

CLIMATE CHANGE & MENTAL HEALTH

Mental health describes our emotional, psychological, and social well-being. It affects how we think, feel, and act.

Climate change and its impacts can significantly harm our mental health. Poor mental health outcomes will increase as climate-driven stressors become more frequent and severe.



1 in 5 U.S. adults live with a mental health condition

47%

young adults (18 - 34) who say climate anxiety affects their daily lives



WHAT CAN WE DO?

LEARN. Demystifying climate change helps us prepare for its challenges. Request a climate health workshop or find educational resources at cleanairenc.org/health. And stay informed by signing up for our newsletters: cleanairenc.org.

TAKE CONTROL. Working toward solutions provides a sense of agency over the problem. Even small day-to-day steps can help with feelings of despair or helplessness.

ADVOCATE. Leverage your voice! Become a climate leader for your community and push for local climate action. And learn how to talk to your representatives about the importance of tackling the climate crisis: cleanairenc.org/nc-climate-ambassadors

COLLABORATE. Health professionals looking to support climate action are invited to join our Health Advocates Network and Advisory Board. Learn how you can get involved at cleanairenc.org/health, or by contacting our Health Manager.

REACH OUT. Talk about your climate anxieties with friends, family, neighbors, and with medical and mental health professionals.

