ONE PLANET – ONE MIND: THE CLIMATE OF MENTAL HEALTH

HOW CLIMATE CHANGE IMPACTS MENTAL HEALTH

As climate change continues to increase at an alarming rate, it's impacts on mental health are becoming more and more noticeable. Through direct and in-direct pathways, climate change threatens the population's mind state and wellbeing. Climate change fosters increase in mental health concerns including anger, anxiety, mood disorders and trauma. These mental health implications cannot be ignored, especially not by social workers. Just as social workers uphold justice for the people, they uphold environmental justice.

- ☐ Victims of natural disasters brought on by climate change, such as brush fires, floods, and hurricanes, can develop post traumatic stress disorder as a response.
- ☐ Climate change causing the loss of a home environment, social structures and more can lead to individuals experiencing depression or grief.
- ☐ Symptoms associated with climate anxiety (ecoanxiety) include panic attacks, insomnia, and obsessive thinking.
- ☐ Compounded stress caused by climate change is likely to lead to stress-related issues like substance abuse, anxiety disorders, and depression.
- ☐ Acute and chronic stress can be caused by natural disasters such as floods or droughts that lead to food shortages.
- ☐ Climate change-fueled disaster events impact individual mental health and include trauma and shock, PTSD, anxiety and depression that can lead to suicidal ideation and risky behavior
- ☐ Heat can fuel mood and anxiety disorders, schizophrenia, vascular dementia, use of emergency mental health services, suicide*, interpersonal aggression, and violence.

Climate Change

- o Eco-anxiety
- o Stress
- o Guilt
- o Grief

- o Heatwaves
- o Hot Temperatures
- o Fires
- o Storms
- o Floods
- o Compromised Food & Water Supply
- o Displacement & Migration

Suicide
PTSD
Depression
Anxiety
Stress
Guilt
Grief
Anger/Aggression
Mood Changes
Insomnia

MAKE PERSONAL CHANGE GLOBAL

- o Seek professional help for any current mental health concerns. Social workers are trained and knowledgeable in helping to manage and alleviate mental health symptoms.
- o Become informed about climate change. Learn the facts regarding how the climate is changing and how to combat it.
- o Make lifestyle changes that promote planet health and personal mental health. Embrace nature, recycle, purchase sustainable products, lessen usage or change energy source, rethink transportation method, reduce food waste and eat clean.