

Press release 01 GreenME  
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## Launch of the GreenME project; redefining mental health equity through nature-based therapies

*Barcelona, 14.09.2023* - The GreenME project has officially launched its mission to redefine mental healthcare through nature-based therapies. The project, which commenced in September 2023 and is set to run until August 2027, is poised to revolutionize mental health equity understanding and practices across Europe. With partners in Spain, Italy, the UK, Poland, Sweden, Germany and Belgium, it has a budget of almost EUR 6 million.

GreenME, an acronym for "GreenME: Advancing Greencare in Europe: An Integrated Multi-Scalar Approach for the Expansion of Nature-Based Therapies to Improve Mental Health Equity," is a collaborative effort involving 19 partners from seven countries. These countries include Spain, Italy, the UK, Poland, Belgium, Sweden, and Germany, bringing together a diverse consortium of academic and non-academic organizations. This powerful coalition will harness its collective expertise to address the pivotal intersection of mental health equity and environmental sustainability.

***"We are immensely honored to have been chosen by the EU to lead this ambitious project,"*** commented Margarita Triguero-Mas, Project scientific co-Coordinator at GreenME. ***"Our project will advance our understanding of the intricate relationship between various levels of green care and mental health equity, all while facilitating the translation of this knowledge into actionable policies."***

Central to GreenME's mission is an exploration of how nature-based therapies can be integrated to nature-health promotion and nature-in-everyday-life to enhance mental health outcomes and reduce inequities. The project takes a comprehensive multi-scalar approach to examine the intricate interplay between mental health, the environment, and societal factors.

GreenME comprises seven distinct Work Packages, encompassing a wide range of research and implementation activities. These include -among others - assessing the effectiveness of green care interventions and advocating for policies that promote mental health equity and environmental sustainability. With an equal distribution of academic and non-academic partners, GreenME stands prepared to address this challenge from a multitude of perspectives, merging rigorous research with community-driven practical solutions.

***"Our hybrid consortium, equally composed of academics and non-academic partners, is both a significant strength and a unique challenge of our project,"*** Triguero-Mas added. ***"Yet, we embrace GreenME with enthusiasm, striving for our project to play a pivotal role in shaping just, climate-resilient, and sustainable healthy communities."***



As GreenME embarks on this ambitious journey, it carries the promise of reshaping our understanding of how contact with nature benefit our health, ensuring equitable access to nature-based therapies, and championing the cause of a healthier planet for all.

In a trans-disciplinary partnership, GreenME involves six European countries, together with the UK. GreenME is led by the Autonomous University of Barcelona (UAB – Barcelona, Spain) and the GreenME consortium is composed by University of Bologna (Bologna, Italy), Swedish University of Agricultural Sciences (Sveriges Lantbruksuniversitet - Uppsala, Sweden), ILS Research (Research Institute for Regional and Urban Development - Dortmund, Germany), Warsaw University of Life Sciences (SGGW – Warsaw, Poland), Open University of Barcelona (UOC – Barcelona, Spain), Old-Continent (Brussels, Belgium), NeuroLandscape Foundation (Warsaw, Poland), Gesellschaft für Gartenbau und Therapie (GGuT – Hückeswagen, Germany), Institute of Psychiatry and Neurology (IPIN – Warsaw, Poland), Scandinavian Nature and Forest Therapy Institute & SHINRIN-YOKU (Stockholm, Sweden), Eta Beta Cooperativa Sociale (Bologna, Italy), City of Herne (Herne, Germany), Spanish Association of Horticulture and Social and Therapeutic Gardening (AEHJST – Madrid, Spain), University of Kent (Kent, UK), University of Salford (Salford, UK), Social Farms and Gardens (Bristol, UK) and Mind in Bexley and East Kent LTD (London, UK).

The project will last 4 years and is funded by the Horizon Europe research and innovation programme of the European Union.

Stay tuned for updates on GreenME's progress and its transformative impact on mental health equity and environmental well-being. The project's website and social media will be launched in the coming months.

For media inquiries, please contact:

Marta Cayetano Giralt (Project manager)  
[pr.greenme@uab.cat](mailto:pr.greenme@uab.cat)

Antonella Crichigno (media)  
[antonella@old-continent.eu](mailto:antonella@old-continent.eu)



GreenME partners:

