Project title: Mental Health Sport

Member (country)
DAI - Denmark

Responsable
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Year of execution
1996 - 2011

MAIN ACTIVITY
Describe topic:

Physical/sporting activities for people with mental illness

TARGET GROUP
Description: for whom?

People with mental illness

COMMUNICATION
How was it communicated

Municipalities and settlements for people with mental illness

WHAT

BACKGROUND & AIM

There is a large body of evidence showing that physical/sporting activities are of benefit to people with mental illness on many levels. Apart from physical health benefits participants find that their mental health can improve, there confidence grows, and they see more places and meet more people.

DESCRIPTION

Establishment of sports clubs for people with mental illness with mental ill people and employers in the board. Open competitions, sports meetings, education of instructors and co-ordinators.

WHEN, WHERE AND HOW

TIMING & LENGHT

Since 1996

PLACE

In 2011 we have 40 sports clubs and activities in 50 municipalities out of 96

LEVEL

Level of the project: National

RESOURCES

Facilities, Equipment, people involved: Sports halls, sports fields, the nature, settlements, employers in the sector, volunteers, advisers.

COST & RESULTS

APPROXIMATE COSTS

RESULTS

More sports clubs and members of an audience who normally do not participate in sports associations/ clubs. A great acceptance of the “official Denmark” for taking this big challenge.

SUGGESTED IMPROVEMENTS IN CASE OF DUPLICATION