

**Interreg**



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**North-West Europe**

**Forest4Youth**

## **Forests as an ally in shaping adolescent well-being**

Research suggests that even brief contact with ferns and forests can reduce stress and restore focus.

Building on this potential, the Forest4Youth project co-designs a forest-based care protocol with mental-health professionals, foresters and community actors. The aim is to create a safe, adaptable and transferable method, so that everyday woodlands can complement services and provide new support pathways for adolescents.

**Lead partner:**

St Martin Neuropsychiatric Centre (BE)



**forest4youth.nweurope.eu**

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