

MEDIA RELEASE

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IMH celebrates 95th anniversary with open house, unveils new community garden

1. The Institute of Mental Health (IMH) hosted an open house on May 20, Saturday, as part of its 95th anniversary celebrations.
2. Themed “Good Mental Health for All”, the event underscored its commitment to promoting preventive care and improving understanding of mental health issues.
3. At the event, guest-of-honour Ang Mo Kio GRC adviser, Ms Ng Ling Ling opened a new community garden to kick-start an initiative where patients and volunteers come together to form connections and learn horticulture skills.

A Learning Carnival for All

4. From 9am till 3pm, the open house welcomed some 1,000 visitors. The public attended workshops, talks by IMH clinicians, heard personal stories of recovery, and took guided tours around the campus.

Visitors also learnt about support and resources available at booths run by community partners, picked up unique finds at the car boot bazaar, and enjoyed refreshments at the food trucks.

5. Chief Executive Officer of IMH, Associate Professor Daniel Fung shared: “For nearly a century, IMH has been providing care and rehabilitation to people with mental health conditions. Today, we do not just focus on treating the illness. We want to prevent mental illness as much as possible. We still have a long way to go when it comes to mental health literacy. It is not just about knowing symptoms but being able to recognise them and knowing how and where to get help.”
6. “Through such initiatives, we hope to bring people together to start conversations about mental health and wellness, reduce stigma, and improve resilience,” he added.

A Garden to Nurture Mental Wellness

7. Another highlight of the day was the unveiling of a new community garden, named Mindful Meadows. A collaboration between IMH and Jalan Kayu constituency, the garden will build a bridge between patients and the community to come together to learn from each other and promote gardening as a way of nurturing mental wellness.

8. Volunteers will team up with patients to perform the whole gardening process from sowing to harvesting. The greens will include common vegetables such as chillies, cucumbers, tomatoes, as well as ornamental plants. Besides gardening, there will also be landscaping art activities such as rock painting and leaf pressing. Residents and those interested are welcome to find out more about how they can volunteer with IMH for this meaningful initiative. For more information, they can visit www.imh.com.sg

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About the Institute of Mental Health (IMH)

The Institute of Mental Health (IMH), a member of the National Healthcare Group, is the only tertiary psychiatric care institution in Singapore. Located on the sprawling 23-hectare campus of Buangkok Green Medical Park in the north-eastern part of Singapore, IMH offers a multidisciplinary and comprehensive range of psychiatric, rehabilitative and therapy services in hospital-based and community-based settings. The 2,000-bedded hospital aims to meet the needs of three groups of patients – children and adolescents (aged below 19 years), adults and the elderly. Besides providing clinical services, IMH dedicates resources to carry out mental health promotion and raise mental health literacy. IMH also leads in mental health research and training the next generation of mental health professionals in Singapore. For more information, please visit <https://www.imh.com.sg>.

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