



COMMUNITY CALM CIC

“Mental Health Recovery Through Nature”

MEMBER CRITERIA FOR REFERRING PROFESSIONALS

Community Calm is a free, non-clinical, nature-based community service for adults aged 18+ experiencing mental health difficulties, loneliness or social isolation.

We complement clinical services; we do not replace them.

Who may be suitable?

- Adults aged 18+ who would benefit from nature, being outdoors, animals, social connection, meaningful activity and improved routine.
 - People experiencing anxiety, low mood, emotional overwhelm, social withdrawal or loneliness.
 - People recovering following a period of mental health difficulty or crisis, where they are sufficiently stable.
 - People receiving ongoing support from a GP, CMHT, Talking Therapies, Crisis Team, Social Prescriber or other professional.
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Members should be able to

- Participate safely within a small, mixed community group.
- Attend without continuous 1:1 clinical supervision.
- Respect group boundaries, confidentiality, staff, volunteers and other members.
- Follow our Helpful Concepts and Health and Safety instructions.
- Make their own arrangements for travelling to and from sessions.
- Understand that Community Calm is non-clinical and cannot provide crisis intervention.

Information professionals must provide

Please provide more than a diagnosis. We need enough information to understand the person's history, current presentation and suitability.

Relevant current and historic mental health diagnoses, admissions and significant crises.

- Current mental health presentation and recent changes.
- Current and historic self-harm, suicide or risk-to-others concerns.
- Relevant safeguarding concerns, risk-management plans and current professional support.

- Known triggers, warning signs and what helps when the person becomes distressed.
- Any behavioural, physical health, mobility, sensory, allergy or communication needs relevant to safe participation.
- How the person manages in groups and any concerns about boundaries or behaviour.
- Why Community Calm is being recommended and the intended outcomes.

When May Community Calm not be suitable?

- The person is in acute crisis or requires urgent clinical intervention.
- They require continuous 1:1 supervision or intensive clinical support.
- There is a significant unmanaged risk to themselves, other members, staff, volunteers or the public.
- Their current presentation prevents safe participation in a mixed community group.
- They require specialist clinical treatment during sessions.

Important: A diagnosis or previous history of risk does not automatically exclude someone. The key consideration is whether the person is currently stable enough to participate safely and whether their needs can be managed within Community Calm's non-clinical nature based setting.

Referral does not guarantee acceptance. Community Calm will assess each referral individually and may request further information before accepting a member. Where the service is not appropriate, we will seek to signpost back to the referring professional or another suitable service.

For professional referrals, please complete the Community Calm Professional Referral & Safeguarding Information Form.