



WRITTEN STATEMENT ON MENTAL HEALTH AND HUMAN RIGHTS A Commitment to Well-being at We Grow Forest Foundation One-day Consultation on Mental Health and Human Rights organized by OHCHR

The Importance of Mental Health in Today's World

In a world where technology dominates our lives and the pace of daily activities leaves little time for reflection, mental health is often sidelined. Yet, mental well-being is a fundamental aspect of human rights, deserving as much attention as physical health. The emotional, psychological, and social well-being of individuals profoundly impacts their ability to lead fulfilling lives, maintain meaningful relationships, and contribute to society. At We Grow Forest Foundation, we prioritize mental health as an essential component of human rights. Our commitment to this cause stems from the belief that everyone has the right to experience mental well-being, and we aim to create environments that support this vital aspect of human life.

We Grow Forest Foundation recognizes that mental health is deeply connected to the environment. Nature has an unparalleled ability to heal and restore, which is why we incorporate nature-based interventions, such as our biophilic sessions, to nurture mental well-being. These sessions, designed for both individuals and corporate teams, provide an immersive experience in nature, helping people reconnect with their inner selves and find peace amidst the chaos of modern life.

Mental Health as a Human Right

Mental health is more than just the absence of mental illness; it is a state of complete emotional and psychological well-being. Unfortunately, mental health is often overshadowed by other pressing global issues, and many people around the world continue to face barriers in accessing adequate mental health care. Stigma, discrimination, and lack of resources prevent individuals from seeking help, leading to a silent crisis affecting millions.

At its core, the right to mental health is a fundamental human right. It is enshrined in international treaties and agreements, including the Universal Declaration of Human Rights and the United Nations' Sustainable Development Goals (SDGs). Mental health is closely tied to other rights, such as the right to health, education, work, and a life free from discrimination. Ignoring mental health is a violation of these rights, leaving individuals vulnerable to suffering in silence and isolation.

At We Grow Forest Foundation, we recognize that mental health must be a priority in any conversation about human rights. Our biophilic sessions are not merely about physical rejuvenation but are designed to create a sanctuary for mental and emotional healing. These sessions are rooted in the belief that nature can be a powerful ally in restoring balance to the mind and soul. By fostering a connection with nature, we help people rediscover their inner strength, regain mental clarity, and embrace the serenity that comes from being one with the natural world.

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Nature and Mental Health: Biophilic Sessions for Inner Rejuvenation

Our biophilic sessions offer a unique and personal journey into the heart of nature. In an era where technology keeps us perpetually busy, nature provides the calm and tranquility we need to reset and recharge. Whether it's forest bathing, wildlife photography, or meditation amidst serene landscapes, these experiences invite participants to step away from their daily routines and engage with the natural world in a meaningful way.

Forest bathing, or "Shinrin-yoku," is a practice originating from Japan that involves immersing oneself in a forest environment, engaging all the senses to absorb the healing benefits of the forest. The therapeutic effect of nature is well-documented, with studies showing that spending time in nature reduces stress, anxiety, and depression. Wildlife photography allows individuals to focus their attention on the beauty of the natural world, fostering mindfulness and a deep sense of presence. Meditation in nature encourages participants to clear their minds and find peace in the simplicity and beauty around them.

These nature-based interventions are not just a luxury but a necessity in a world where mental health is often compromised by the demands of modern life. At We Grow Forest Foundation, we believe that reconnecting with nature is essential to fostering mental well-being. Our sessions offer more than just relaxation; they provide a path to inner healing, allowing individuals to restore their mental and emotional balance while gaining a greater appreciation for the environment.

We Grow Forest Foundation's Commitment to Mental Health and Human Rights

At We Grow Forest Foundation, we stand firm in our belief that mental health is a human right. We are committed to creating spaces where individuals can reconnect with nature and find the mental clarity they need to lead fulfilling lives. Our biophilic sessions are an integral part of this mission, offering a powerful tool for promoting mental well-being through the healing power of nature.

As an organization dedicated to environmental sustainability and human rights, we believe that a holistic approach to well-being is essential. Mental health cannot be addressed in isolation; it is deeply intertwined with our physical environment, social conditions, and human rights. That's why our work extends beyond promoting mental health to advocating for a greener planet, fostering carbon neutrality, and championing reforestation efforts.

Our dedication to mental health is not just an organizational priority but a deeply personal one. As a registered NGO, we work in alignment with the United Nations Sustainability Development Goals (SDGs), ensuring that our efforts are rooted in global standards and best practices. We are proud to be part of the solution, working to create a world where mental health is recognized as a fundamental human right and where individuals are given the resources and opportunities to thrive - mentally, emotionally, and physically.

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Our commitment is clear: **Mental health is essential for human dignity, and a healthy planet is essential for mental wellness.** By working together, we can build a future where both people and the planet can thrive, hand in hand. **We Grow Forest Foundation** is registered under the **Government of India's Niti Aayog platform - NGO Darpan (ID: KL/2021/0283580)**, continuing our mission to heal both the Earth and its people through innovative initiatives that nurture both environmental and mental health.

Syed Ali
Secretary
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Geneva

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