

# Have you thought about trying social and therapeutic horticulture?



Social and Therapeutic Horticulture uses **gardening activities** to improve health. Evidence shows it could:



Reduce symptoms of mild to severe depression and anxiety



Enhance skills, knowledge and social relationships



Improve both physical & mental health

It can be used where depression and anxiety are linked to other health conditions or concerns (e.g. loneliness) and alongside other types of treatments. It can take place indoors and outdoors, and in both community and healthcare settings.

## FIND OUT ABOUT GARDENS NEAR YOU BY:

Speaking to your GP, Social Prescriber or health professional

OR

Searching for a local provider and self-referral information at

<https://gardening4health.co.uk>

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



This poster was co-produced with lived experience experts and STH stakeholders



Mental  
health  
research

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University of Essex