



ARTIME


Jo Woodhams

**Supporting mental
health through
nature connection**



**CRISIS
HEAD**

- In 2014, 1 in 6 people aged 16+ experienced symptoms of a common mental health problem
- In 2023, one in five (20%) children aged 8 to 16 had a probable mental disorder
- 2023 was the hottest year on record
- 69% decline in wildlife populations around the world between 1970 and 2018.



“People with high nature
connectedness are 1.7 times more
likely to report that their lives are
more worthwhile than those with
low nature connectedness”

(Natural England, 2020)

Nature Connectedness

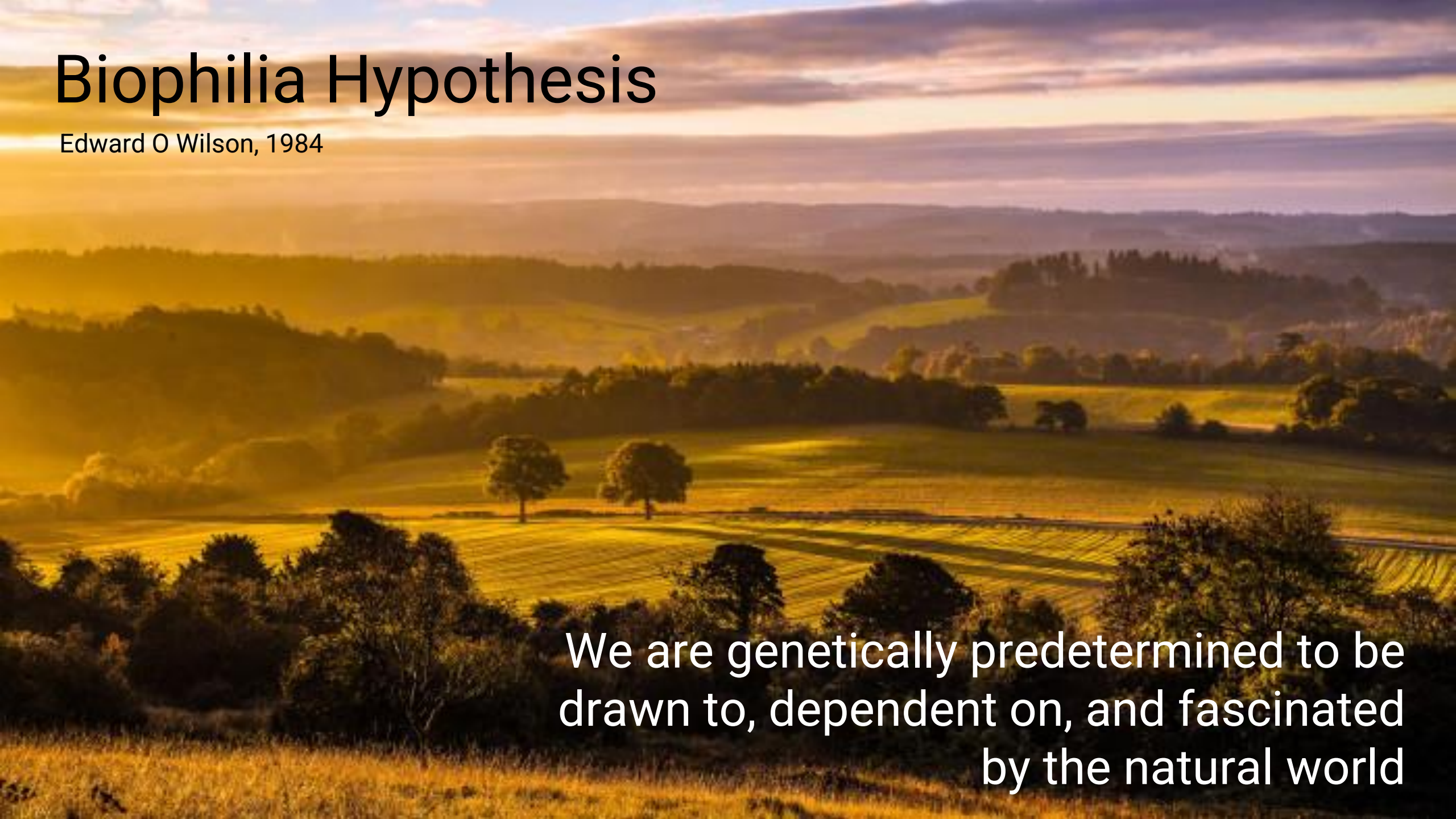
Favourite places

- Where is it?
- What's it like?
- When did you last go there?
- What do you like about it?
- How does it make you feel?



Biophilia Hypothesis

Edward O Wilson, 1984



We are genetically predetermined to be drawn to, dependent on, and fascinated by the natural world



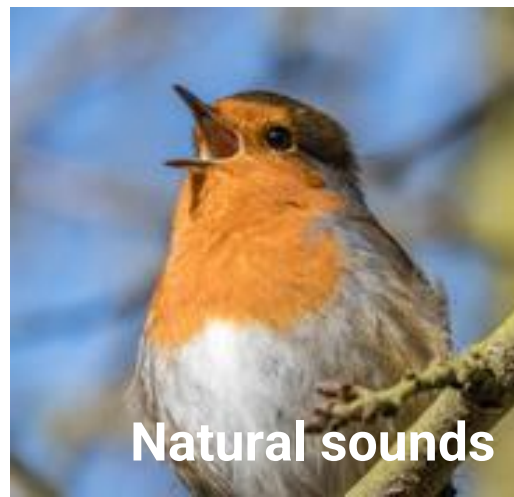
Phytoncides



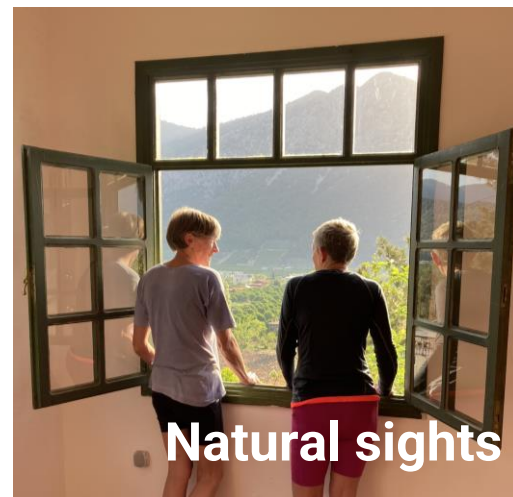
Environmental biodiversity



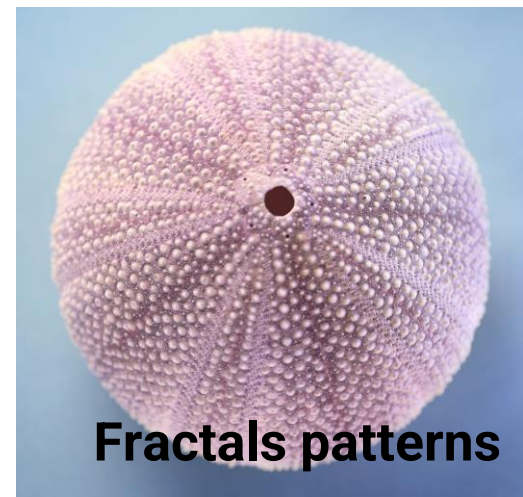
Soil Bacteria



Natural sounds



Natural sights



Fractals patterns

2. Be active



If physical activity were a drug, we would refer to it as a miracle cure, due to the great many illnesses it can prevent and help treat

(UK Chief Medical Officer 2019)

3. Be still

5 Good Things



5-4-3-2-1

Grounding Technique

Deep breath to start

5 things you can see

4 things you can hear

3 things you can feel

2 things you can smell

1 thing you can taste

Deep breath to finish



4. Be creative



journaling poetry sewing
story writing
colour matching sculpture collage
doodling photography
mosaic cross stitch drawing
flower pressing pottery
cooking song writing knitting
bark rubbing
jewellery making
painting whittling

5. Find your tribe



Getting Help

- [NHS Talking Therapies](#) – self-referral
- [NHS Surrey and Borders Partnership](#)
 - [24hr Crisis MH Helpline](#) 0800 915 4644
 - [Safe Havens](#) (safe alternative to A&E)
- [Surrey Recovery College](#)
- Community Connections
 - [Catalyst](#) (Guildford & Waverley, Northwest Surrey, Surrey Heath)
 - [Mary Frances Trust](#) (Surrey Downs)
 - [Richmond Fellowship](#) (East Surrey)
- [Oakleaf](#)
- [Mindworks](#) (children and young people)

Minority Ethnic Communities

[Surrey Minority Ethnic Forum](#)

Resources for [Minority Ethnic Communities](#)

[Ethnically Diverse Environment Network](#)

Healthy Surrey / Self Care

- [Self Help](#)
- [Five Ways to Wellbeing](#)
- [Nature Connectedness for Wellbeing](#)
- [Green activities in Surrey](#)
- [Surrey's Countryside](#)
- [Surrey Wildlife Trust](#)
- [Surrey Hills National Landscape](#)

Helplines

 **Switchboard**
LGBT+ helpline

 **PAPYRUS**
PREVENTION OF YOUNG SUICIDE

**CAMPAIGN
AGAINST
LIVING
MISERABLY**

 mind

SAMARITANS

Tech

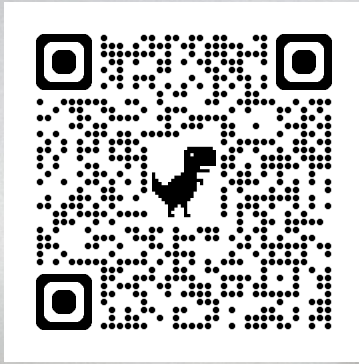
Hub of Hope 

GRASSROOTS
STAY
ALIVE
SUICIDE PREVENTION

shout
85258



Community
Interest
Company



We partner with nature to address health inequalities through equitable, evidence-based support for mental health and wellbeing

- wellbeing programmes
- wellbeing workshops
- environmental education
 - nature art and craft
 - physical activity
- conservation volunteering

www.air-time.org.uk



Nature-Based Wellbeing Interventions



Workplace Wellbeing



Mental Health Training



Group Reflective Supervision