



STUDY TITLE: Exploring the role of contact with nature in the context of brief psychological interventions for young people experiencing depressive symptoms

Are you aged 13-19 years old?
Do you experience low mood?
Would you like to get support?

WHAT'S INVOLVED?

- Choose between a nature or indoor group
- Join three sessions to learn about low mood and ways of coping
- Complete activities / questionnaires about your mood and feelings about nature



WHAT ARE THE BENEFITS?

- ✓ we hope the groups may help to improve your mood & wellbeing
- ✓ you could have a chance to win one of two £75 vouchers
- ✓ you will meet other young people going through similar experiences
- ✓ you will help to develop services supporting young people



WHERE CAN YOU FIND OUT MORE?

If you want to find out more, please contact **Heather (Lead Researcher)** at hs705@exeter.ac.uk or scan the QR code

