

Mental Health



Action Plan

- **Engage in conversations**
 - Discuss with friends, family, and children about climate and how it is impacting our lives
 - Promote awareness about the effects of climate in your community
- **Watch for warning signs:** Look for changes in children’s behavior, attitude, motivation, appetite, sleep patterns and school performance
- **Take action**
 - Develop a safety plan
 - Remove access to harmful objects such as firearms and ammunition
 - Seek professional help with your medical provider to discuss therapy and/or other options

Did you know?

Climate disasters and forced migration have been linked to PTSD, depression, and anxiety. As children learn more about climate change, we are seeing a rise in “eco-anxiety” or “eco-grief”, as they worry about a future with the threats of a changing climate. Feelings may fear, anger, sadness, etc. Extreme weather due to climate change limits opportunities for physical/outdoor activities and social events, which can make isolation worse.

Community Resources



Complete an [activity book](#) with your child(ren) to help cope after a climate disaster

Call the National Suicide Prevention Lifeline at **1 (800) 273-8255** if you or a loved one are experiencing emotional distress, thoughts of self-harm, or a suicidal crisis.

