

Restoring mental health, naturally...





Restoring mental health, naturally.



We are Mind Over Mountains, a **ground-breaking charity** committed to providing therapeutic outdoor experiences for all. We offer immediate and accessible wellbeing support by bringing together the healing power of nature, mindfulness, and time with experienced coaches and counsellors in an unpressured setting.

Think of us as your natural health service!



MIND
—OVER—
MOUNTAINS

We are...

An award-winning and research-backed mental health charity

delivering

wellbeing walks and 2-night residential retreats

that bring together

walking and talking in nature, human connection, mindfulness and the support of specialist coaches and counsellors

for

The public, blue light emergency services, other charities and the NHS



"A time to be yourself without pressures". - MOM Participant

Elements of the intervention...

Nature

Physical
Activity

Human
Connection

Mindfulness

Coaching and
Counselling



Sustainable scale through...

Theory of
Change

Evidence Base
Review

Outcome
Measurement



Facing the facts on mental health...

- Mental ill health costs **£300bn** a year in England alone, comparable economically to a pandemic every year (Centre for Mental Health, 2024)
- **Two-thirds** of all UK emergency responders report lived experience of mental ill health (48% depression, 48% anxiety, 21% PTSD). 21% of emergency responders describe their mental health as poor or very poor (Mind, 2019)
- A police officer can see **400-600** traumatic events during their career, compared to 3-4 serious lifetime events experienced by a typical member of the public (Police Federation, 2021)
- Rates of anxiety among firefighters is **twice** the general population, and rates of depression **three times** the general population (UCLan, 2023)
- In England and Wales, a police officer dies by suicide every 2½ weeks (ONS, 2023)
- Stress, anxiety and depression and other psychiatric illnesses are the most common reasons for absence in the NHS (Nuffield Trust, 2023)

This is the stark reality of mental health within some of our most important public services – but they are challenges that our charity can help you to overcome.



Outcome Headlines – All Events

6.6pts

AVG IMPROVEMENT IN
WEMWBS SCORES (40.0
to 46.7)

95%

IMPROVEMENT IN NATURE-
CONNECTEDNESS

85%

PARTICIPANTS REPORTING
IMPROVED EMOTIONAL HEALTH
& WELLBEING

83%

ENCOURAGED TO BE MORE
PHYSICALLY ACTIVE

78%

LEARNED SUSTAINING
TOOLS AND STRATEGIES
FOR THE FUTURE

88%

IMPROVEMENT IN
HUMAN CONNECTION

+90

NET PROMOTER SCORE =
“WORLD CLASS”

“The retreat shifted my mindset, which was bleak, into one with possibilities again”.
- MOM Participant



Our commissioning partners include...



Creating a safer
Cambridgeshire



NEVER
BLAND

NHS
Mid and
South Essex
NHS Foundation Trust



"Being able to talk
freely without
judgement and to
share life's challenges
without people trying
to "fix" was so
liberating and
empowering".
- MOM Participant

Rest, Reconnect, Feel Heard, Feel Understood, and remember the importance of **caring for themselves** alongside the care they give to others every day.



WELLBY X WEMWBS:

(Well-being adjusted life year)

Unit of credit from the HM Treasury Green Book

Valued at £15,300 in 2024

Assumes a 3-month benefits windows following our intervention



Positive improvement in WEMWBS points scores, which when translated to WELLBYs shows:

- Social return on investment (SROI) range of £10-£13 for every £1 spent
- Positive social return of £3,519 per person, or £353,000 on our 2025 sample of 111 ppl
- In total a positive benefit of around £1.5million - £1.7million (500 ppl on 50 events)

GREEN SOCIAL PRESCRIBING SCALING UP WHAT WORKS



Real evidence. Real people. Real impact.

NatureMind Summit 2025 brought together academics, policy makers and practitioners to explore how green social prescribing can reach more people, more fairly, across the UK.

The message was clear: the challenge is no longer proving it works – the challenge is scaling it.



“ The challenge is no longer proving green social prescribing works. The challenge is scaling it. ”

WHY GREEN SOCIAL PRESCRIBING MATTERS NOW

Green social prescribing links people to nature and community support to improve mental and physical wellbeing. It is a practical, preventative and cost-effective response to the pressures facing our health and care systems.



RIISING MENTAL ILL-HEALTH

1 in 4 people will experience a mental health problem each year in the UK.



NHS PRESSURE

Long waiting lists mean many people don't get support when they need it most.



LONELINESS

1 in 5 adults often or always feel lonely (ONS, 2023).



PHYSICAL INACTIVITY

1 in 4 adults in the UK are physically inactive.



HEALTH INEQUALITIES

People in poorer communities experience worse mental and physical health.

THE EVIDENCE IS GROWING



£2.42
SOCIAL RETURN
FOR EVERY £1 INVESTED

National Green Social Prescribing Programme

Reported outcomes include improvements in:



Mental wellbeing



Physical health



Loneliness & isolation



Confidence & resilience

WHAT PEOPLE SAID

“ A catalyst for action. ”

“ A vital step in embedding green social prescribing into mainstream care. ”

“ A day that reignited purpose. ”

SCALING UP WHAT WORKS

THE SECTOR NEEDS ACTION AND INVESTMENT

Summit discussions highlighted five key priorities essential to scaling green social prescribing without losing the human essence that makes it so effective.



LONG-TERM INVESTMENT

Move beyond short-term pilots and stop-start funding to build sustainable impact.



STRONGER NHS INTEGRATION

Clear referral pathways and commissioning frameworks are vital.



SHARED EVIDENCE & EVALUATION

Robust outcomes, lived experience and practitioner insight must drive future decisions.



INCLUSIVE ACCESS

Transport, affordability, representation and psychological safety must be designed in from the start.



COMMUNITY OWNERSHIP

Protect trust, flexibility and human connection while scaling.

A COLLABORATION ACROSS SECTORS

NatureMind 2025 brought together a wide range of voices, experiences and expertise. Scaling green social prescribing requires both evidence and relationships.

Attendees included:

- NHS organisations
- Academics and researchers
- Policymakers and commissioners
- Community organisations
- Outdoor practitioners and environmental organisations
- Social prescribing leaders
- People with lived experience

This collaboration is central to building models that are effective, inclusive and trusted by communities.

INCLUSION MATTERS

Barriers discussed at the Summit included:

- Transport costs
- Equipment costs
- Lack of representation
- Cultural exclusion
- Confidence and accessibility barriers

Inclusive access must be a core design principle – not an afterthought.



NATUREMIND 2025 KEY RECOMMENDATIONS

To scale green social prescribing and maximise impact, NatureMind 2025 calls for:

- 1 Create a national green social prescribing commissioning framework
- 2 Invest in multi-year funding models
- 3 Strengthen NHS and community partnerships
- 4 Improve inclusive access nationwide
- 5 Expand evidence and data sharing
- 6 Increase GP awareness and referral confidence
- 7 Align GSP with NHS prevention and sustainability agendas
- 8 Protect community-led delivery and practitioner autonomy

GREEN SOCIAL PRESCRIBING SUPPORTS WIDER NATIONAL GOALS



Mental health prevention



Public health reform



Community resilience



Loneliness reduction



Physical activity



Climate & sustainability goals



Nature connection & stewardship



Reducing inequalities

“ By valuing evidence, equity and collaboration equally, we can scale green social prescribing without losing its human essence. ”