

# YOUNG PEOPLE, MENTAL HEALTH, AND NATURE

---

Groundwork researched young people aged 16 to 24. They found that young people wanted:

- > Long-term policies to tackle challenges
- > Preventative policies that stop issues from happening
- > Policies paid for by the government rather than by businesses
- > Government to speak to communities and people with lived experience



## BACKGROUND

---

- > Young people's mental health is poorer than any other age group in the UK.
- > There are twice as many children waiting to see CAMHS or other child mental health services in the most deprived areas compared to the least deprived.
- > Spending time in nature is good for mental health. People say they feel happier, healthier and more connected to the world when they've spent time outside.

## FOCUS GROUP RESULTS

---

11 members of the Youth Advisory Board took part in focus groups. Young people wanted to have good mental health, but they did not feel it was seen as important as physical health. They wanted good mental health because this would make finding and staying in a job easier.

They wanted more community-based treatment for poor mental health, such as 'green social prescribing'. They also wanted to see changes in workplaces, such as protecting free time and allowing different working patterns.

Young people wanted to spend more time in nature. They felt that their local green and blue spaces:

- > Were poorly looked after
- > Did not have enough staff or police there to keep them safe
- > Were difficult to access
- > Were hard to find as there was not much information available to plan their visit





## SURVEY RESULTS

---

125 people responded to the online survey. Almost 75% of young people spoke to their friends a lot about mental health, but less than two thirds believed they could have good mental health for a long time.

Nearly every person felt that spending time in nature benefits their mental health. This was because being outdoors was calming, made them feel happier, or more connected to the world.

Many found that they did not go to outside spaces because of different challenges. Some of these challenges were:

- > Not having the time to go outdoors
- > Not being able to use public transport
- > Being too far away
- > The outdoor space not being very good quality

