

NHS Greater Glasgow and Clyde Mental Health Improvement Team

Mental Health Week 10th – 16th May 2021: Mental Health and Nature

CONNECT: Connecting to nature has been shown getting outdoors is a great way to connect with new people, whether it's gardening, walking, cycling, walking the dog or just plain old pottering. Relationships and connections are one of the most important aspects of our lives and help foster good mental health.

- **BBC News:** My doctor prescribed rambling for lockdown anxiety read the article [here](#)

BE ACTIVE: Being active just isn't good for our physical health but can have a positive effect on our mental wellbeing. Our team have developed a [Green Spaces of Greater Glasgow and Clyde \(nhs.gov.uk\)](https://nhs.gov.uk/green-spaces-of-greater-glasgow-and-clyde) resource which included information about available green spaces across the 6 Health and Social Care Partnerships.

TAKE NOTICE: Spending time with nature provides a great opportunity to stop and take notice and be aware of the present. Take notice of what's around you, tap into your senses what can you see, hear, smell, taste and feel. Visit [Mindfulness Scotland - Mindfulness Scotland](#)

LEARN

Learning helps enhance our self-esteem and confidence. There are so many learning opportunities that we can tap into outdoors and nature is free!

- [The Scottish Wildlife Trust:](#) Learning Zone has a wide range of fantastic activity ideas and resources to get children engaging with nature.
- [FAMILY CARERS: Nature is Calling: The Wellbeing Benefits of Nature Tickets, Thu 3 Jun 2021 at 10:00 | Eventbrite](#)
- [BBC Two - Springwatch](#)
- [Ramblers Scotland Masterclass - Including BAME communities Tickets, Mon 17 May 2021 at 19:00 | Eventbrite](#)

GIVE: It feels great to give, those who help others are more likely to rate themselves as happy. Visit [About Us | Volunteer Scotland](#) to find out about how you go about giving some of your time to a cause you are passionate about.

Helplines

The Panda's Foundation: Free helpline, **0808 1961 776** open Monday to Sunday 9am – 8pm, to parents and their networks who need support with Perinatal Mental Illness.

PAPYRUS HOPELINE UK: free helpline for children and young people under age 35 who are experiencing thoughts of suicide and for anyone concerned that a young person could be thinking of suicide. **Call 0800 068 41 41** or **Text: 07860039967**. Open weekdays, 9am -10pm, weekends and bank holidays 2pm – 10pm.

Samaritans: 116 123. A free and confidential support to anyone, any age.

NHS Living Life: 0800 328 9655: A free telephone based service for people over the age of 16 feeling low, anxious or stressed. Mon-Fri 1pm -9pm