

# Outdoor Therapy

A free and confidential counselling service for young people and adults combining the benefits of spending time outdoors and professional therapy.



**venturetrust**

## What is Outdoor Therapy?

Outdoor Therapy can support mental, emotional, and physical health. It can provide a place to explore thoughts and feelings in a natural environment, and a space to reflect and recover from stresses.

Want to talk to someone about what's bothering you? Do you feel better when you're outside?

Being with a professional therapist outdoors can help you connect with yourself, others and the world around you. It can help you work through the changes or challenges you are facing.

All our therapists are qualified and registered, or trainees working towards accreditation, with an appropriate professional body and abide by their code of ethics.

**This is not a crisis service.  
Services dependent on eligibility criteria -  
please check our website for latest details.**

## What are the benefits?

- Nature can be calming and grounding
- Improved mental health and wellbeing
- Building resilience, confidence and support
- Becoming better placed to deal with challenges
- Better understanding of self
- Opportunity to process difficult experiences

Write to us:  
[therapy@venturetrust.org.uk](mailto:therapy@venturetrust.org.uk)

Make a referral:  
[https://crm.venturetrust.org.uk/ot\\_referral](https://crm.venturetrust.org.uk/ot_referral)

our website:  
[www.venturetrust.org.uk/programmes/outdoor-therapy](http://www.venturetrust.org.uk/programmes/outdoor-therapy)