

Wiltshire Mental Health
Inclusion Service
Supporting improved mental
health and wellbeing

Greener Health Project

The Wiltshire Mental Health Inclusion Service invites referrals for a 6-week programme, connecting health and wellbeing with environmental sustainability.

The Greener Health project seeks to find out whether, and to what extent, making green lifestyle changes can improve our own health and wellbeing.

The Greener Health project is currently open to people aged 16 and over, living in the Bradford-on-Avon and Trowbridge Community Areas.

The 6-week programme will be run and evaluated by a group of volunteers within our Inclusion Team. Participants will develop Green Lifestyle Changes to support their health and to encourage lifestyle changes at home, with the aim of long-lasting and sustainable improvement to health and wellbeing.

FURTHER INFORMATION

If you wish to access the 6-week programme or find out more, then please contact the Wiltshire Mental Health Inclusion Service via:

Telephone: 07467 764171

Email: WiltsMHIS@rethink.org



Wiltshire
Mental Health
Inclusion Service

Rethink
Mental
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