

# HOW SOCIAL & THERAPEUTIC HORTICULTURE CAN BENEFIT YOUR PATIENTS

Social Therapeutic Horticulture (STH) is a health intervention where trained practitioners work with plants and people to improve physical and psychological health, communication, and thinking skills. Garden activities are flexible and tailored to each person's needs, preferences, and recovery.



## OUR RESEARCH SHOWS THAT STH CAN REDUCE SYMPTOMS OF MILD TO SEVERE DEPRESSION AND ANXIETY

STH provides an alternative treatment option and can support the 1.2million patients on waiting lists. It can also be used alongside other treatments and may help to address inequalities in access to services



## OFFER ADDITIONAL HEALTH & SOCIAL BENEFITS



STH also improves physical health, promotes social interaction and reduces loneliness. It could therefore support the growing number of people with physical, mental and social comorbidities

## BE USED FOR LONG-TERM MANAGEMENT OF SYMPTOMS

STH has few to no side effects and can be used flexibly for prevention of mental ill-health and throughout recovery and relapse. It can reduce the demand for services, which may result in cost savings to the NHS.



## SUPPORT DEVELOPMENT OF SKILLS & KNOWLEDGE



Participants develop horticulture skills and knowledge. They may also be able to gain horticultural qualifications and increase their employment opportunities.

## BE EFFECTIVE IN DIFFERENT ENVIRONMENTS AND SETTINGS

STH has been shown to be effective when delivered indoors and outdoors and in both community and healthcare settings, enabling it to cater for diverse patient groups.



# WHAT TO DO NEXT...

- ✓ Read more about [research](#) on the benefits of STH.
- ✓ Explore the [STH information hub](#).
- ✓ Find out about local interventions via [gardening4health](#) (England, Wales and Northern Ireland) or [Trellis](#) (Scotland).
- ✓ Contact local STH providers to explore referral and commissioning opportunities.
- ✓ Inform your patients about opportunities to take part in STH interventions.

This poster was co-produced with lived experience experts and STH stakeholders