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 988 if you or a loved one are experiencing emotional distress, thoughts of self-harm, or a suicidal crisis.

© 2022 Boston Children’s Hospital. All rights reserved. For reprint or use submission please contact region1pehsu@childrens.harvard.edu

This ClimateRx was supported by the American Academy of Pediatrics (AAP) and funded (in part) by a cooperative agreement with the Centers for Disease Control and Prevention/Agency for Toxic Substances and Disease Registry (CDC/ATSDR). The U.S. Environmental Protection Agency (EPA) supports the PEHSUs by providing partial funding to CDC/ATSDR through an Inter-Agency Agreement. The development of this resource was also funded (in part) by the NIH/NEHSIS K23 ES031663 Award. The findings and conclusions presented have not been formally disseminated by CDC/ATSDR or EPA and should not be construed to represent any agency determination or policy. Use of trade names that may be mentioned is for identification only and does not imply endorsement by the CDC/ATSDR or EPA.

ClimateRx is offered for educational and information purposes only and is not to be used for any commercial purposes. It is not meant as a substitute for independent medical judgment or the advice of a qualified physician or healthcare professional. Users who choose to use information or recommendations made available do so at their own risk and should not rely on that information as professional medical advice or use it to replace any relationship with their physicians or other qualified healthcare professionals.