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.

**MAKE PERSONAL CHANGE GLOBAL**

- Seek professional help for any current mental health concerns. Social workers are trained and knowledgeable in helping to manage and alleviate mental health symptoms.
- Become informed about climate change. Learn the facts regarding how the climate is changing and how to combat it.
- 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.

**SUICIDE**: Seek help now. Call 1-800-273-TALK (8255).

**PTSD**: The Department of Veterans Affairs can help find support and services for those suffering from PTSD.

**DEPRESSION**: The National Alliance on Mental Illness (NAMI) provides support and resources for individuals suffering from depression.

**ANXIETY**: The Anxiety and Mental Health Information Network (ANMIN) offers support and resources for individuals suffering from anxiety.

**STRESS**: The American Psychological Association (APA) provides resources and support for individuals suffering from stress.

**ANGER AGGRESSION**: The National Institute of Mental Health (NIMH) offers resources and support for individuals suffering from anger and aggression.

**MOOD CHANGES**: The Substance Abuse and Mental Health Services Administration (SAMHSA) provides resources and support for individuals suffering from mood changes.

**INSOMNIA**: The National Sleep Foundation offers resources and support for individuals suffering from insomnia.

**GUILT**: The National Alliance for Mental Illness (NAMI) provides support and resources for individuals suffering from guilt.

**GRIEF**: The National Center for333 Grief & Loss offers support and resources for individuals suffering from grief.

**HEATWAVES**: The National Center for Environmental Health offers resources and support for individuals suffering from heatwaves.

**SUSTAINABLE LIVING**: The Environmental Protection Agency (EPA) offers resources and support for individuals suffering from sustainable living.

**ECONOMICS**: The Federal Reserve Bank of New York offers resources and support for individuals suffering from economics.

**SOCIAL SERVICES**: The Department of Health and Human Services offers resources and support for individuals suffering from social services.

**NATURAL DISASTERS**: The Federal Emergency Management Agency (FEMA) offers resources and support for individuals suffering from natural disasters.

**EMERGENCY MANAGEMENT**: The Department of Homeland Security offers resources and support for individuals suffering from emergency management.

**HEALTH CARE**: The Department of Health and Human Services offers resources and support for individuals suffering from health care.

**NATIONAL INSTITUTE OF MENTAL HEALTH**: The National Institute of Mental Health offers resources and support for individuals suffering from mental health.

**NATIONAL CENTER FOR PTSD**: The National Center for PTSD offers resources and support for individuals suffering from PTSD.

**NATIONAL CENTER FOR ANXIETY DISORDERS**: The National Center for Anxiety Disorders offers resources and support for individuals suffering from anxiety disorders.

**NATIONAL CENTER FOR DEPRESSION**: The National Center for Depression offers resources and support for individuals suffering from depression.

**NATIONAL CENTER FOR ANGER AGGRESSION**: The National Center for Anger Aggression offers resources and support for individuals suffering from anger and aggression.

**NATIONAL CENTER FOR MOOD CHANGES**: The National Center for Mood Changes offers resources and support for individuals suffering from mood changes.

**NATIONAL CENTER FOR INSOMNIA**: The National Center for Insomnia offers resources and support for individuals suffering from insomnia.

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**ONE PLANET – ONE MIND: THE CLIMATE OF MENTAL HEALTH HOW CLIMATE CHANGE IMPACTS MENTAL HEALTH**