

Nature: How connecting with nature benefits our mental health

Our relationship with nature – how much we notice, think about and appreciate our natural surroundings – is a critical factor in supporting good mental health and preventing distress. This report provides a summary of the evidence of how and why our relationship with nature is so important and beneficial to our mental health. The report highlights the unequal access to nature's benefits for specific groups and the steps needed to address that.

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Covid-19 and the nation's mental health: May 2021

The implications of the pandemic are wide-reaching. Covid-19 has hospitalised nearly half a million people in the UK, over 127,000 people have died, and the economy has shrunk significantly. All of this has an impact on the mental health of the nation, and the new model from the Centre for Mental Health forecasts how many people are likely to need mental health support as a result of the pandemic.

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A year in our lives

How has the pandemic and lockdown affected your mental health? The Centre for Mental Health has been gathering the stories of people across the UK, to create a people's history of the pandemic. We asked people, 'How has your emotional and mental health been affected by the coronavirus pandemic?' Here's what they said...

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Join us as we head into the forest for better mental health

Sport, exercise and physical activity can often seem like a daunting prospect. Forestry England have teamed up with Mind, the mental health charity, to inspire you to find some mindful movement amongst the trees.

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North West Health & Wellbeing Case Studies

NHS England & Improvement and other organisations to create a 'flipping book' to share examples of best practice in health and wellbeing initiatives across the North West region during and beyond the COVID-19 pandemic.

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Video Raising Awareness: Maternal Mental Health Awareness Week

Last week was Maternal Mental Health Awareness Week and Dr Sarah Jones, Consultant Perinatal Psychiatrist at GMMH's Perinatal Mental Health Team, spoke about the impact that the pandemic has had on new mothers and stressed that there needs to be more awareness.

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11 tips to cope with anxiety about coming out of lockdown

Easing of lockdown will allow us to get back to the people and things we love but even positive change can lead to anxiety. Here are PHE's top tips for taking care of your mental health as things change.

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