

Mental Health Clinicians' Perceptions of Nature-Based Interventions Within Community Mental Health Services: Evidence from Australia

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Abstract : The rising social and financial burden of mental illness indicates an urgent need to explore interventions that can be used as well as or instead of traditional treatments. Although there is growing evidence of the positive mental health outcomes of spending time in nature, the implementation of nature-based interventions (NBIs) within mental health services remains minimal. Based on interviews with mental health clinicians in Australia, this study demonstrated that clinicians supported the use of NBIs and would promote them to their clients.

Keywords : nature, nature-based interventions, mental health, mental health services, mental health clinicians

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