NATURE AND HEALTH RESOURCES

Overviews

Dr Alan Kellas, Sustainability Committee
Royal College of Psychiatrists
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

Full Text

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.

Full Text

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.

Full Text

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.

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

The Wildlife Trusts and University of Essex, 2015

Full Text

‘What Works’ briefing on natural environment based health interventions v.3

Defra contract 23820, 2018

Full Text

Noticing Nature

University of Derby, 2020

Full Text

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.

Full Text

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.

Full Text
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.

Full Text

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

Natural England, 2017
Full Text

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
Full Text

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.

Full Text