

*Your Brain in Nature*

# Mental Health Resources



Mindarma is an evidence-based e-learning program that protects mental health, builds resilience and equips workers with essential psychological skills. Contact [info@mindarma.com](mailto:info@mindarma.com) or scan the QR code to arrange a complimentary trial.

Please reference the code **Nature** in your enquiry message.



## Your Brain in Nature

This 50 minute webinar features panellists:

**Professor Navjot Bhullar**

Research Professor of Psychology, Edith Cowan University

**Kit Kline**

Founder, Nature Based Therapy

**John McGarvey**

Senior Firefighter, Peer Support Officer, NSW Fire and Rescue

Moderated by **Tasman Cassim** from the Black Dog Institute, the panel explores the growing science and remarkable benefits of bringing your brain back to nature. A recording of this webinar can be found [here](#).

## Research and information on nature therapy

**Health: What are green prescriptions and which countries offer them?** "Doctors around the world are giving patients 'green prescriptions' to spend more time in nature. Five hours a month in nature is the "minimum dose" in Finland, but a walk in a city park can help too." ~ (Broom, Feb 2022) Read [article](#)

**How Nature Therapy helps your mental health.**

"This article explains what nature therapy involves, how nature therapy can benefit your mental health, and how you can bring nature to you if you happen to be stuck inside."

~ (Field, Feb 2022) Read [article](#)

**Miyazaki Yoshifumi Explores the Healing Power of the Forest.** "Shinrin-yoku, - "forest bathing" is a Japanese term that means relaxing in the forest to improve health. The term was first coined in the 1980s, but is now attracting increasing attention around the world. Miyazaki Yoshifumi has been researching shinrin-yoku for three decades" Read full [interview](#)

Kotera, Y., Richardson, M. & Sheffield, D (2022). **Effects of Shinrin-Yoku (Forest Bathing) and Nature Therapy on Mental Health: a Systematic Review and Meta-analysis.** International Journal of Mental Health and Addiction 20, 337–36. Read [paper](#)

Meredith G.R., Rakow, D.A., Eldermire E.R.B., et al., (2020). **Minimum Time Dose in Nature to Positively Impact the Mental Health of College-Aged Students, and How to Measure It: A Scoping Review.** Frontiers in Psychology Vol(10), DOI=10.3389/fpsyg.2019.02942. Read [paper](#)

Farrow, M.R., & Washburn, K. (2019). **A Review of Field Experiments on the Effect of Forest Bathing on Anxiety and Heart Rate Variability.** Global Advances in Health and Medicine, Vol (8) 1–7 DOI: 10.1177/2164956119848654. Read [paper](#)

Bratman, G. N., Anderson, C. B., Berman, M. G., Cochran, B., de Vries, S., Flanders, J., et al. (2019). **Nature and mental health: an ecosystem service perspective.** Science Advances 5 (7), 1–14. doi: 10.1126/sciadv.aax0903. Read [paper](#)

Bhullar, N., & Snell, T. (2018). **Natural Benefits: How nature contributes to psychological well-being.** In Psych: The Bulletin of the Australian Psychological Society Limited, 40, 22-25.

**Australian Psychology Society's FACT sheet: burnout & climate change**  
Read [here](#)

## Books

Miyazaki, Y. (2018). [Shinrin-yoku: the Japanese art of forest bathing](#)

Williams, F. (2018) [The Nature Fix: Why Nature Makes us Happier, Healthier and More Creative](#)

Cooper, K. (2020). [Plant Therapy: How an Indoor Green Oasis Can Improve Your Mental and Emotional Wellbeing](#)

Pascoe B. & Shukuroglou V. (2020). [Loving Country: A Guide to Sacred Australia](#)

Wohlleben P. (2021). [The Heartbeat of Trees: Embracing Our Ancient Bond with Forests and Nature](#)

Wohlleben P. (2016). [The Hidden Life of Trees: What They Feel, How They Communicate - Discoveries from a Secret World](#)

## Australian support services

### Your local GP

Your General Practitioner can provide support for mental health issues.

If your doctor feels you would benefit from additional support, they may refer you to a psychologist or psychiatrist. In Australia a Medicare rebate is provided for up to 20 sessions with a psychologist each year.

### Employee Assistance Program

Many organisations offer programs that allow employees to access free psychological assistance. Enquire with your employer to find out whether your organisation offers an Employee Assistance Program.

### Lifeline

Phone: 13 11 14

[www.lifeline.org.au](http://www.lifeline.org.au)

Lifeline provides free anonymous 24/7 generalist counselling that does not discriminate. If you are experiencing a personal crisis, Lifeline can help.

### Beyond Blue

Phone: 1300 22 4636

[www.beyondblue.org.au](http://www.beyondblue.org.au)

Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.

### SANE Australia

Phone: 1800 18 7263

[www.sane.org](http://www.sane.org)

The SANE help centre provides the information, guidance and referrals you need to manage mental health concerns.

### Suicide Call Back Service

Phone: 1300 659 467

[www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

This is a 24/7 referral line for people at risk of suicide, people caring for someone who is suicidal, or people bereaved by suicide. The service offers six 50-minute telephone counselling sessions to people over 18 years, and up to two call-backs to professionals.

## Black Dog Institute

[www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)

The Black Dog Institute provides a range of online resources and support programs regarding mental health.

### Online clinic

This resource is free and anonymous. It provides a personalised health assessment based on your responses. Information can be found [here](#).



### HeadGear

A free app that guides you through a 30-day mental fitness challenge, including mindfulness tasks and exercises. Download HeadGear through the [App Store](#) or [Google Play](#).



### Self-care plan

Self-care refers to the activities and practices that we deliberately choose to engage in on a regular basis to maintain and enhance our health and wellbeing. Create a self-care plan [here](#).



### Black Dog Institute's Social and Emotional Wellbeing Resources for Aboriginal and Torres Strait Islander Peoples

This page includes a range of social and emotional wellbeing resources for First Nations people. Information can be found [here](#).



## myCompass

The free, online myCompass program (for anxiety and depression) can be found [here](#).



## TEN – The Essential Network for Health Professionals

Helping healthcare workers find resources and support to manage burnout and maintain good mental health. Designed by health professionals for health professionals, TEN makes accessing support quick, easy and confidential. Click [here](#) to find out more.



## WayAhead Mental Health Association NSW

<https://wayahead.org.au/>

WayAhead's mental health information line 1300 794 991 is available from 9am to 5pm, Monday to Friday. The info line provides support and connects you with helpful services.

### Directory

WayAhead's directory is available [online](#) and provides a comprehensive and up-to-date database of mental health, wellbeing and community services.



### Support groups

WayAhead have a number of proactive support groups for anxiety. You can learn more about these [here](#).



**Black Dog  
Institute**

### Post-lockdown guide

This resource developed by WayAhead and Transitioning Well aims to support you during the transitional period of returning to the workplace post-lockdown. Download the guide [here](#).



### Think Piece library

WayAhead's Think Piece library contains blog-style articles that explore various experiences in workplace health and wellbeing. This [article](#) by Dr Sadhbh Joyce discusses the importance of self-compassion when recovering from burnout.



### Stress less tips

WayAhead's Stress Less Tips for the Workplace can be found [here](#).



## What is Mindarma?

This 1 minute video provides a short yet informative overview of the Mindarma program.

### [Introducing Mindarma](#)

