

Using Scotland's Natural Resources for Mental Health:

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Branching Out

Greenspace and Conservation on Referral





Benefits That Have Been Reported



Cathkin Braes



Carmunnock



Garscadden Woodland



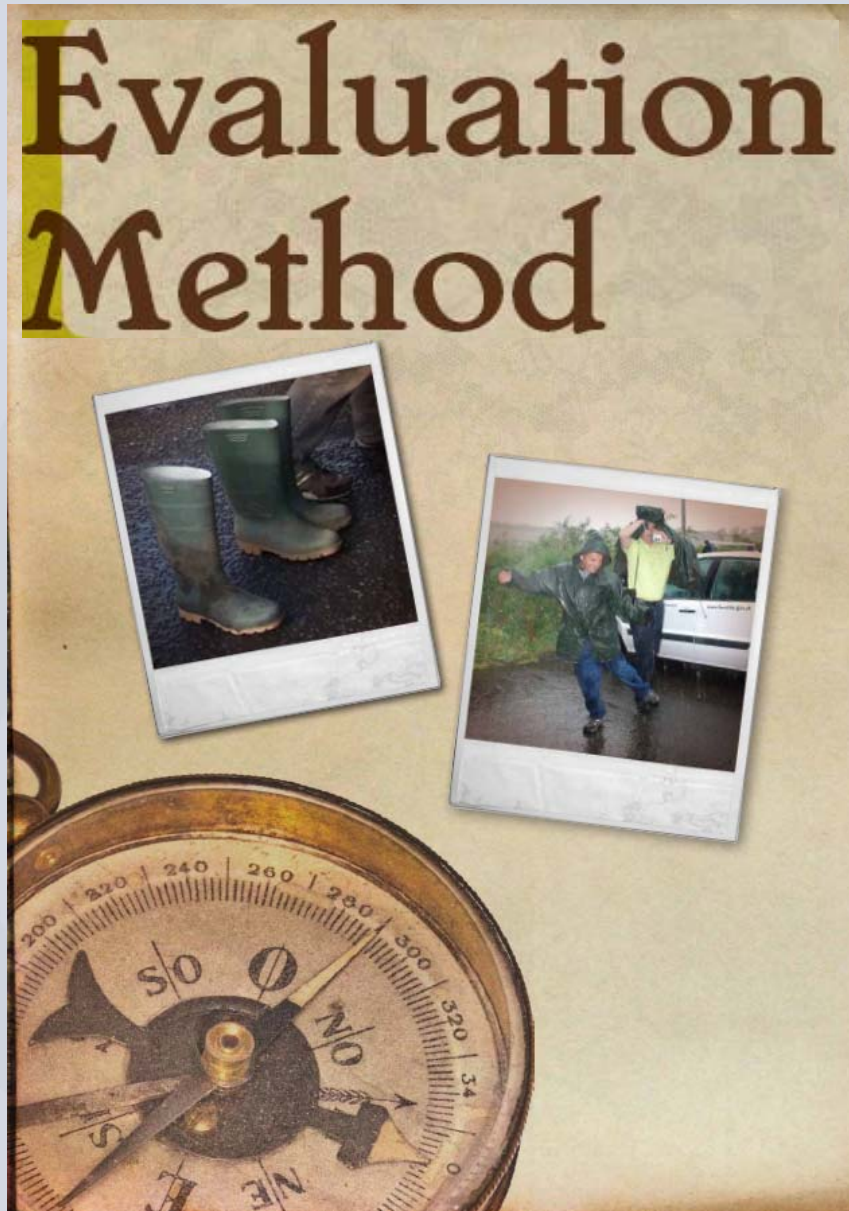
Branching Out Referral Process





- Physical activity
- Bushcraft
- Use of natural materials
- Learning
- Conservation
- Environmental art
- Photography





Results





Celebrating Achievements



- Conservation and greenspace on referral should be offered as an adjunct treatment option for clients who use secondary and tertiary care mental health services