




Finding a natural solution to the teenage mental health crisis

An evidential review of the role of nature and the environment on mental health

The Green Hub Project for Teens

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Mental health in young people

- 1 in 8 have diagnosable mental health disorder
- 1 in 6 (16-24) show symptoms such as depression or anxiety
- 50% mental health problems manifest by age 14
- And 75% by age 24

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From the BMJ, 2021...

Mental health of children and young people during pandemic

“The mental health of the UK’s children and young people was deteriorating before the pandemic, while health, educational, and social outcomes for children with mental health conditions are worse than for previous cohorts.”



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From the BMJ, 2021...

Mental health of children and young people during pandemic

“The evolving consequences of the pandemic are set against longstanding concerns about deteriorating mental health among children and young people, and the inadequacy of service provision.”



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The Green Hub offers a simple alternative approach, based in nature





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The Green Hub Project for Teens ... a natural approach



A three pronged approach for maximum inclusivity...

- Website & online resources
- Teen life-skills workshops
- The Green Hub Teen Garden



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www.greenhub.org.uk

Must have Mobile Apps for teenage anxiety...

By Melissa Tomlins | February 19th, 2021

Including apps recommended by NHS Surrey and Borders Partnership

Mobile apps are a great way to get teenagers to work on their issues in an accessible way – and there is an amazing selection on offer dealing with every aspect of anxiety and stress.

Here is a selection that we have found that we think you'll find super valuable – we've given websites where we think it's relevant – just click on the images.

Calm Harm

Helps deter you from the urge to self-harm. Helps to comfort and distract you, expel yourself, release tension and provides breathing exercises.

Happier

Inspiring quotes, meditations, gratitude journals to help you resist negativity and become more resilient.

Daylio

Mood tracking app helping you to better understand your thoughts and feelings and collect your thoughts.

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Recommended books for teens and parents

By Mirella Wildeman | June 18th, 2021

There are many self-help books on the market, here are a few that are recommended by our team...

The Anxiety Survival Guide



Co-written with psychologists and a college student who has experienced anxiety herself, this is a readable and straightforward guide to managing worry in emerging adulthood. As well as providing tried-and-tested advice and exercises that are proven to reduce feelings of anxiety, it includes recovery stories from people who have managed their symptoms successfully.

[Buy it on Amazon here:](#)



Photo by Jonas Jacobson on Unsplash

Looking After your Mental Health

We talk about our physical health – but not so much about how we're feeling. With lots of practical advice, this lively, accessible guide explains why we have emotions, and what can influence them. Covering everything from friendships, social media and bullying to divorce, depression and eating disorders, this is an essential book for young people.

[Buy it on Amazon here:](#)



Teenage Depression: A CBT Guide for Parents; Help your Child Beat their Low



Depression is one of the most common mental health problems and is estimated to affect around 15% of people at some point during their life. For many people, depression is a life-long disorder which starts during the teenage years – around 10% of teenagers are estimated to have an episode of depression and many more experience persistent low mood. This accessible companion book to 'I'm Depressed and What Can I do About It?' follows essentially the same structure and makes use of the same case studies but looks at the issues from the parent's point of view.



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Helping teens with anxiety

By Melissa Tomlins | February 19th, 2021

If you or your teen is struggling with anxiety and you would like advice or help, the following websites provide a wealth of helpful information and support. Some also offer 1-2-1 chat or counselling for young people, their parents, carers and families.

If your teen may be in a crisis, see our separate information for more specific advice.

it include 1-2-1 support



Photo by Jessa Rodriguez on Unsplash

1 Family Health Surrey: This is a 24/7 text messaging service for anyone in school looking for confidential advice on issues such as bullying, emotional health, health as well as illnesses.

1-2-1 support from Monday to Friday (excluding bank holidays) at 1-2-1@surrey.nhs.uk/ChatHealth

1-2-1 support for children and young people where you can talk about anything through the call. The call will not show up on the phone bill. There is also information and support available on the phone.

1-2-1 support from 9am-3:30pm, chat with a counsellor from 9am-10:30pm, 1-2-1@get-support-h-2-1-counsellor-chat.uk using a Chatline account any time. Replies are usually within a day; 1-2-1 support enables those who are deaf or hard of hearing, to contact a counsellor through the call.



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Workshops for teens ... and for parents



Empowering teens & supporting parents.

Emotional resilience

Food and mood

Study strategies

Emotional intelligence

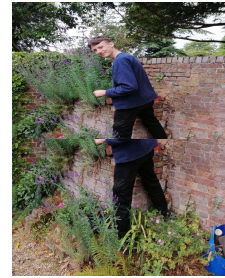
Neurology & physiology mood & well being.



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The 'jewel' in
our crown>>>

The Green Hub Teen Garden... ... in Milford



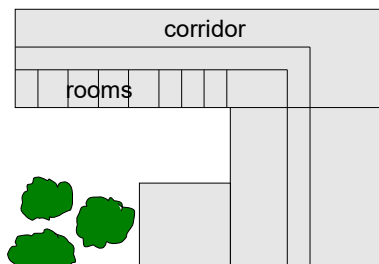
- Teens volunteer for 12 weeks
- In groups up to 8 (13-18s)
- Supported by two adult volunteers
- Off grid and offline



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Where it all began ...

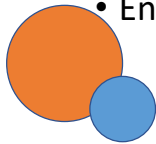
- Ulrich (1984)
 - Hospital records 1972-1981
 - Patients recovering from gall bladder surgery
 - 23 rooms with view of trees
 - 23 rooms with view of brick wall
- View of trees
 - Shorter post-op stay
 - Fewer negative notes by nurses
 - Less pain relief



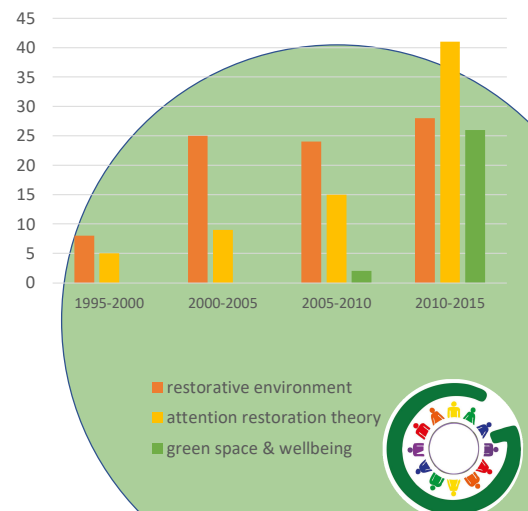
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The evidence...

- Increasing evidence of wellbeing benefits of nature from key studies - 1995 to present day
- Types of research:
 - Living near nature
 - Looking at nature
 - Being active in nature
 - Engaging with nature



Papers published in Environmental Psychology



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Stress and wellbeing

Living near nature...

- **Kaplan (2001)** Wellbeing higher for people who can see nature from their window
- **Wells & Evans (2003)** Children who have nearby nature cope better with stressful life events
- **De Vries et al (2003)** Those who have more nature within 1-3 km better general and mental health, fewer health complaints



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Stress and wellbeing

Short exposure...

- **Ulrich (1991)** Stress recovery after scary movie was faster and more complete after watching video of natural vs. urban environment
- **Ulrich (2003)** Blood donors had lower blood pressure when waiting in room with nature scenes
- **Parson et al. (1989) and Cackowski and Nasar (2003)** Driving through a green environment is less stressful

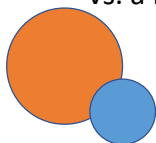


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Cognitive functioning ...

Short exposure

- **Berto (2005)** Sustained attention improvement after natural scenes (not built/shapes)
- **Nieuwenhuis et al. (2014)** productivity higher in offices with plants
- **Shibata (2002)** plants improved performance on (creative) task more than the sorting task
- **Hartig (2003)** stress and attention restored more quickly in a room with a natural view vs. a room with no window



Medium exposure

- **Atchley et al (2012)** 4 days of immersion in nature improved performance on creativity task
- **Hartig (1991)** 4-7 day wilderness holiday improved proofreading task and mood (more than city break or staying at home)

Living near nature

- **Wells (2000)** cognitive functioning of low-income children better after move to green area



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Children & teenagers

- **Tillman et al (2018)** Review of 35 studies that examined relationship between nature engagement and mental health of children and young people
- Significant positive findings on the benefits of nature for all mental health outcomes
- Strongest evidence: ADD/ ADHD, overall mental health, stress, resilience and Health related quality of life.



Tillmann, S., Tobin, D., Avison, W., & Gilliland, J. (2018). Mental health benefits of interactions with nature in children and teenagers: A systematic review. *J Epidemiol Community Health*, 72(10), 958-966.

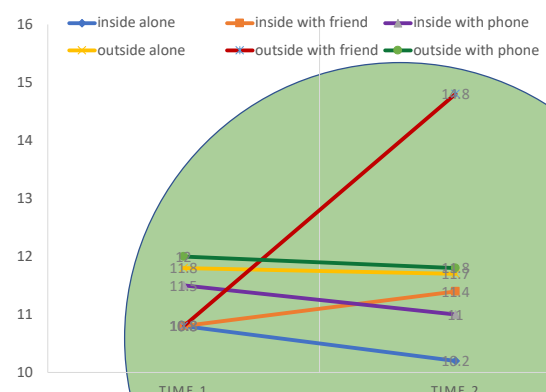
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School courtyard study

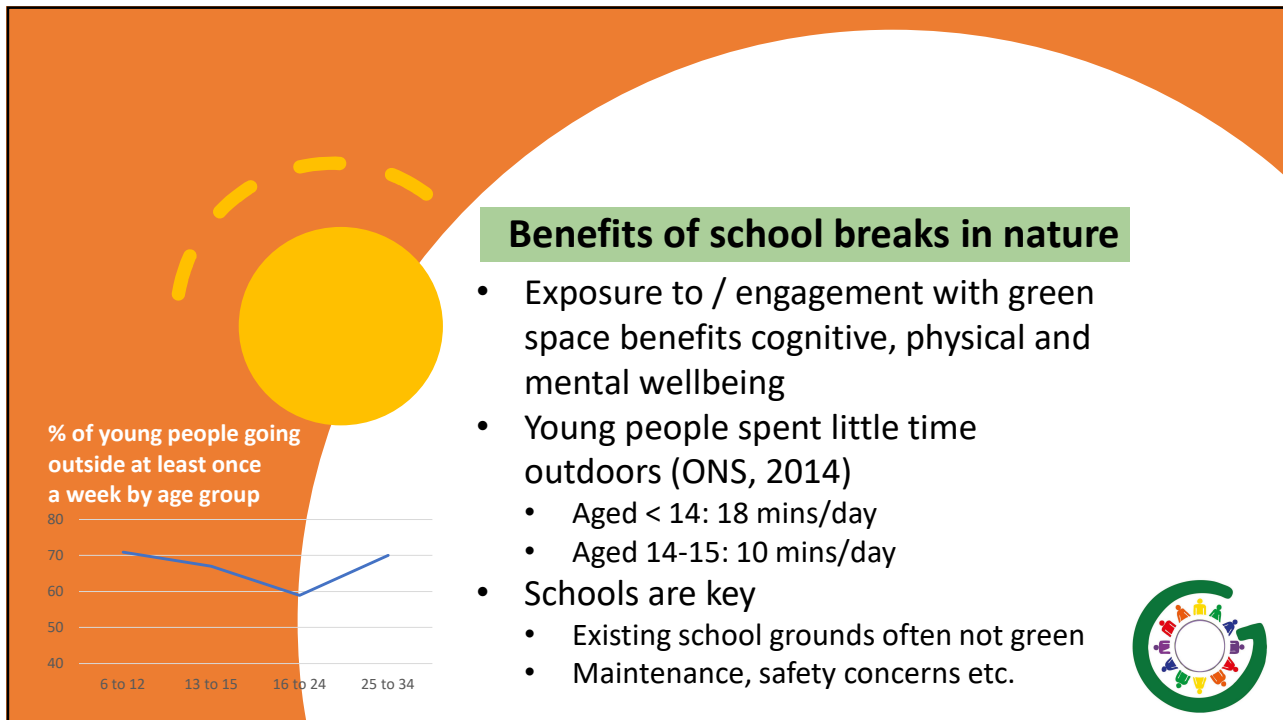
Greenwood & Gatersleben (2014)

- 120 teenagers completed stressor tasks and then spent 25 minutes in school room or garden alone, with a phone or with a friend
- Positive mood increased most outdoors with a friend

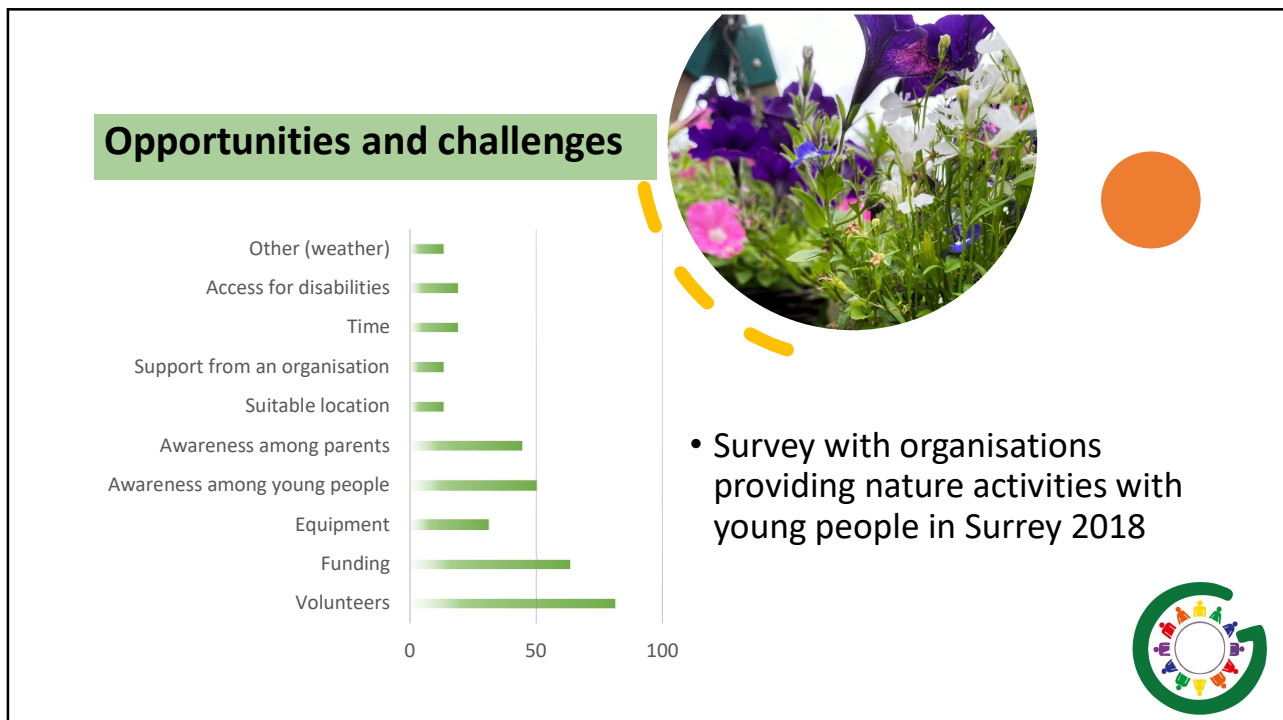
POSITIVE AFFECT BEFORE AND AFTER REST PERIOD



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Key issues cited ...

“The young people - build up their confidence and overcome perceived barriers”

“Lots of young people are unfamiliar with the outdoors, so it is unknown, and seems scary”

“Extra staffing and training”

“Lots of volunteers who understand the children”

“Safe, supervised locations with facilities”

“Funding is a huge factor”



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Just one example ...

- A 16 year old girl
- Severe social anxiety and stress from pandemic and GCSEs
- Now has the confidence to go to a college further away from home
- Wants to get a job
- Became our teen photographer
- Is now a Teen Mentor for us



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What she says ...

"Working in the garden is one of the best parts of the week – it's such a calming and friendly place to just spend a few hours being in nature and forgetting about worries and stresses."



"The garden is the perfect place to just take a moment and relax."



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What Mum says ...

"My daughter was so anxious to begin with – it took time for her to get the confidence even to get out of the car to the first session."

"By the end, she was so happy she'd joined - she told me that she'd spoken to more new people than she had done for ages."



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What Mum says ...

"As she now knows the benefits of the garden, as a safe, supportive and calm space, she is happy to come back to help Green Hub as a Teen Ambassador and Mentor."

"It has made such a difference to her – I could not have asked for more."



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Fantastic feedback from teens and parents>>

- "When he came home, he seemed at peace, settled, content, happy and relaxed. He now appears to be in a much better place mentally, noted by his peers too. He's calmer and emotionally much more stable."
- "She is now starting to recover from the eating disorder – it's slow progress but she is definitely eating more and has started to put on weight."
- "I wanted to thank you for the wonderful opportunity and let you know that it made a massive difference to my mental health."



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www.greenhub.org.uk

Go to: Contact us
GP & Professional
referral

www.greenhub.org.uk/contact-us/gp-professional-referral



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The screenshot shows the website interface for 'The Green Hub Project for Teens'. The top navigation bar includes social media icons and the email address 'admin@greenhub.org.uk'. The main header reads 'The Green Hub Project for Teens Volunteering - Learning - Connecting'. Below this, a 'Contact us' dropdown menu is visible, listing options: 'Parent referral', 'GP & Professional referral', 'Adult volunteering', and 'Donating'. A large red arrow points to the 'GP & Professional referral' option. In the background, a printed document titled 'Referring a patient, student or client' is visible, featuring a photo of a person and the text 'Do you know a teen who is stressed or anxious?'.

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