



The elephant in the garden.....and why you should stop and smell the roses

Mental health and suicide prevention in a forest garden

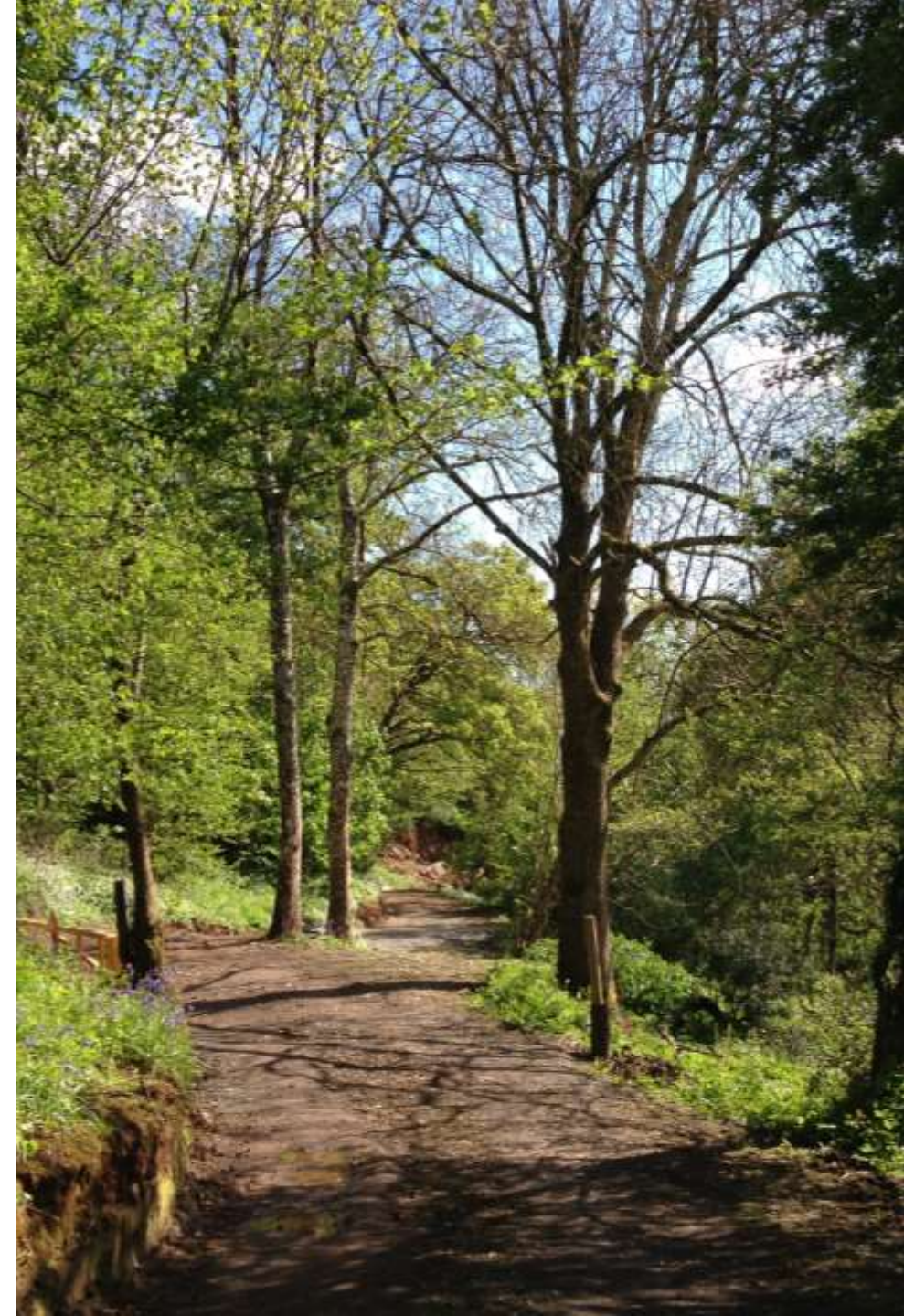
Plant medicine






Supporting Research

- Spending at least 120 minutes in nature is associated with good health and wellbeing: Matthew White et al University of Exeter June 2019
- Gardening on a psychiatric inpatient unit: Cultivating recovery Pieters HC, Ayala L, Schneider A, Wicks N, Levine-Dickman A, Clinton S. Arch Psychiatr Nurs. 2019
- Noticing Nature: Holli-Anne Passmore University of British Columbia 2017
- A review of nature-based interventions for mental health care Natural England (University of Essex and Mind) Feb 2016



A photograph of a forest floor with several green, blade-like plants growing from the ground. The ground is covered with brown, decaying leaves and twigs. A semi-transparent circular overlay is positioned on the left side of the image, containing a quote. The quote is in a bold, black, sans-serif font. A short horizontal line is placed above the quote, centered within the circle.

“The difference in participants’ well-being—their happiness, sense of elevation, and their level of connectedness to other people, not just nature—was significantly higher than participants in the group noticing how human-built objects made them feel and the control group.”





TALK – “its an elephant!”

- **Be alert**
- **Ask about suicide**
- **Listen**
- **Don't disagree or try to fix it – avoid offering solutions**
- **Find help – for both of you**
- **Remind yourselves of self care commitments and get out in nature!**

Suicide thoughts don't have to become behaviours
.....**find help and support**

UK

<https://www.nspa.org.uk/>

www.prevent-suicide.org.uk

Worldwide

https://en.wikipedia.org/wiki/List_of_suicide_crisis_lines

<https://www.therapyroute.com/article/helplines-suicide-hotlines-and-crisis-lines-from-around-the-world>

Self care commitment

- Make it easy to do and be kind to yourself
- Something that supports you to be well, nourishes
- Can be **big** or little
- Pay attention
- Write it down

Eg: walk, run, swim, drink water, eat nutritious food, breathe, stretch, get creative, plant seeds, watch a film, visit with friends, spend time with animals/pets



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