



Notice nature's detail

Actively engage your senses

Take time to reflect

Understand your place in nature

Reconnect with the natural world

Experience a dose of nature every day

Contact Us



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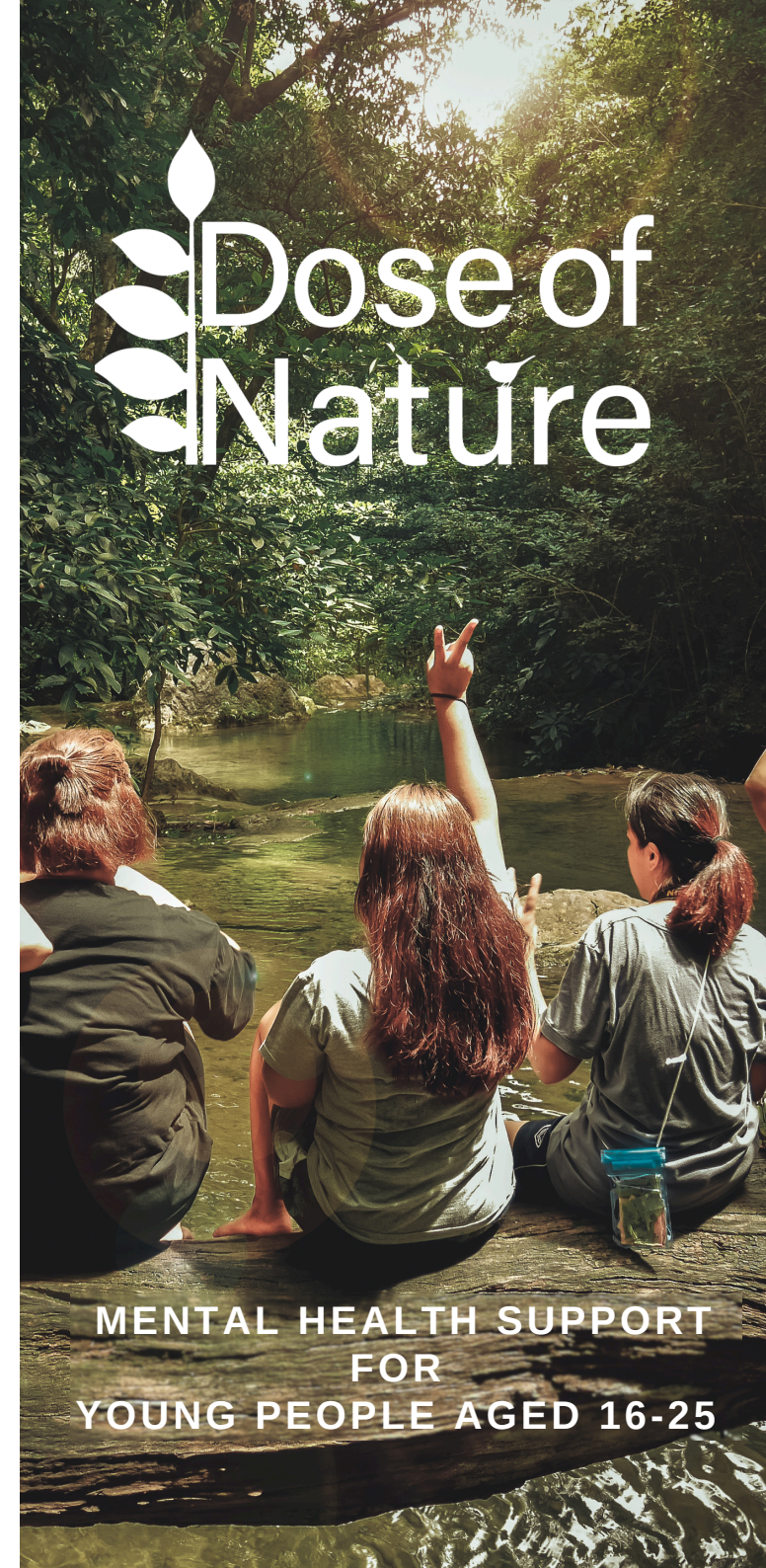


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Dose of Nature

**MENTAL HEALTH SUPPORT
FOR
YOUNG PEOPLE AGED 16-25**

Young Dose of Nature (Ages 16-25)



Our Dose of Nature Prescription introduces young people to the mental health benefits of spending time in nature. It inspires lifestyle changes that create long-lasting effects on mental wellbeing.

Who is the programme for?

Young people aged 16+ 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 positive changes
- experience symptoms associated with trauma, eating disorders, ADHD, OCD and self-harm
- feel alone and would benefit from connecting with the outside world

I could not have imagined a more life-changing experience. I was lost, I felt alone and had no hope for the future, and now I feel like I have my life back thanks to this programme.

Olivia - 21

What is involved?

A free Dose of Nature Prescription including:

- one-to-one weekly meetings in nature with a trained Dose of Nature Guide
- nature-based exercises and activities to engage the senses
- ongoing unlimited access to a range of nature-based groups
- psychoeducation about how nature can improve symptoms of anxiety and boost mood
- creative activities that inspire connection with the natural world

"I have learnt to stare at fractal patterns to calm down...
[doing so] feels like my cares and stresses melt away"

Ella - 16

"I now feel more confident in myself, more able to cope with [stressful] situations, and my anxiety is lower. I realised that I overthink things and now use nature to ground me, and not think as much. I also use [nature] as a break from my work, and I then feel more refreshed and produce better quality work"

Charlotte - 17

Psychological Programme



The programme is developed, overseen, and supervised by Chartered Psychologists. It includes a one-to-one psychological assessment and an end-of-programme review. The Dose of Nature Programme is overseen by **Dr Georgina Gould, Clinical Lead for Children and Young People**. Georgina has extensive professional experience within Child and Adolescent Mental Health Services (CAMHS).

- **Minimum wait times and high engagement**
- **Fun, interesting, positive and forward-looking**
- **Away from screens, restoring attention and focus**
- **Building resilience, confidence, and self-esteem**
- **Nature as a free and accessible resource that will always be there**

"I now feel more self-assured, optimistic and confident. I find that [nature] pulls me out of my head, puts things into perspective, and allows me to sit with silence more. [I am] appreciating my surroundings more"

Louise - 18

