

Outdoor Therapy

Free, confidential outdoor therapy for

- 16-25 year olds
- ex service personnel

We currently operate in Edinburgh &
Lothians, Fife, Falkirk & Clackmannanshire



venturetrust

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herapy can support mental, emotional and physical health. Being outdoors can provide space to recover from stresses, freedom to reflect and a place to explore your thoughts and feelings.

**Want to talk to someone about what's bothering 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 this, with an appropriate professional body and abide by their code of ethics.

Click here to refer yourself or someone else now

(this is a secure, encrypted online form)

What to expect

- An initial conversation by phone/video call to decide if the service is right for you
- If it is, you will be allocated a dedicated therapist who you will meet for weekly sessions (50 mins) for 12 weeks initially
- Locations for sessions will be agreed at a suitable outdoor space near you, usually parks, woods or pathways
- You will agree with your therapist in the first session what to do if you see someone you know or if other people are around
- Sessions will be delivered year-round in a range of weather
- There may be group activities offered alongside individual sessions
- Occasional indoor or online sessions will be offered in poor weather or if Covid-19 restrictions apply

What are the benefits?

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

This is not a crisis service. We cannot offer immediate support for a mental health emergency.

How to get involved

If you have any questions or would like further details, then please email

therapy@venturetrust.org.uk

We accept self-referrals and referrals from professionals.

You can refer using the link to our secure, encrypted online form here

Refer now

