

Bee Well: Piloting a new mental health intervention for rural young people who have been exposed to a natural disaster

ACTRN12623001011673

Status	RECRUITING
Sponsor	University of New England
Enrollment	24 participants

Plain Language Summary

Young people growing up in rural Australia are increasingly facing the mental health toll of climate-related disasters — fires, floods, droughts — that strike their communities. The 'Bee Well' program has been designed specifically for teenagers aged 16–18 in rural NSW who have lived through natural disasters and are struggling with distress or anxiety about climate change and their environment.

The program takes place outdoors over two full days, drawing on eco-therapy principles — the idea that spending meaningful time in nature, and developing a positive relationship with the environment, can build psychological resilience. Participants will engage in structured outdoor activities designed to support mental wellbeing, and researchers will measure changes in distress, resilience, and mental health outcomes.

You may be eligible if you are 16–18 years old, currently living in rural NSW, and have personally experienced a natural disaster at some point in your life. Young people with acute suicidal risk, active psychosis, or significant cognitive impairment are not eligible for safety reasons. The study is run by the University of New England.

Key Eligibility Criteria

Inclusion (4)

- Eligibility to take part in the program will be any individual that is :
 - a) aged 16-18 years,
 - b) currently residing in rural NSW, with
 - c) self-reported lifetime exposure to any natural disaster (e.g., flood, fire, drought, or the 2021 supercell tornado).

Exclusion (3)

- Ineligibility criteria are:
 - a) individuals who fail comprehension checks or
 - b) who have acute suicidal risk, psychosis, bipolar disorder, or as having a cognitive impairment/disability, are under the influence of a substance, or have any other significant impediment to participation - as ascertained by diagnostic interview (MINI) and/or clinical judgement as part of eligibility screening.

Locations (1 total)

NSW, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12623001011673>

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