

Climate Change and Mental Health

“Ecological grief and eco-anxiety describe the sense of loss and the anxiety people feel related to climate change, including the loss of a stable future.” American Psychological Association

Post Traumatic Stress
Depression
Anxiety
Aggression



Drought causes anxiety, aggression, and depression related to loss of income, livelihood, & food insecurity



Forced Relocation from extreme weather events is related to helplessness, Chronic psychological distress, long term anxiety, depression



Heat is linked to suicide and psychiatric disorders. Heat is linked to increase aggression and crime. Heat affects many antidepressants



Flooding causes displacement, disruption to domestic utilities, recovery fatigue, complicated guilt, financial loss, and loss of home.



Wildfires are related to PTSD, Depression and Anxiety with long lasting high cortisol levels.

Actions That Safeguard Mental Health

- Join or start a group to discuss climate change and actions.
- Take action on topics that you care about.
- Plan ahead: Keep a "Go" kit at home with two weeks' worth of medications and other supplies.
- Create connections with your community.

Be compassionate to yourself



Add nature to your life

