

VISUALISING MENTAL HEALTH
PRESENTS

Greenspace Project

We are not your average garden!

Bringing you a rooftop oasis that promotes mental health, community building, and sustainable practices, offering students a unique hands-on experience while equipping them with resources to support their well-being.

Brought to you by Communication Design Students from Uni SA



Design Solutions

We have developed a range of deliverables that compliment the mission of the Greenspace Project

Each of these deliverables work together to create a collective mental health solution for students

Stage 1

E.D.M.

Student Outreach

An introductory email will be sent to inform new and existing students about what we do at Greenspace!

Greenspace Project

Dear Students,

Are you feeling overwhelmed from uni? Are you interested in promoting sustainability and environmental awareness on campus? Do you want to gain skills and knowledge to help manage your well-being and self-care skills? If so, we invite you to join the Greenspace Project!

The Greenspace Project aims to cultivate a nurturing and inclusive environment that enhances students mental health and well-being. Engage in sustainable practices, feel a sense of community, develop resilience and self-care skills through nature with fellow students. We are encouraging students from any degree to get involved.

What you can expect to gain from Project Greenspace:

- Self-care skills
- Enhanced mental well-being
- Gardening skills and tips
- Building resilience
- Mindfulness
- A sense of community



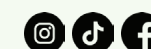
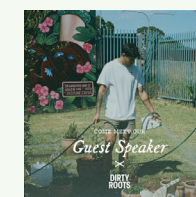
By getting involved in the Greenspace Project, you will not only be making a positive impact on the environment, but you will also be engaging in mindfulness activities and learning self-care skills that will benefit you throughout your time here at Uni SA and beyond.

If you're interested in getting involved or would like to learn more, please email us or come visit our budding garden, located at the City West Campus on level 5 of the Karna Building. We can't wait for you to grow with us!

Kind regards,

Greenspace Project Team

Follow our Instagram @greenspace__project to learn more!



Unsubscribe to mailing list



City West Campus
Karna Building
Level 5





GreenSpace Project

Spring Harvest



City West Campus | Karna Building | Level 5

Join us for our Annual Spring harvest where we will be selling all our produce that has been grown and cared for by students in our garden – a place where all students are invited to reap the benefits that gardening offers including a sense of accomplishment, stress reduction and improved moods.*
All proceeds will donated to Beyond Blue.



@greenspace__project

*Van Den Berg, A. E., & Custers, M. H. (2011). Gardening promotes neuroendocrine and affective restoration from stress. Journal of Health Psychology.



GreenSpace Project

Grow with us



City West Campus | Karna Building | Level 5

Gardening activities have been linked to many benefits relating to mental well-being, including reduced symptoms of anxiety and depression and increased self-esteem.* Our mission is to cultivate a nurturing and inclusive environment that enhances students mental health and well-being. Engage in sustainable practices, feel a sense of community, develop resilience and self-care skills through nature.

* Soga, M., Gaston, K. J., & Yamaura, Y. (2017). Gardening is beneficial for health: A meta-analysis. Preventive Medicine Reports.



@greenspace__project

Stage 2

Promotional Posters

Attracting Students

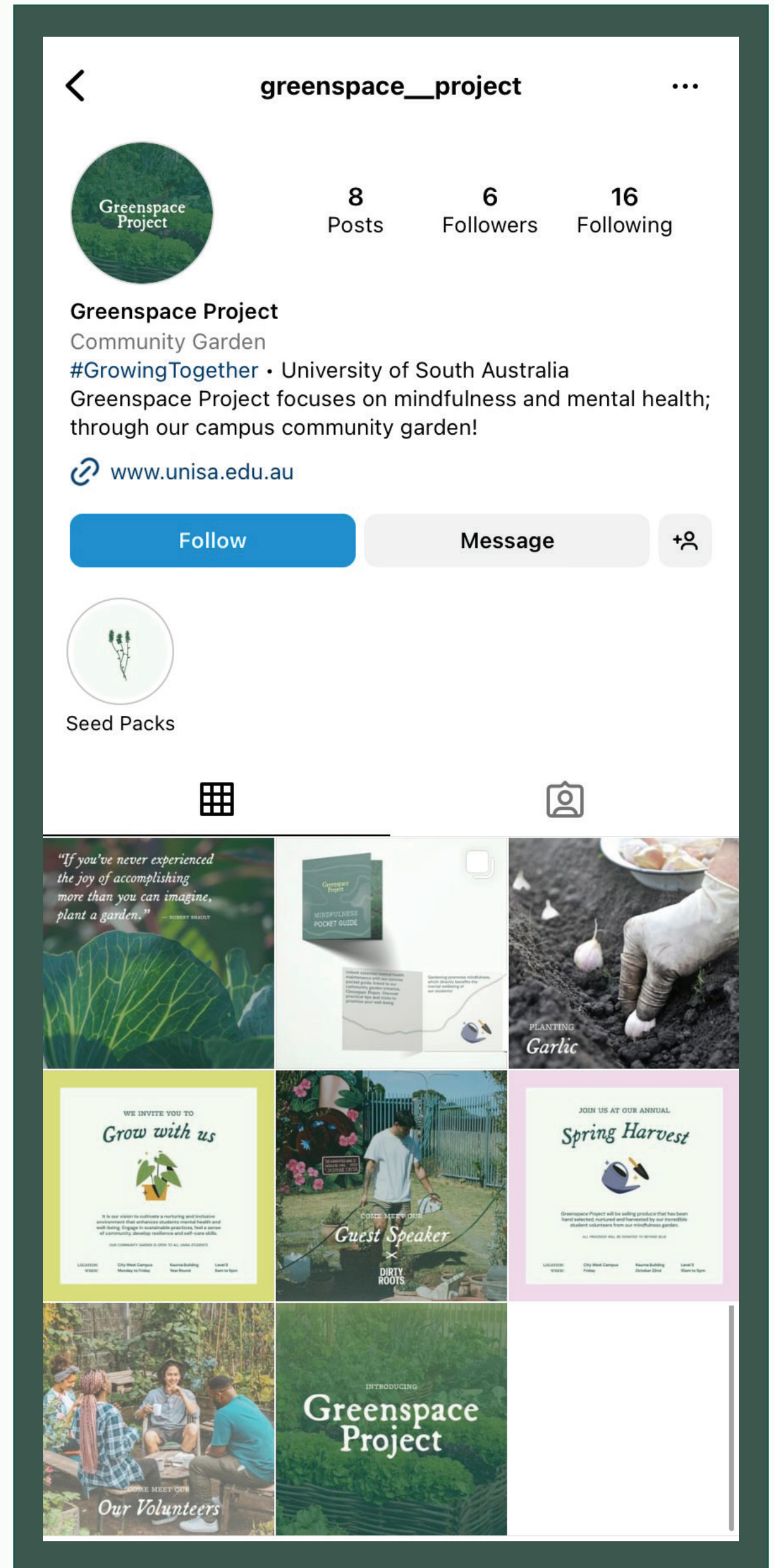
Posters promoting upcoming events and workshops with guest speakers & community based working bees.

Stage 3

Social Media [Instagram]

Everything & More

Our Instagram will be our main resource for students. This will enable us to connect with the community and post updates and mindfulness exercises.



Stage 4

Mindfulness Pocket Guide

Carry Us With You

Our Pocket Guide is a unique solution to a complex problem. This guide includes mindfulness activities you can action in your alone time, while in the garden at home!



Unlock essential mental health maintenance with our concise pocket guide, linked to our community garden initiative, Greenspace Project. Discover practical tips and tricks to prioritize your well-being.

Gardening promotes mindfulness, which directly benefits the mental wellbeing of our students!



This will be your take-home guide, filled with activities and journaling prompts, helpful information and seasonal gardening tips.

INTRODUCING OUR

Mindfulness Pocket Guide

Available at City West Campus
Campus Central or Level 5 of the Karna Building

Stage 5

Seed Packs & Harvest Boxes

Student Outreach

We are extending our positive mental health mindset beyond the garden. Our wonderful volunteers get to take home our seed packs & harvest boxes.

