

The Climate Crisis is Our Children's Mental Health Crisis

Air pollution can negatively affect healthy brain development in children.

Children who witness or experience extreme weather events may develop behavioral and mental health issues.

Suicide was the second leading cause of death for children ages 10-14 in 2021. As temperatures increase, so does suicide, & suicidal ideation.

Drought contributes to food insecurity which can lead to anxiety and anger. Poor nutrition can also delay brain development.



However, there are steps we can take to mitigate these effects



Focus on local solutions to build connection and community resilience.



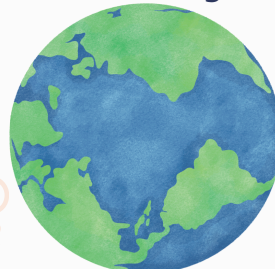
Discuss climate change with children in a developmentally appropriate way, rather than avoiding it.



Engage children with nature, which can improve their mental health and development.



Be present with your children and make time to listen to their questions and concerns.



Identify ways to reduce your carbon footprint at home

"Children who talk about climate change are more concerned about climate change, but are also better at coping with it."
- Australian Psychology Society

How To Talk to Your Kids About Climate Change

- Create space for your children to talk about their worries.
- Show them that you are listening and acknowledge their feelings.
- Use personal stories about how you deal with climate change and hard feelings.
- Teach them breathing strategies and other self-soothing skills.



MONTANA HEALTH PROFESSIONALS FOR A HEALTHY CLIMATE

