**Project title: Mental Health Sport**

### 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, their 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 & LENGTH

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

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**Member (country)**

DAI - Denmark

**Responsible**

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**Year of execution**

1996 - 2011

**Describe topic:**

Physical/sporting activities for people with mental illness

**Description: for whom?**

People with mental illness

**How was it communicated?**

Municipalities and settlements for people with mental illness