

# 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 can cause anxiety, aggression, and depression due to income, livelihood, and food security losses.



Heat is linked to suicide, psychiatric disorders, aggression, and crime. It can also affect the effectiveness of antidepressants.



Forced relocation from extreme weather events leads to feelings of helplessness, chronic distress, anxiety, and depression.



Wildfires can lead to PTSD, depression, anxiety, and elevated stress hormones..



Flooding causes displacement, utility disruptions, recovery fatigue, guilt, financial losses, and homelessness.

## Actions That Safeguard Mental Health

- Join or start a group to discuss climate change-related emotions and actions.
- Plan ahead: Keep a "Go" kit with two weeks' worth of medications and important papers. Discuss an evacuation plan with your family in case of a natural disaster.
- Connect with your community and family in nature.
- Find ways to decrease your personal carbon footprint.
- Vote for leaders who acknowledge climate change and want to work on solutions.

*Be compassionate  
to yourself and  
Add nature to  
your life.*

*TO Learn More*

