

providing evidence support for green and blue social prescribing as a scalable and sustainable community-based mental health strategy.

Conclusion: The “CONNECT” project potentially offers a culturally sensitive approach to improving the mental health and well-being of migrant children and their families by integrating green and blue social prescribing.

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413 Green and Blue Social Prescribing: Enhancing Mental Health and Well-Being in Migrant Children and Families

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Aims: Migrant children and their families often face unique challenges that affect their mental health and well-being, including social isolation, psychosocial distress, and barriers to healthcare and integration. Traditional mental health interventions may not fully address the complex needs of migrant populations, emphasizing the need for community-based solutions that consider social, environmental, and cultural factors. The “CONNECT” project aims to enhance the mental health and well-being of migrant children aged 6 to 12 years with psychosocial needs, integrating nature-based activities like community gardening, outdoor arts, surfing, and conservation volunteering. Children and families are referred by professionals to link workers who co-design a personalized plan based on their needs and preferences. This study will evaluate the intervention’s acceptability, feasibility, and effectiveness.

Methods: The project will be implemented in four deprived communities in Portugal with a high migrant population. Over at least 8 weeks, children will participate in nature-based activities, averaging 90 minutes of exposure per week. A mixed-methods approach will be used, including a randomized controlled trial with an intervention group and waitlist control group, assessing outcomes at three time points (pre-intervention, post-intervention, and follow-up). Implementation science frameworks will guide the identification of barriers and facilitators for the scalability and sustainability. Data collection includes questionnaires, interviews, focus groups, and photovoice.

Expected Results: This intervention is expected to improve psychosocial well-being, foster social connections, and promote a sense of belonging, empowering migrant communities. It aims to reduce health disparities by ensuring accessibility and cultural sensitivity,