Protecting nature's protectors:
Rangers and mental health

Fri 23 Feb 2024 | 10.00 – 12.00 GMT / UK

Online: Teams link / Meeting ID: 357 014 767 744 / Passcode: 27pdav

The theme of last year's World Mental Health Day was 'Mental health is a universal human right.' So, let's talk about it. What mental health issues do rangers face in the UK, Europe and globally? What are the barriers to putting effective support in place, and what can we do about it? In addition to their own mental health, rangers also deal with members of the public that seek places of natural beauty in midst of their struggles. What kind of training and support can prepare rangers to act in such situations?

The discussion will be facilitated by Megan McCubbin, a wildlife photographer and presenter, and Thin Green Line Foundation Ambassador.

10 – 10.15	15min	**Welcome and introduction by co-organisers** • Marianne Kettunen and Abi Gatty Irving | Member of the Board and Director, Thin Green Line Foundation UK • Rob Rhodes | Head of Countryside Management and Rangers, National Trust • Urs Reif | President, European Ranger Federation
10.15 – 11.45	1h30min	**Ranger roundtable and discussion / QA with the audience** *What kind of mental health issues do rangers face?* *Sharing personal experiences of different types of stress – and what has helped to overcome or cope?* *What difficulties and barriers have you encountered in putting support in place?* *How could we improve support and cooperation on mental health related issues?* *What good practices exists – and could be shared and mainstreamed?* **Facilitator:** Megan McCubbin | Thin Green Line Foundation UK Ambassador **Rangers and related professionals:** • Susanna Fincham | Clinical Psychologist, advisor to TGLF UK • Ruben De Kock | Development Manager at LEAD Ranger [TBC] • Meredith Westall, Area Ranger at Box Hill, Surrey and Mental Health First Aider | National Trust • Adam Turner, Project Officer | European Ranger Federation
11.45 – 12.00	15min	**Closing and thank you** • Abi Gatty Irving (TGLF UK), Rob Rhodes (NT) and Urs Reif (ERF)