**New Restorative Cities book calls for cities to be designed to support mental health**

*Restorative Cities: Urban Design for Mental Health and Wellbeing by Jenny Roe and Layla McCay is published by Bloomsbury on 12th August 2021 (£24.99).*

A new book brings together science and practice from around the world to answer a question that has become vital during the Covid-19 pandemic: how can we design and plan cities to better support mental health and wellbeing?

Even before the pandemic, mental ill-health was the world’s leading cause of disability. This has risen over the past months. In the UK, an extra 10 million additional people are estimated to need support for their mental health due to the pandemic. It is clear that any city seeking to be resilient and sustainable must invest not just in mental health services, but also in mental health promotion.

During the pandemic, people around the world became more conscious of how their surroundings affect their mental health and wellbeing. People gravitated to parks for relaxation and exercise, used expanded bike lanes and walkways, and appreciated safe social interactions with their neighbours. Beyond the pandemic, people want their environment to keep supporting their wellbeing.

*Restorative Cities* rigorously assesses the evidence and provides a clear method to unlock population mental health promotion through strategic investments in urban planning and design. The book defines the next step in the emerging field of urban design for mental health with a new Restorative City framework made up of seven pillars: the Green; Blue; Sensory; Neighbourly; Active; Playable and Inclusive City.

**Gil Penalosa, Founder and Chair of 8 80 Cities and Ambassador for World Urban Parks said:** "Post-Covid-19, cities must be equitable and sustainable, and people should live more healthily and happily. Restorative Cities shows how we can do this, by focusing urbanism on mental health and wellbeing"

**Joanna Frank, President and CEO, Center for Active Design said:**"This book offers deep health expertise translated into the practical strategies that respond to today's demand for cities that prioritise their residents' health"

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**Notes to editors**

* [Restorative Cities: Urban Design for Mental Health and Wellbeing](https://www.bloomsbury.com/uk/restorative-cities-9781350112889) by Jenny Roe and Layla McCay is published by Bloomsbury on 12th August 2021, £24.99.
* **Layla McCay** is Director of the Centre for Urban Design and Mental Health (UD/MH). A psychiatrist, public health and health systems specialist, she is managing editor of the Journal of Urban Design and Mental Health, as well as being Policy Director at the NHS Confederation.
* **Jenny Roe** is Mary Irene DeShong Professor of Design & Health and Director of the Center for Design & Health in the School of Architecture, University of Virginia. She is an environmental psychologist and former head of Landscape Architecture for an international architectural practice, and a Fellow at UD/MH.

**Image**

Accreditation: Image from Restorative Cities: Urban Design for Mental Health and Wellbeing by Jenny Roe and Layla McCay, Bloomsbury Publishing (2021)

Diagram

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**Further information**

If you would like more information or to arrange an interview with the authors, please contact [layla@urbandesignmentalhealth.com](mailto:layla@urbandesignmentalhealth.com)

If you would like to request a review copy of the book, please contact [academicreviews@bloomsbury.com](mailto:academicreviews@bloomsbury.com)

**About the Centre for Urban Design and Mental Health**

The [Centre for Urban Design and Mental Health](https://www.urbandesignmentalhealth.com/) is a multidisciplinary virtual think tank that explores how to design better health into cities. It was founded in 2015 and publishes the Journal of Urban Design and Mental Health.