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| Wilck’s Lake Park  * Wilck’s Lake park has 150-acre natural area which includes a 55-acre lake. * It has a two-mile hiking/walking trail that goes around the lake. * It provides opportunities for bird and wildlife watching. * There is an observation platform overlooking the marsh section of the park. * The lake is stocked and managed by the Virginia Department of Game and Inland Fisheries. * Amenities that Wilck’s has is a playground, a skate park, picnic shelters, and restroom facilities  Wilck's Lake Isle, Farmville, VA 23901 | |  | | --- | | ResourcesCAPS – Longwood University 434-395-2409. This service is free to students attending Longwood. Crossroads Community Service Board 24-hour Hotline: 1-866-307-0370. Costs vary. Sliding scale options are available Hope for Tomorrow Counseling 434-392-4073. Costs vary. Further Resources Department of Game and Inland Fisheries. (n.d.). Wilck's Lake. Retrieved from https://www.dgif.virginia.gov/vbwt/sites/wilcks-lake/  High Bridge Trail State Park . (2018). Retrieved from Farmville Virginia : <https://farmvilleva.com/community/tourism/high-bridge/>  Virginia Department of Conservation and Recreation. (2018, October 11). Twin Lakes State Park. Retrieved from http://www.dcr.virginia.gov/state-parks/twin-lakes#other\_info | |  | | |  | | --- | | **https://lh5.googleusercontent.com/bqWOpYkSwvs72BQKZ0NeKagBsVdKIlLZHaReFbiz2Q1GIptLwLBTM5RBVF7t34T7jhGOJAxlnlQNP4O8r_VzqqRwTdPB3wJVr-9bItuXdqlEaO0JMPDhvchlalHxIYr68IKiXO5W** | |  | | Breaking the Stigma:  A guide to outdoor resources in FArmville to help alleviate mental health symptoms | | Shawna McCann, Amanda Phillips and Haley Tucker | |
| Getting OutdoorsHow does it affect Mental Illness? Studies have shown that going outside and being in nature can significantly decrease levels of thinking of yourself in a negative light. Going outdoors can help someone suffering with anxiety and depression. About UsHaley Tucker is a senior at Longwood University. She is currently majoring in Psychology, which is one of the reasons why she is passionate about ending the stigma around mental health. **Shawna McCann** is a senior Social Work major at Longwood University. In the future she wants to work with children who have experienced abuse and neglect.  **Amanda Phillips** is a senior Social Work major at Longwood University. In her free time, Amanda enjoys reading, spending time in nature, being around loved ones and traveling.  Connect with us!  <https://shawnamccann.wixsite.com/breakingthestigma> | High Bridge State Park  * High Bridge offers walking trails as well as bike and horse trails. * The trails are pet friendly. * The entirety of the High Bridge trail is 31 miles. * There is a lot of Civil War history associated with the High Bridge. * The battle of High Bridge took place April 6th, 1865 * It has been highlighted in the National Recreation Trail in 2013 * The High Bridge Trail is also a historic landmark.   https://lh3.googleusercontent.com/TDflYJqiv5iF1gShJiL5RHXcwS2Nx1tGiAqIBzSn7DGWQhR9AxcRcoI2MW2L3ukayq7kiZIkD4Nmn-GW10aA6ZnfQM7HRBWiOSOmC99M_wikvj8QkvA5Sh8Cr2txSueLkFW_YmZcLocation: 1466 Camp Paradise Road Rice, Virginia 23966 | Twin Lakes State Park  * Featured trails in Twin Lakes are Goodwin Lake Trail and Otter’s Path Trail * Other trails at the state park include Between the Lakes, Beaver Point, Dogwood Hollow, Otter’s Path Connector, and Prince Edward Gallion Multiuse. * The entirety of the Twin Lakes trails is 14.25 miles. * There is boat accessibility and has a dock for fishing. * There is a beach and picnic area with a grill for relaxing and family fun. * The Nature Nook educates people about wildlife in the area. * They also have a snack bar, The Spot, which features hand-dipped ice cream.  Location: 788 Twin Lakes Rd., Green Bay, VA |