



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

Ekuhlengeni Psychiatric Hospital, Physiotherapy Department: Move for Mental Health

Ekuhlengeni's Physiotherapy Department celebrated World Mental Health Day on October 10, 2024, with a patient dance event that promoted the initiative "Move for Mental Health." Mental Health Care Users, regardless of their cognitive and physical abilities, thoroughly enjoyed the occasion. Both patients and staff members greatly appreciated the celebration. The patients were awarded sweet treats, and there was even a crown for dance king and queen for the best dancers at the event. Staff were encouraged to dress up in their best 80's neon themed outfits.



The use of musical stimulation can be a powerful tool to encourage physical activity among mental health care users who have lower physical and cognitive function due to psychiatric disorders. Music can enhance mood, reduce anxiety, and increase motivation, making it easier for individuals to engage in physical activities.



World Mental Health Day, 10 October

Ekuhlengeni Psychiatric Hospital, Physiotherapy Department