

HELP US LEARN ABOUT NATURE & MENTAL HEALTH IN YOUR AREA

Live in the **blue** or **red** areas in Pembrokeshire or Cardigan on the map and over 18? We want to hear from you!



Click [here](#) to start the survey in English or scan the QR code:



THE SURVEY CAN BE ACCESSED AT
<https://greenme-project.eu>

GreenME

researchers from universities across Europe are exploring how nature can impact mental health. Your input will help guide efforts to improve the nature and wellbeing in your community and beyond.

What's in the survey?

Answer a few simple questions and share your opinions on nature and how it affects you.

The survey will take a few minutes only!

Why Take Part?

You can win a £30 delicious veg box if you complete the survey.

The survey will be shared with local stakeholders to improve the nature that you visit.

Your answers are confidential and made anonymous. No names or personal details are collected.

Questions? Contact:

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GreenME is a Horizon Europe project that aims to identify ways in which exposure to nature and a broader Green Care framework can be scaled-up to improve adult mental health and wellbeing equity while contributing to multiple socio-ecological co-benefits.

