

## Health and wellbeing benefits

Green spaces can improve mental health and the quality of community life. Researchers have observed a link between increasing urbanisation and psychosis or depression. Experimental evidence suggests that simply having views of nature can improve mood, self-esteem and concentration, and help to treat stress and mental health disorders. These benefits have been shown to occur over very short exposure periods to vegetation.

Living walls provide visual amenity, resulting in a green and organic skin to what otherwise may be a 'cold' and unattractive wall. In some cases architects may contest that such a living wall will detract from the overall aesthetic of the building. Clearly, living walls have to be designed so as to contribute aesthetically not only to the building itself but to the overall environment in which it sits. The involvement of architects, landscape architects and ecologists at the earliest possible stage in the design process is critical in achieving the greatest visual amenity advantage.

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