

# Feeling... Stressed? Worried? Anxious?

## the Breathing Space Project

Providing ecotherapy  
for 14 to 24 year olds

- Ecotherapy is a natural, FREE and accessible way to boost your mental and physical wellbeing.
- Green exercise, social and therapeutic horticulture, time spent outdoors on places like City Farms - instead of or in addition to medication and psychological therapy - is proven to benefit mental health and is available here.

Ecotherapy is part of a green agenda for mental wellbeing. It can improve your physical health, provide a source of meaning and purpose and help develop your skills and social connections. By volunteering at the Breathing Spaces Project you would receive:

- Encouragement and support to access a horticultural programme alongside animal assisted therapy.
- A chance to plan and carry out physical activities which will enrich the community, and benefit your sense of wellbeing.

For more information or an informal chat about this FREE service then please contact Charlotte Kemm or Gary Wright on:  
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