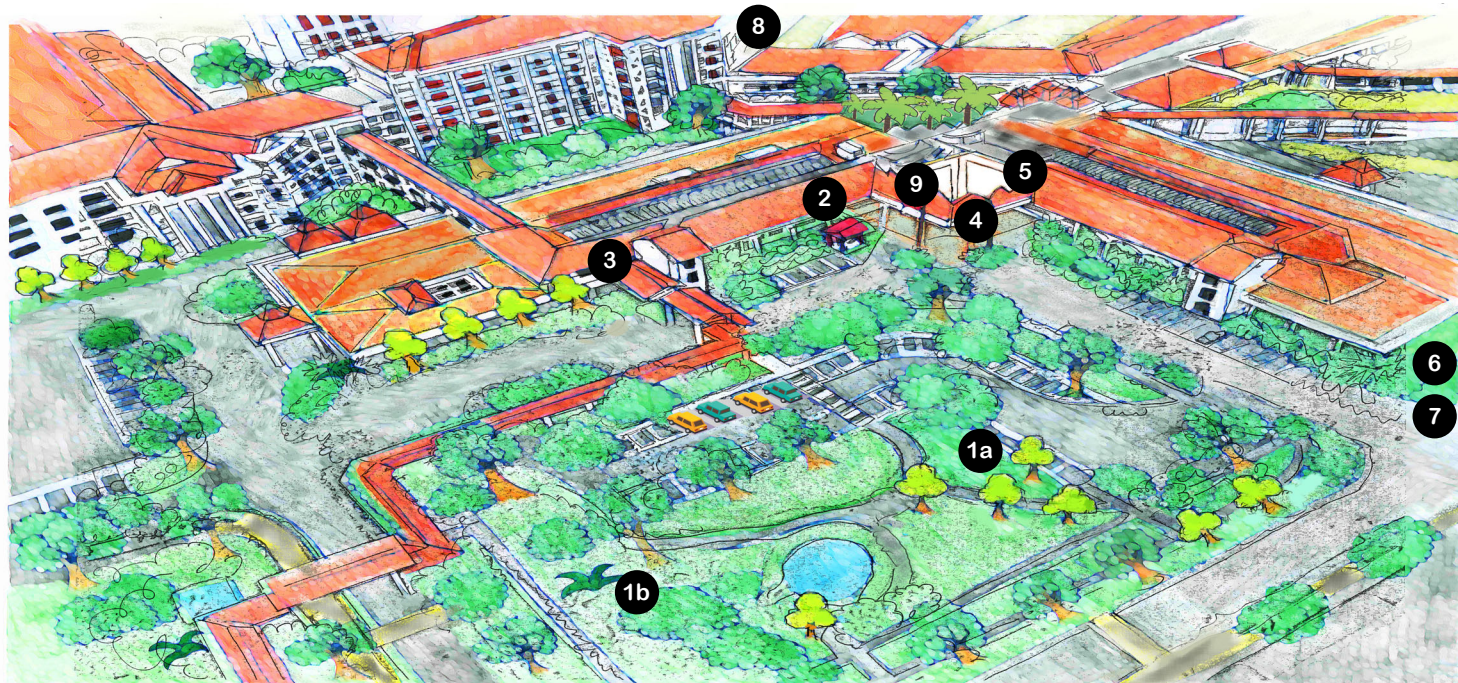


# Art of Healing: Self-Guided Art Trail

Discover how creativity and compassion come together at the Institute of Mental Health (IMH). This self-guided trail, part of the global Healing Arts movement (Jameel Arts & Health Lab x World Health Organization), invites visitors to explore sculptures, murals, textiles, and patient artworks that celebrate recovery, dignity, and community. Through these expressions, the trail highlights how art complements clinical care – supporting emotional regulation, social connection, and healing.

**Estimated duration:** ~1.5 hours | **Pace:** Self-guided | Suitable for visitors of all ages



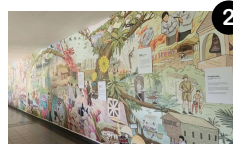
## Trail Highlights



### Grounding Points

Settled & Settling In – Twin sculptures by Aki Hassan symbolising balance and interdependence.

Location: Eco Garden



### Journey Through Time

Mental Health Heritage and the Future of Care – A 25-metre mural by the Nanyang Academy of Fine Arts that traces Singapore's evolution in mental health care.

Location: Block 1, Level 2



### Sayang Sculpture

Brother Joseph McNally's tribute to the compassion and care of IMH staff.

Location: Main Lobby



### Starry Night Donor Wall

A Van Gogh-inspired display celebrating community generosity and hope.

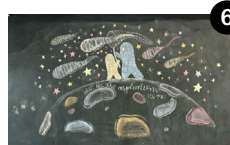
Location: Atrium



### Punch Needle Tapestry

A collaborative piece to commemorate International Women's Day 2025, symbolising unity and advocacy for mental health.

Location: Atrium



### Sky Full of Dreams

Vibrant chalk work celebrating teamwork and aspiration at IMH.

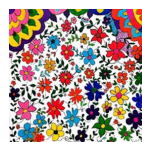
Location: Annex, Level 1



### Hope After Darkness

Desmond Chin's journey from shadow to light, expressing recovery through art.

Location: Annex, Level 1



### Collaborative Works by Patients

Large canvases reflecting transformation, confidence, and community in recovery.

Location: Block 5, Level 1



### Woodbridge Museum

Trace Singapore's mental health journey from the 1800s to modern care models.

Location: Block 1, Level 2

### Photography/Videography:

Visitors may take photos only in non-clinical public spaces, ensuring no one you don't know appears in the frame. Please respect everyone's privacy at all times.

For more information, visit [for.sg/imh-art-trail](https://for.sg/imh-art-trail)