

‘More trees, fewer antidepressants’

Living somewhere surrounded by greenery is good for your mental welfare, writes the World Health Organization (WHO) in *Green and Blue Spaces and Mental Health: New Evidence and Perspectives for Action*. Sjerp de Vries of Wageningen Environmental Research, who was involved in the research for this publication, says it is important that the WHO has recognized the relationship between greenery in the locality and mental welfare. ‘That means more attention will be paid to everyday contact with small-scale greenery. For example, there is a negative association between the density of trees lining streets and the use of antidepressants.’

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