



health

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

EKUHLINGENI PSYCHIATRIC HOSPITAL

EKUHLINGENI

NEWS

STAY INFORMED

October 2016

## DIGNITY IN MENTAL HEALTH

The World Federation for Mental Health Theme for 2016 is:

**"Dignity in Mental Health- Psychological and Mental Health First Aid for all"**

In commemoration of World Mental Health Day 2016 (10 October 2016), the Physiotherapy, Dietetics and Occupational Therapy Departments embarked on a collaborative initiative to create awareness of mental health.

The events of the day included an **"Awareness Walk"**, where Mental Health Care Users (MHCUs) were taken on a walk in the community with posters highlighting Mental Health First Aid. This was followed by a **Sports Day** and as part of **Nutrition week**; the Dietician baked a delicious treat for MHCUs using Lentils.

This collaborative approach aimed to:

- Highlight the importance of healthy living in those living with mental illness.
- Make the community aware of **Mental Health First Aid**, which equips them with information on how to deal with individuals with mental health, be it in an acute phase or chronic phase.

**stand up against stigma**

No Health without  
Mental Health

Mental Health Awareness Walk  
[READ MORE ON PAGE 1](#)

Sports Day 2016  
[READ MORE ON PAGE 4-6](#)

FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

## MENTAL HEALTH AWARENESS WALK



MALE MHCU'S READY FOR THE WALK WITH THEIR CAPS AND WATER BOTTLES



FEMALE MHCU'S READY FOR THE WALK WITH THEIR CAPS AND WATER BOTTLES





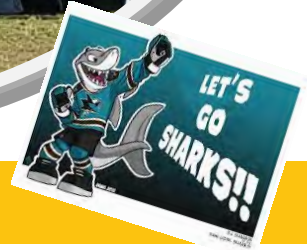
**MRS CHINNIAH (ACTING CEO) EKHLENGENI PSYCHIATRIC HOSPITAL**



**STAFF AND MHCUS CREATING AWARENESS IN THE COMMUNITY**



## SPORTS DAY 2016



"THE SHARK TANK" .....MEET TEAM SHARKS



.....TEAM EAGLES





EPH LIONS



100m Sprint (Male MHCUs)





*Above: Mrs. L. Mkhize (Deputy Director Mental Health Services) awarding MHCUs*



*Mr. Linda Gumede: Member from the eThekweni Municipality*

**THANK YOU!**  
for joining us!

# TEAM WORK!!!



**Back—From Left to Right:** Jerusha Ellappa, Nerena Ramith (Occupational Therapist), Mondli and Chantal (Final Year OT Students, UKZN)

**Front—From Left to Right:** Marilyn Hooblaul (Physiotherapist), Uvira and Michaela (Final Year OT Students, UKZN)



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FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE