

How public transport contributes to mental wellbeing

Connect with people around you



Public transport connects people to family and friends, whether on the vehicle itself or at the places it links people to.

Simply talking to people at the bus stop can make a big difference to people who might otherwise be lonely or isolated.

Furthermore, by reducing congestion we can create environments where it is easier for people to interact socially and which promote outdoor play.

Be active



Walking or cycling to and from public transport can help meet recommended daily levels of physical activity.

Public transport also connects people to sports and leisure facilities.

Take notice



Travelling on public transport allows time to think, look out of the window and notice the world around us.

Keep learning



Time spent on public transport can be used to read, listen to a podcast or do work. Some buses even have onboard libraries!

Public transport also enables people to access school, college, university and other learning opportunities.

Give



The communal experience of public transport presents opportunities to do positive things for other people - such as giving up a seat for someone else or helping someone with a buggy get off the bus.

Public transport also connects people to volunteering opportunities.

More information

Based on the 'Five ways to wellbeing' devised by nef (2008).

For more on how bus travel contributes to health and wellbeing see pteg (2013) The Case for the Urban Bus

<http://www.urbantransportgroup.org/resources/types/reports/case-urban-bus-economic-and-social-benefits-investing-urban-bus>

For more on transport and health see our Public Health resource hub <http://www.urbantransportgroup.org/resources/public-health>



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