

Local options for nature-based mental health care

The following are mainly national links, with some local links for mental health teams wanting to find out about local projects

Green Health Settings, Green Exercise, Green and Blue Gym

- Walking for health – <http://www.walkingforhealth.org.uk>
- NHS Forest: www.nhsforest.org
- Green Gym: www.tcv.org.uk/greengym; <http://www.greenexercise.org>
- Blue/Marine based health care: www.seasanctuary.org.uk
- Bristol: <http://allaboardwatersports.co.uk>
- Local links: www.avonwildlifetrust.org.uk/wellbeingthroughnature; <http://forestofavontrust.org>

Growing and Horticulture Therapy

- City farms: www.farmgarden.org.uk
- The Garden Project – <http://www.gardenproject.org/thegardenproject.htm>
- Horticultural Therapy Trust <http://horticultural-therapy-trust.org>
- Association of Social and Therapeutic Horticulture: <http://asthp.org.uk>;
- Thrive : www.thrive.org.uk Trellis: www.trellisscotland.org.uk
- National Centre promoting gardening's therapeutic benefits :<http://www.breathingspaces.co>
- Example: <https://growingwell.co.uk/>
- Bristol examples: www.feedbristol.org.uk; <http://www.trinitycommunitygarden.co.uk>
- Local links: www.thecommunityfarm.co.uk; <http://ediblebristol.org.uk>; <http://growing-support.co.uk>

Animal- assisted therapy and Care Farming:

- <http://www.carefarminguk.org/>
- Pets as Therapy – www.petsastherapy.org; Zoo Lab: <http://www.zoolabuk.com>
- Equine assisted therapy –eg Country Connections: www.circlesnetwork.org.uk
- Riding for the disabled - <http://www.rda.org.uk>
- Hounds for Heroes: <http://houndsforheroes.com>
- Bristol: <http://www.elmtreefarm.org>; <http://www.lwfarm.org.uk> ; <http://www.horseworld.org.uk>
- <http://www.follyfarm.org>; Small strides;
- <https://www.incredibleeggs.co.uk>

Conservation Volunteering

- Volunteering eg www.avonwildlifetrust.org.uk; www.nationaltrust.org.uk;
- <http://forestofavontrust.org>

Wilderness and Outward Bound:

- Princes Trust: www.princes-trust.org.uk
- John Muir Trust: www.jmt.org
- Outward Bound – <http://www.outwardbound.org/>
- Bristol links: Imayla: www.imayla.com;

Nature based psychotherapy: theory and practice:

- Ecopsychology: <http://www.ecopsychology.org.uk/>
- Taking therapy outdoors: Martin Jordan: www.ecotherapy.org.uk;
- Nature Assisted therapy: Ronen Berger; www.naturetherapy.org
- Local practitioners : <https://www.kamalamani.co.uk>

Activism (Social as well as environmental):

- Being involved – local community politics: eg www.transitionnetwork.org
- Work that Reconnects: Joanna Macy & The Great Turning – <http://www.ioannamacy.net/>
- Chris Johnstone: Psychology of Resilience: www.chrisjohnstone.info