

MENTAL HEALTH AND THE ENVIRONMENT: HOW EUROPEAN POLICIES CAN BETTER REFLECT THE IMPACT OF ENVIRONMENTAL DEGRADATION ON PEOPLE'S MENTAL HEALTH AND WELL-BEING

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The document entitled "[Mental health and the environment: How European policies can better reflect the impact of environmental degradation on people's mental health and well being](https://issuu.com/isglobal/docs/mental_health_and_the_environment)", published last December 2020 by the Institute for European Environmental Policy and ISGlobal, aims to reflect the direct link that exists between the environment and our mental health and emotional. The report considers environmental degradation and pollution as a threat to mental health, and nature as a facilitating factor for good mental health; Likewise, it highlights the value of nature in the treatment of mental disorders. Finally, it proposes a series of recommendations to include these considerations in European policies and strategies.

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