

## URBAN GREEN BLUE INFRASTRUCTURES AND THEIR EFFECTS ON MENTAL HEALTH AND WELL-BEING

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To reduce negative mental health effects of environmental degradation and climate change, functional and healthy ecosystems are a necessity in cities as well (WHO, 2016). The evidence for a positive relation between natural environments and mental health/well-being was concluded as strong by van den Berg et al. (2015) and many other authors. Yet, no study so far identifies specific characteristics of the green and blue spaces producing those effects. The rapid worldwide urbanization, coupled with increase in mental health problems in cities, urgently call for guidelines and recommendations producing evidence-based green and blue space design, in order to maintain or improve mental health and psychological well-being. This has been put as a request by the French Ministry in charge of Ecology to the H2020 EKLIPSE mechanism and a European Expert Working Group is currently writing the Protocol of a Systematic Review (or a Rapid Evidence Assessment) that will be undertaken to answer this request. The scope will encompass all types of: 1) urban and peri-urban green/blue spaces and related features (garden, park, urban forest, green roof, allotment garden, water bodies, urban orchard, neighbourhood, therapeutic garden, etc.); 2) habitat (semi-natural, completely anthropic, riparian, terrestrial, highly bio-diverse, low in biodiversity, etc.); and 3) direct exposure. The proposed contribution will present advancement of this mission.