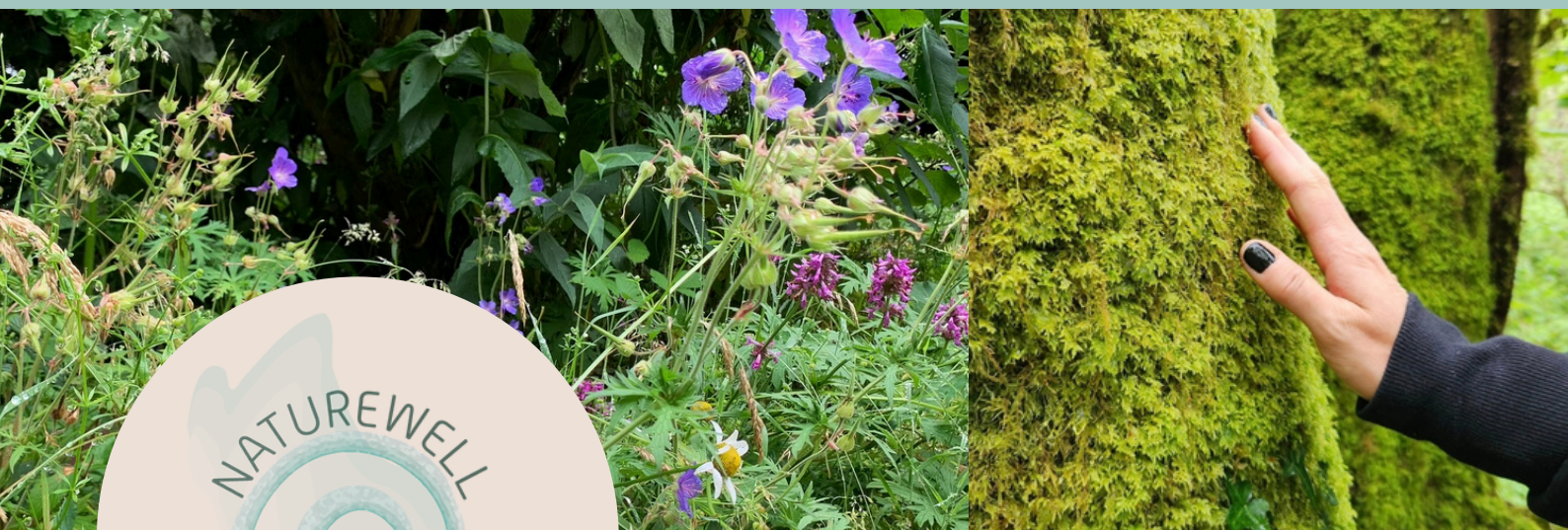




NatureWell is an evidence-based nature and health programme developed by Natural Academy. It is rooted in ecopsychology and underpinned by the Five Pathways to Nature Connection research (University of Derby).

NatureWell supports people to deepen connection with nature in ways that enhance **wellbeing, resilience, belonging, and social connection**.

Through gentle, guided nature-based practices, NatureWell helps participants build the foundations for long-term wellbeing.

It is especially effective for those affected by stress, trauma, anxiety, depression, and isolation.

NatureWell also supports the development of a reciprocal relationship with the natural world, where deepening connection naturally fosters greater care and love for nature.

NatureWell can be offered as a group programme over 3 or 6 sessions.



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NatureWell Facilitators



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Ecotherapist,
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'Nature and community belonging in the heart of our city'



Evidence for NatureWell

Supporting Anxiety, Depression And Beyond:

Prevalence of Common Mental Health Issues:

- 1 in 6 adults in England experience a common mental health issue such as anxiety or depression each week.
- Many also carry trauma histories, highlighting the need for non-clinical, trauma informed approaches.

Trauma-Informed and Evidence-Based:

- NatureWell is built on trauma-informed principles - safety, choice, empowerment, trust, and relational connection.
- Research shows nature connection programmes:
 - Reduce symptoms of anxiety, depression, and emotional dysregulation
 - Support recovery, grounding, and emotional resilience
- NatureWell integrates this evidence with therapeutic models that honour individual pace and readiness.

Evaluated in Clinical and Community Settings:

- Delivered in CAMHS, Forensic Mental Health, primary care, and community settings.
- Participants report:
 - Decreased mental health symptoms.
 - Increased hope, self-regulation, nature connectedness, and meaning.

