

## MEDIA RELEASE

Date of Issue: 24 January 2026

### **IMH celebrates Occupational Therapy Day 2026 with a Wellness Fiesta**

1. The Institute of Mental Health (IMH) hosted a wellness fiesta at the hospital campus today in celebration of Occupational Therapy Day 2026. The event featured an art exhibition, as well as wellness talks, hands-on workshops and interactive stations.
2. With PAP Mental Health Group as a collaboration partner, the event gave members of the public an opportunity to explore mental wellness through the lens of occupational therapy. The activities at the fiesta aimed to educate participants on how wellness can be achieved with purposeful activities as well as allowed them to interact with the occupational therapists (OT) at IMH.
3. Guest of honour Mr Eric Chua, Advisor, PAP Mental Health Group and Senior Parliamentary Secretary, Ministry of Law & Ministry of Social and Family Development officiated the opening of IMH Wellness Fiesta through a symbolic gesture: Painting a flower from a claywork canvas that was created by IMH clients in recovery who undergo occupational therapy programmes. The canvas featuring flower motifs symbolised hope, renewal and recovery.

### **A Wellness Fiesta for All**

4. From 9am till 3pm, the public attended wellness workshops, art exhibition featuring artwork creations of IMH patients and staff, interactive stations showcasing good sleep hygiene habits, creative journaling. There were also talks by IMH OTs on active leisure for children, coping with role changes and aging well, as well as a guide to wellness.
5. Visitors also learnt about support and resources available at booths run by community partners and gained insights and tips from our OTs to enhance their wellness journey.
6. Ms Clare Ang, Principal Occupational Therapist, and Head of Occupational Therapy Department, IMH shared: "Occupational therapists play a vital role in our patients' recovery, helping them regain independence, rediscover purpose and reclaim quality of life through meaningful engagement in daily activities. As we celebrate IMH Occupational Therapy Day through the Wellness Fiesta, we invite the community to experience and learn about the insights and strategies that everyone can benefit from, as wellness is personal, practical and part of everyday life."
7. She added: "The principles that guide occupational therapy in clinical care are equally transformative when applied to everyday wellness. By bringing these insights to the public, we hope to inspire Singaporeans to take proactive steps towards mental wellbeing across all domains of their lives – from work and relationships to leisure and self-care. Mental health is not merely the absence of illness; it is the

presence of purpose, connection, and the capacity to engage meaningfully with the world around us.”

8. Mr Eric Chua, Advisor, PAP Mental Health Group, and Senior Parliamentary Secretary, Ministry of Law & Ministry of Social and Family Development said: “A strong society is one where people feel supported, that their voices are heard, and that they can ask for help without fear or stigma. As we celebrate Occupational Therapy Day at the Wellness Fiesta, we go beyond simply learning about wellness to experiencing it in practical and meaningful ways. After all, wellness can be a proactive and intentional endeavour, tailored to every individual but supported by each other. The collaboration between IMH and the PAP Mental Health Group helps create initiatives like this that bring support directly to the community. Beyond equipping our community with practical knowledge to nurture mental wellbeing for the long term, we are also normalising mental wellness conversations, strengthening resilience, and encouraging early help-seeking.”

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**About the Institute of Mental Health (IMH)**

The Institute of Mental Health (IMH), a member of NHG Health, 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 [www.imh.com.sg](http://www.imh.com.sg)

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