In the same way that neighbourhood stressors can compromise individuals’ ability to cope, some neighbourhood “buffers” such as community cohesion, social services, and green areas can have positive impacts on residents’ mental health\(^5\). There is great promise in improving mental health through targeted, neighbourhood-level interventions and programs. See our Neighbourhood-level, complex interventions primer for more details.


5. O’Campo P. Concept mapping neighbourhood effect on mental health and establishing the validity of collecting data on residential history. Grant from Centre for Urban Health Initiatives (CUHI) 03/05-12/05 (PI O’Campo), 2005.


