



# NATURE AND HEALTH RESOURCES

## Overviews

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# NECR204 A review of Nature based interventions for Mental Health Care

Natural England Commissioned Report no 204, 2016

Explores the evidence base for Social and Therapeutic Horticulture, Care Farming and Conservation Volunteering; outlines issues of language and terminology, in order to streamline communications with health and social care commissioners, distinguishes between green care as specialist intervention and connecting with nature for mental health promotion, and proposes 9 actions

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## Factsheets

Natural England, 2016

A series of factsheets on the role of connection to nature, and the role of nature in mental health, physical activity, physiological health obesity and learning.

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## Evidence Statement on the links between natural environments and human health

Defra and University of Exeter, 2017

A broad overview of evidence on the links between natural environments and human health.

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## An independent report into the Direct and indirect contribution of wildlife trusts to the health and wellbeing of local people

The Wildlife Trusts and University of Essex, 2015

A broad overview of evidence on the links between natural environments and human health.

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## A literature review on Wellbeing benefits from Natural environments rich in Wildlife

The Wildlife Trusts and University of Essex, 2015

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## 'What Works' briefing on natural environment based health interventions v.3

Defra contract 23820, 2018

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## Noticing Nature

University of Derby, 2020

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## Introduction to the research on: the impact and effectiveness of meaningful activity for people with mental health problems

National Development Team, 2017

This paper provides a review of research on the impact and effectiveness of meaningful activity for people with mental health problems.

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## Nature and mental health

Mind, 2018

This resource explains the mental health benefits of nature and gives tips and ideas to try. It also provides information on formal ecotherapy programmes, and where to find out more.

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## Nature for Health and Equity

SCIE Social Care Online, 2017

This resource explains the mental health benefits of nature and gives tips and ideas to try. It also provides information on formal ecotherapy programmes, and where to find out more.

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## Good practice in social prescribing for mental health: the role of nature-based interventions (NECR228)

Natural England, 2017

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## The effect of nature exposure on the mental health of patients: a systematic review

Quality of life research : an international journal of quality of life aspects of treatment, care and rehabilitation, 2019

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## The green agenda for mental health

MIND, 2007

MIND have been active in calls for a new green agenda for mental health, following growing evidence in support of an accessible, cost-effective and natural addition to existing treatment options - ecotherapy.

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