



Creating Supportive Environments for Positive Mental Health and Well-being Across the Lifespan: A Conceptual Review of Nursing Contributions

Augutina Chikaodili Isabu

Department of Community Health Nursing, Faculty of Nursing Sciences, College of Health Sciences, Niger Delta University, Wilberforce Island Bayelsa State, Nigeria

E-mail: augustinaisabu@gmail.com; Phone Numbr: 08064359760

Abstract

Positive mental health remains a critical determinant of individual and societal well-being, requiring supportive environment that foster resilience, adaptation, and positive functioning. This paper examined the contributions of nurses in creating supportive environments that promotes positive mental health and well-being across the life span. Positive mental health is a vital aspect of health and overall human well-being, encompassing emotional, psychological, and social well-being. It is the pivot upon which effective functioning, personal growth, resilient system and healthy nations revolves. Therefore the importance of developing and maintaining positive mental health across the life span cannot be overemphasized. This paper adopted narrative review of relevant literature on mental health, supportive environment, nursing practice and health promotion. Evidence suggests that nurses contribute significantly through health education, counseling, advocacy, patient-centered care, rehabilitation, health promotion, disease prevention, and psychosocial support from preconception to end-of-life care. Nurses play indispensable roles in fostering supportive environment that enhance positive mental health and overall well-being. However, investment in nursing education and recognition of nursing contributions should be strengthened to improve positive mental health across the life span.

Keywords: Positive mental health; Supportive environment; Nursing practice; Health promotion; Well-being; Psychosocial support.

Introduction

Promotion and maintenance of good health and human well-being has been the key concern of both national and international health bodies such as the World Health Organization (WHO) and United Nations Children's Fund (UNICEF). Varcarolis (2025) stated that mental health disorders constitute huge disease burden and remain a leading cause of disability worldwide, contributing substantially to 7.3 per cent of the global burden of disease. According to Liu, et.al. (2025), greater than 970 million people in the world live with mental disorders. Furthermore, WHO (2024) reported high prevalence of anxiety, depression and substance use among the youth and stated that the global cases of mental health disorders was about 359.2 million people that battle with anxiety disorders, while 332.2 million have depressive disorders summing up to 9.1 per cent of all disease burden and 63.1 per cent of mental disorders. According to report of World Bank (2023), the global population aged 65 years or over is expected to rise from 994 million in 2030 to 1.6 billion in 2050. This can result in a higher prevalence of chronic mental health disorders



such as depression, anxiety-disorders, and dementia which may impact negatively on the population health. Therefore there is need for creating supportive environment for mental health and well-being across the lifespan to enhance good health and social well-being of the population, of which the nurse's contributions cannot be overemphasized.

It is worthy to remember that health is defined by WHO as 'a state of complete physical, mental, social, and spiritual well-being of an individual and not merely the absence of disease or infirmity. From the above definition, optimal health encompasses the proper functioning of these identified four dimensions of health (physical, mental, social, and spiritual health, WHO, 2024), of which the nurse contributes immensely to build, nurture and maintain human health from cradle to the grave. The nurse who is a front-line health care worker has always been saddled with the responsibility of caring, nurturing, maintaining, protecting, preserving and promoting good health and over all well-being of humanity from the cradle to the grave in supportive environment. (Varcarolis & Halter, 2025).

Supportive environment according to Stuart (2023) describes settings that provide supports for individuals, families or community to empower them to feel secured and safe, respected and valued, loved, and cherished. The author maintained that the overall aim of supportive environment is to develop, build, and encourage personal growth, autonomy, and self-efficacy that foster positive mental health. The purpose of this paper therefore is to critically examine the contributions of the nurse in creating supportive environment that promote positive mental health that fosters success and positive living in the society. This is discussed under the following; positive mental health and well-being, supportive environment, contributions of the nurse, summary, implications of the paper to nursing education, practice and policy, conclusion, and recommendations.

Positive Mental Health

The importance of developing and maintaining positive mental health cannot be overemphasized. Ogunleye (2025) described mental health as a state of emotional well-being of an individual that enables him/her to cope with recurrent stresses of living and the ability to readily adjust effectively within a given society. The author maintained that positive mental health involve attitude of happiness, contentment, satisfaction or achievement and that it also encompasses one's ability to manage life problems without being overwhelmed by them and deriving satisfaction from life throughout its various stages.

The World Health Organization (WHO, 2024) describes mental health as a state of well-being that enables people to cope with stresses of life, realize their abilities, learn well and work well, and contribute to their families, community, and society positively. Similarly, Varcarolis and Halter (2025) emphasized that mental health is that aspect of health that is behind individuals, families, and societal abilities to make decision, build and maintain relationships and make life worth living. Park (2025) explained that mental health and all other dimensions of health (physical, social and spiritual) are inter-related and that the concept of optimum health is epitomized in positive mental health as depicted in an adage of "sound mind in a sound body". Individuals, families, communities and even nations can be described as being mentally healthy or unhealthy.



The concept of optimum health is supported by many theoretical framework such as recovery model, biopsychosocial model, social determinants of health model among others. However, for the purpose of this paper, the Biopsychosocial model which explained the concept of optimum health is used to explain the contributions of the nurse in creating supporting environment for mental health and well-being across the lifespan. Biopsychosocial model was developed by George Engel in 1977 and it was updated in 1980. Since then, the Biopsychosocial model has been in use in both academic and clinical settings to plan effective patient care holistically. The key tenet of Biopsychosocial model as explained by Engel (1980) is that good health or illness results from the dynamic interaction of biological, psychological, and social factors. Having the knowledge of this model internalized into the training of the nurse, the nurse therefore is trained to provide effective and holistic nursing care to human persons along life span (from preconception to old age and even death). According to Varcarolis and Halter (2025), effective nursing care and health management must address all the three levels at once (biological, psychological, and social factors) because the three domains interact, and a change in one affects the others. Nurses therefore leverage on this information to make patients' health assessment by covering the bio labs, psycho coping and social support in supportive environment.

Health assessment is one of the major contributions of the nurse in health care. Stuart (2023) expressed that mentally healthy individuals may exhibit the following attributes: ability to develop and maintain pattern of problem solving, to readily adjust and cope with crisis beyond assistance of family, friends or resorting to substance abuse, have a value system characterized by respect and trust for self and others, fulfill work and work relationships. Park (2025) in the contrary, expressed that the mentally unhealthy individuals or individual with negative mental health exhibit uncontrollable negative emotions, such as emotional immaturity, inability to judge reality accurately, and to see things in terms of their long range than short range values, which is selfish and egocentric, and cannot sustain affectionate relationship, they are unrealistic and dependent. Joseph and Hamilton-Ekeke; (2017) stated that families also can be viewed as mentally healthy or unhealthy. (that is to say that families can be described as having either positive or negative mental health).

Mentally healthy families or families with positive mental health according to Wyngaerden et. al. (2022) exhibit attitudes of love, trust and friendship. They practice partnership, open communication, tolerance, and togetherness. On the contrary, the mentally unhealthy families exhibit some dangerous attitudes and behaviours such as hatred for one another and others, envy, greed, selfishness, ego-centricism, covetousness, violence among others. Vanner and Keet (2019) view these negative attitudes and behaviour as dangerous and harmful to both the families, communities and to the society as a whole. This is because Wyngaerden et al. (2022) viewed the mental health status of individuals and families to have influence on the community and the society as a whole. Furthermore, Tope-Ajayi (2022) stated that mentally healthy society portrays high level of productivity, socio-economic development and independence, contrary to the mentally unhealthy society which is devoid of technological advancement, are dependent on other nations for economic survival and well-being. Vanner and Keet (2019) emphasized that such nations continually claims to be developing and yet remains underdeveloped from generation to generation. According to Savage (2019) positive mental healthy living fosters creativity, innovation and the subsequent socio-economic development that revolves round the feeling of satisfaction and achievements which are mostly gotten in a supportive environment.



Supportive Environment

Supportive environment according to Berman *et al.* (2021), refers to situations, and circumstances modification for the purpose of developing and enhancing proper growth (mentally, physically, socially, and spiritually). According to Park (2025) supportive environment could be physical (internal and external), emotional, social or spiritual. The author maintained that all dimensions of environmental support impact positively on the mental health status of individuals, families and society at large. Furthermore, Stuart (2023) described supportive environment as situations where parents or care givers, guidance, teachers, employers of labor, willfully encourage their wards or clients by being easily reached to provide necessary care, guidance and training to succeed in both immediate and future endeavors. Moreover Park (2025) also stated that the foundation of supportive environment starts from individual's family and is shaped by socialization and that stakeholders in creating supportive environment include but not limited to parents, care givers, teachers, and nurses among others. Tope-Ajayi (2022) explained that supportive environment is of paramount importance in establishing, building, and maintenance of good health and well-being in all the four dimensions of health as contained in WHO definition of health (physical, mental, social, and spiritual well-being)

Furthermore Potter *et al.* (2022) stated that physical supportive environment (internal) encompasses provision of adequate nutrition for proper development, adequate sleep, good personal and environmental hygiene as well as personal safety among others, while Keltner and Steele (2024) noted that physical supportive environment (external) encompasses varieties of purposeful provision of success enhancing circumstances such as good family background, fun, use of biophilia hypothesis (that is provision of environment of love and understanding that foster positive mental health), engaging play materials, classrooms and adequate learning infrastructure among others. The health education contribution of the nurse covers all of these stated dimensions.

Similarly, Taylor et al. (2019) expressed that emotional supportive environment entails availability of listening and empathetic parents, or care givers and that it encompasses show of love, tolerance, and understanding of peculiarity of differences in each individual that is devoid of fault finding. According to Stuart (2023), emotional supportive environment encourages accepting individuals as they are while making frantic efforts to correct some faults in a person in the spirit of love and for future coping with the eventualities of life. Henkel et al. (2021) noted that, creating supportive environment can also include attention restoration therapy which can help to restore cognitive function and reduce the impact of stress on an individual's mental health. Videbeck (2020) explained that proper cognitive function of individuals and families will impact positively on overall social health of the society.

Furthermore, Park (2025) stated that supportive social environment refers to the immediate physical surroundings of a person, the social relationships, and the cultural medium within which defined groups of people function and interact. The author maintained that components of the social environment include: built infrastructure; industrial and occupational structure; labour, markets; social and economic processes; wealth; social, human, and health services; power relations; government; race relations; social inequality; cultural practices; the arts; religious institutions and practices; and beliefs about place and community. According to Potter *et al.* (2021), supportive environment is characterized by acceptance, love, tolerance, absence of discrimination, stigmatization, intimidation, taunting, harassment, abuse, and fear of rejection.



Oyewole (2022) describes supportive environment as an environment where people feel at home, are valued for who they truly are, respected and encouraged to be the best of themselves. Based on the above information, creating and maintaining supportive environment is therefore expedient through life span.

However, Turner and Tenhoor (2018) stated that supportive environment exists in various settings such as in the family, health care delivery system, schools, workplace, community and the society. Park (2025) similarly pointed out that supportive environment at home, school, work place, and community contribute to a large extent to personal growth, open communication, better cooperation and collaboration with others, better productivity, creativity, innovation, academic performance, sense of security, technological advancement, and overall population success and prosperity. Meanwhile, supportive environment in the family according to Potter et al. (2022), involves providing family protection, comfort, love, and warmth, sense of belonging, and basic human needs for family members, while in the health care delivery system, it involves delivery of competent patient centered care, and providing patient's safety and emotional support. Videbeck, (2020) posited that in the school setting, supportive environment consists of application of the principles of teaching and learning appropriately, motivation of learners and encouragement of academic and moral excellence that can impact the population health positively.

Moreover, Tope-Ajayi (2022) explained that providing supportive environment in school is essential, especially in the formative years as it helps to promote proper learning and behaviour modifications early. It encompasses building positive and rational behaviour, recognizing individual difference in learning abilities and working with it, outlining classroom rules for positive behaviour, use of positive reinforcements of learning, encouraging positive mind set, encouragement of the stimulation of critical thinking and independent decision making abilities, as well as development of resilience. Stuart (2023) also added that supportive environment in school also provides opportunities for individuals to interact and play together in variety of settings, recognizing the effect of biophilia hypothesis.

Furthermore, Keltner and Steele (2024) stated that in the work place, provision of supportive environment encourages mutual trust, respects, collaborations, healthy feeling of sense of belonging, value and respect that encourage commitment, boosts job satisfaction and increases productivity. Similarly, Berman et. al. (2021) explained that supportive environment in whatever context it exists could be in the form of: empowerment, positive and conducive atmosphere, physical support or social support as the case may be. Vanner and Keet (2020) also stated that providing supportive environments could enable individuals, families, and communities to receive necessary support for maximum mental health wellness to thrive, prosper, succeed, and enhance overall well-being and quality of life.

Theoretical Basis for Creating Supportive Environment

The theoretical basis of creating supportive environment for positive mental health and well being revolves around the theory of Ecotherapy or Nature therapy, Biophilis Hypothesis and Attention Restoration Therapy (ART). Ecotherapy or Nature therapy posits that natural environment has a positive impact on the mental health. The theory of Ecotherapy explains that exploration of nature is important in attaining and maintaining of positive mental health and well being. Examples of Ecotherapy or Nature therapy is serene environment, simple walk around



natural gardens, sights of calm flowing stream or River. This relaxes the mind and relieves tension and anxiety, while encouraging positive thinking that genders creativity, innovations and positive mental health that fosters productivity (Roszak; 2018).

Biophilia Hypothesis on the other hand posits that human being have an innate, genetically based need to connect with nature and exposure to natural environments can improve human mental health and well-being (Wilson; 2021). According to Gaekwad et al. (2026), Biophilia Hypothesis suggests that humans possess an innate tendency to seek connections with nature and other forms of life. The nurse contributes and plays key role in implementation of these theoretical bases of creating supportive environment for positive mental health and well-being at all life stages (Potter et al., 2021).

Contributions of the Nurse

The contributions of the nurse in creating supportive environment that fosters positive mental healthiness cannot be overemphasized. According to Richardson (2020), the foundation of good mental health is laid in early childhood much also as the foundation of physical health is also laid in early childhood. The nurse is a key player in these all important laying of social foundation for good health that fosters positive mental healthy living, success and destiny fulfillments. The nurse contributes to the nature for creating supportive environment for positive mental health by managing the physical health competently from preconception, through conception, labour and birth, formative early childhood stages of life, childhood period, school age, adolescent, young adult, older adults and even to the grave, (that is from the caudle to the end of life)(Savage ;2019).

In the preconception period, the nurse prepares the intending mother for conception, pregnancy labour, and through counseling and health education about the necessary requirements for good health of the incoming baby. The contributions of the nurse to birth physically healthy baby lays the good foundation for positive mental health. This is so because according to Park (2025), good physical health is the basis of good mental health. Proper development and functioning of the physiological systems of the body such as respiratory system, cardiovascular, digestive, endocrine, nervous system among others is essential and a requirement for sound physical health which in turn affects the mental health behaviour and adjustment necessary for survival and success in all human endeavour. For instance, an individual who suffers physical defects, deformities, disabilities among others is susceptible to negative mental health, such as depression, frustration, irritableness, and inability to cope with life's challenges. The contributions of the nurse are further discussed under the following

Pregnancy Periods

Richardson (2020) noted that during pregnancy periods, the nurse provides the pregnant mother health education, emotional support, competent patient's centered care and safety, The nurse also creates rapport that fosters assurance and trust of the would be mothers. During antenatal period, proper screening for early detection of any abnormality that can affect the foetus negatively is ensured. The nurse supervises proper immunization programmes and birth preparedness, ensures adequate nutrition for mothers and unborn babies, monitors and follow-up care to delivery and beyond to ensure that both mothers and children attain and maintain maximal good health and well-being, both mentally and physically (Videbeck; 2020)).

**During labour and delivery periods.**

The nurse ensures safety of both mother and newborn, gives necessary physical and emotional support, establishes proper bonding (the 1st step in creating positive mental health) between the new born and the mother, applying biophilia hypothesis.(Gaekwadetal., 2026).

During the formative early childhood stages of life

The nurse educates and supports mothers on child care, infant nutrition, and proper weaning, safety measures to prevent injuries and the subsequent disabilities that may affect both mental and physical health and well-being in the immediate and distal future. The nurse also counsels the mothers on family planning and appropriate child spacing for better health and proper child growth and development, completion of the immunization schedule, growth monitoring, early dictation, and proper treatment of conditions that may affect growth and development negatively, including the mental health and well-being. (Berman et al., 2021).

During the pre-school age (3-5).

The nurse health educates mothers on child care and safety to safe guard physical and mental well-being, gives the parents emotional supports to be able to care for the children properly to prevent development of negative mental health and behaviours. (Joseph & Hamilton-Ekeke, 2017).

During the school age periods (6 -12 years):

The school health nurse does health screening, early detection of any impediments to proper growth, mental, and physical developments and mal-adaptive behaviours that may affect learning, through school health service screening. Counseling, referral, proper treatment of minor illnesses and injuries, health inspections, advocates for physical safety through environmental hygiene, proper safe arrangements of the both learning and play materials. The nurse collaborates with the school teachers to teach the school children personal hygiene and practices, respect for self and elders and proper behaviour that are required as foundation for building of positive mental health and well-being. Furthermore, the nurse keeps and maintains health records of each pupil/student for necessary follow-up as need be (Potter at al.,, 2021).

During the early adolescence periods (13-15 years).

The nurse contributes to creating supportive environment in the following ways: health education, guidance, and counseling about: menarche (self-care and management in the period of first menstrual experience), personal hygiene, good morals, and societal acceptable behaviours. Emphasis is also laid on school and academic works and expectations. The nurse also provides emotional support to guide navigation from childhood to adolescent stage of life. The nurse encourages friendliness and open communication to verbalize the adolescents' concerns. Furthermore, the need for continuous physical, mental, and social health monitoring is emphasized, while advocacy for provision of adequate nutrition, sleep, and appropriate exercise are made, while involves the parents in the care of the adolescent children. According to Oyewole (2019),, proper education and guidance will minimize negative peer influence on the adolescents and enhance adherence to positive mental health behaviour and well-being.



During middle adolescents to young adulthood (16- 29 years).

The nurse encourages assertiveness and open communication for clarity and proper understanding of life requirements. Education of the youths on the dangers of negative peer influence and substance use/abuse. This is because according to Park (2025), many youths are lured into the danger of drugs abuse by unprofitable peer groups and pressures. The nurse emphasizes on the use of reinforcement strategies to encourage positive behaviour, while using conditioning to correct negative behaviours that may impact negatively on mental health and well-being. The nurse guides and counselsthem on academic and career choices, and give them proper education to guide and monitor good relationships that encourage positive mental health and well-being.

From middle age and above (30 years and above).

The nurse applies education strategies on: self-care which includes adequate nutrition, sleep and rest, work/family balance to meet up with the social function in the family without straining any of them (Mojekwu et al., 2023). This is because imbalance will lead to mental and probably physical health problems as well as preparation for old age. (Getting ready for independence at old age is prepared and advised by the nurse from this stage of life). The nurse also encourages positive lifestyle. According to Tope-Ajayi (2022), positive lifestyle prevents the occurrence of many preventable diseases and physical health issues that can be a handicap to a person. For instance avoiding excessive drinking, smoking and evading responsibility (social demands in family, among friends and relatives) are capable of impacting cumulatively on mental health and well-being in the immediate and distal future. The nurse also advocates for regular health assessments for early detection and prompt management of any unforeseen health issues (Berman et al., 2021).

Summary

The paper examined the contributions of the Nurse in creating supportive environment for mental health and well through life span. Key concepts were defined. Mental health was defined as that dimension of health that focuses on the emotional well-being of an individual which enables him/her to cope with recurrent stresses of living and be able to readily adjust effectively within a given society. Mental health was perceived as having influence on the overall health and proper functioning of an individual, family and the community. Supportive environment was deemed essential to develop and maintain positive mental health status. Supportive environment was described as family, school, health care delivery system, workplace environment that, fosters acceptance, love, and tolerance, characterized by absence of discrimination, stigmatization, intimidation, taunting, harassment, abuse and fear of rejection. Supportive environment was described as an environment where people feel at home, are valued for who they truly are, respected and encouraged to be the best of themselves. The theoretical basis in support of the paper was also explained. The contributions of the Nurse to creating supportive environment for mental health and well-being were considered to span from preconception of an individual to the end of life. The contributions included but not limited to: Health education, guidance and counseling, delivery of competent patient-centered care in all health care specialties and in all settings, physical, emotional, psychological and social support, rehabilitation, health promotion, protection, maintenance, disease prevention and last office. The implications of the paper to Nursing education, practice and policy were highlighted.



Conclusion

Nurses play critical roles in creating supportive environments that promote mental health and psychosocial well-being across the life span of individuals. Through health promotion, health education, counseling, advocacy, and patient-centered care, nurses contribute significantly to the prevention of mental health problems and the enhancement of quality of life. Strengthening nursing education, workforce capacity, and policy support will further improve mental health outcome globally.

Implication for Nursing Practice, Education, and Policy

The paper is presented to enlighten the public about the importance of the nurses' contributions to the overall mental health and wellbeing of individuals, families and the society. The contributions discussed in this paper and others that are not captured here are usually taken for granted and often times not recognized. It is also worthy to state that some nurses are also not fully conscious of these all important contributions and so may not appreciate the rigorous professional and skillful training that are required to produce competent nurses that are capable of delivering these needed care at all settings as required. It is expected that this paper may reawaken such consciousness in each nurse, curriculum developers, training facilities and the nurse educators. This is because a well-trained nurse is an inestimable health asset to individuals, families, communities and to society in general. According to Berman (2020), the ultimate aim of nursing education is the advancement of health, well-being, and general welfare of the population through wide and deeper knowledge, finer skills, and broader appreciation of human values and cultural heritage, which are required to create positive mental health and well-being for citizen.

Suggested Evidence-Based Recommendations

Proper training of the Nurse should be encouraged at both institutional and government levels. Nurses' contributions to mental health and well-being should be recognized and appreciated with gratitude by citizens

The perception of Nurses as common doctors' handmaid that has nothing to contribute to the health care industry than to carry bed pans should be corrected. Evidence from this paper highlighted that Nurses have lots of positive health contributions and impact to the health of individuals, families, the community and the society as a whole.

Higher Nursing education should be allowed to thrive in tertiary institutions for the benefit of all citizens by strengthening mental health training in nursing curricula

References

- Berman, A. T., Snyder, S. J., & Frandsen, G. (2021). *Kozier and Erb's Fundamentals of Nursing: Concepts, Process, and Practice* (11th ed.). Pearson Education.
- Gaekwad, .S., Moslehian, A.S., Roos, P.B., & Walker. (2026). A Meta-Analysis of Emotional Evidence for the Biophilia Hypothesis and Implications for Biophilic Design. *Front Psychology*. 2022 May 27;750245. doi:10.3389/fpsyg.2022.750245.



- Hinkle, J. L., & Cheever, K.H. (2025). *In Sudaarth's Texbook of Medical Surgical Nursing*. (16th ed.). India LWW.
- Institute for Health Metrics and Evaluation. (2025). Global Burden of territories, 1990-2021: *GBD.BMC Psychiatry*. 25, 06932.doi.org.
- Joseph, R., & Hamilton-Ekeke, J. T. (2017). *Fundamentals of social health for health educators*. Port Harcourt, Nigeria: Pearl Publishers.
- Keltner, N., & Steele, D. (2024). *Keltner & Steele's Psychiatric Nursing*. 10th ed. USA: Elsevier.
- Leifa, G. (2018). *Introduction to Maternity and Pediatric Nursing*. India: Saunders.
- Liu, W. et.al. (2025). Global burden and trends of major mental disorders in individuals under 24 years. *GBD 2021. Frontiers in Public Health*, 13, 1635801.
- Ogundele, A. et.al. (2025). Mental health policy intervention in Nigeria: A scoping Review. *Cambridge Prisms: Global Mental Health*.
- Oyewole, A. (2022,). Understanding community mental health. Health wise (Pulse / *The PUNCH*) May 12. <https://healthwise.punchng.com/understanding-community-mental-health/>
- Pan American Health Organization/World Health Organization (PAHO/WHO). (2025). *Mental health*. <https://www.paho.org/en/topics/mental-health>
- Park, K. (2025). *Essentials of community health nursing*. Jabalpur, India: Bhanot Publishers.
- Park, K. (2025). *Park's textbook of preventive and social medicine* (26th ed.). Jabalpur, India: Bhanot Publishers.
- Patel, V., Saxena, S., Lund, C., Thornicroft, G., Baingana, F., Bolton, P., Chisholm, D., Collins, P. Y., Cooper, J. L., Eaton, J., Herrman, H., Herzallah, M. M., Huang, Y., Jordans, M. J. D., Kleinman, A., Medina-Mora, M. E., Morgan, E., Niaz, U., Omigbodun, O., Prince, M., Rahman, A., Saraceno, B., Sarkar, B. K., De Silva, M., Singh, I., Stein, D. J., Sunkel, C., & Unützer, J. (2018). The Lancet Commission on global mental health and sustainable development. *The Lancet*, 392(10157), 1553–1598. [https://doi.org/10.1016/S0140-6736\(18\)31612-X](https://doi.org/10.1016/S0140-6736(18)31612-X)
- Potter, P.A. Perry, A.G., & Ostendorf, W.R. (2022). *Clinical Nursing Skills and Techniques*. USA: ELSEVIER.
- Richardson, B. (2020). *Pediatric Primary Care Practice Guideline for Nurses in Jones & Barlett Learning*. India: Saunders
- Roszak, T. (2018). *Eco-therapy: A brief summary*-Linkedin. <https://www.linkedin.com>.



- Savage, C. L. (2019). *Public-Community health Nursing Practice-Caring for the Population*. USA: F.A. Davis.
- Stuart, G.W. (2023). *Principles of Practice of Psychiatric Nursing*. (12th ed). USA: Elsevier.
- Taylor, C.R., Lemoe, P., & Lynn, P. (2019). *Fundamentals of Nursing. The Art and Science of Nursing Care*. India: Saundder.
- Tope-Ajayi, F. (2022) *A guide to Primary Health Care Practice in Developing Countries* (7th ed). Nigeria-Akure: Rotimi Excels Productions.
- Townsend, M. C., & Morgan, K. I. (2018). *Psychiatric mental health nursing: Concepts of care in evidence-based practice* (9th ed.). F.A. Davis.
- Vanner, S., & Keet, R. (2019). The role of nursing in community mental health. *American Journal of Nursing Studies*, 1(1), Article 1002.
- Varcarolis, C. J., & Halter, M.J. (2025). *Varcarolis' Essentials of Psychiatric-Mental Health Nursing*. (%th ed). USA; Elsevier.
- Videbeck, S. L. (2020). *Psychiatric-mental health nursing* (8th ed.). New York: Wolters
- World Bank. (2023). *Depression and its links to conflict and welfare in Nigeria*. Blogs.worldbank.org.
- World Health Organization. (2024). *World Health Organization Health Report 2024-2025*. Geneva <https://www.who/int>
- World Health Organization. (2025). *World Health Organization Health Statistics 2025*. .Geneva <https://www.who/int>