



MENTAL HEALTH IS AS IMPORTANT AS PHYSICAL HEALTH

Climate Change and Mental Health:

- Climate change has direct and indirect impacts on mental health. Direct impacts stem from experiencing natural disasters such as wildfires and drought. Indirect impacts are caused by recognizing and anticipating the threats of climate change.
- Climate-related distress can negatively impact functioning due to anxiety, grief, anger, and depression.
- If you feel uncertainty or distress about climate change, you are not alone.



Ways to Manage Distress:

- Practice self care.
- Acknowledge and honor your emotions.
- Talk to a trusted family member, friend, elder, or religious/spiritual leader.
- Restore yourself by connecting with nature.
- Take action to reduce your carbon footprint, foster community connections, or support systems change.
- Talk to a counselor if your distress is significantly impacting your life.

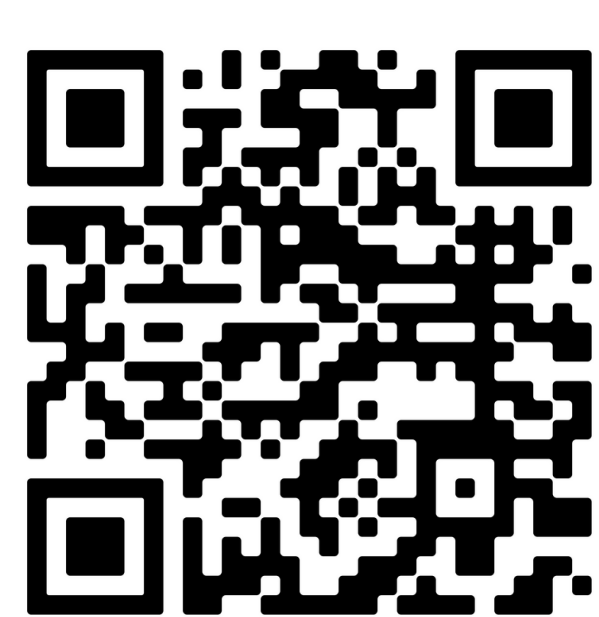


According to the American Psychological Association, more than two-thirds of Americans experience some climate anxiety (APA, 2020).

There is help. If you or someone you know feels suicidal call 988 or visit <https://www.bozemanhelpcenter.org/>

"We need to attend to the mental health impacts of climate change to promote individual well-being and community resilience."

-Jen Robohm, Montana Therapist



Find out more about climate change and mental health here.