

A photograph of a sun-dappled forest floor with tall trees and a path leading through them.

“When we are in harmony with the natural world we can begin to heal. Our nervous system can rest itself, our bodies and minds can go back to how they ought to be. No longer out of kilter with nature, but once again in tune with it, we are refreshed and restored.” - Dr Qing Li, Associate Professor at the Medical School in Tokyo

Dose of Nature for Young People

Our **Dose of Nature Prescription for young people between the ages of 16 and 25** introduces individuals to the mental health benefits of spending time in nature and inspires lifestyle changes that will have significant and long-lasting effects on mental wellbeing.



Who is the programme for?

16 – 25-year-olds across the London Boroughs of Richmond and Kingston who:

- feel low, depressed, or anxious
- feel stuck in negative patterns of behaviour and want to make significant changes to their life
- have suffered trauma in their life
- exhibit symptoms associated with a variety of mental health difficulties including eating disorders, OCD, ADHD, and self-harm
- are isolated, spend a lot of time at home and would benefit from connecting with the outside world.

Programme Summary:

- One-to-one programme including weekly meetings in a natural space with a trained Dose of Nature Guide. During these meetings, the young person will participate in a variety of nature-based exercises and activities that will encourage them to engage all their senses to gain maximum health benefits from their time in nature.
- Young people will be asked to commit to daily nature visits in addition to the weekly meetings, with support from their parent or carer if appropriate.
- In addition to individual support, there will be opportunities to connect to groups and wellbeing workshops. They will include psychoeducation about the benefits to our mental health of spending time in nature, and creative activities that inspire connection with the natural world, and which may be used as ongoing tools to manage wellbeing and mental health.

The Benefits of a Dose of Nature Prescription

Minimum waiting lists and high engagement; fun, interesting, optimistic, and forward-looking; encourages the use of nature as a free and accessible resource that will always be there; a one-one intervention but with opportunities to access groups; takes young people away from screens; restores attention; builds resilience, confidence, and self-esteem.

This is a psychological programme, developed, overseen, and supervised by Chartered Psychologists. It includes an individual psychological assessment and mid and end of programme reviews, alongside ongoing training, consultation, and supervision of our Dose of Nature Guides. The programme is overseen by Dr Georgina Gould, Clinical Lead for Children and Young People. Georgina has extensive experience of working with young people including 7 years’ experience within Child and Adolescent Mental Health Services (CAMHS).

Young people who live within the Boroughs of Richmond and Kingston can be referred to our service [via their GP](#). Please contact info@doseofnature.org.uk should you wish to discuss our programme further.