Arise

A positive approach to mental health

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What challenge or problem are you addressing? What is the need for the project?

Around 15% of the Region's 14 to 24 year olds suffer with mental illness. Increasingly disconnected from nature and society, these young people spend lots of time indoors, on screens and social media. This has a negative impact on their physical health, mental issues creep in and they experience a declining sense of purpose in their lives. Society needs to find new ways of encouraging them to get out and engage with others, enjoy the countryside and widen their horizons.

Objective of the project:

To witness more young people visiting the 'great outdoors' and putting their technical and media skills to positive use to promote the positive benefits and wellbeing such settings can deliver.

Why do you need transnational cooperation?

Arise wants to develop a process that promotes stimulating activities for troubled young people in a range of outdoor settings across NWE. Co-operation is essential to link these 'local' initiatives to wider national / regional schemes that address mental health problems and to ensure we develop and offer complementary solutions.

What kind or partners are you looking for?

Regional / Local Authorities to host trials of the processes in rural locations, Community Organisations supporting adoption of schemes, Businesses to champion the processes, Universities / Experts to support the work and offer technical / medical / sector expertise.

Your contact details

Name	Chris Barnett
Organisation	Canal & River Trust
Region	England and Wales
Country	United Kingdom
Telephone number	0044 1908 351852 (Office) 0044 7887 540609 (Mobile)
Email	chris.barnett@canalrivertrust.org.uk
Website	www.canalrivertrust.org.uk