

Climate Change Impacts on Mental Health

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How does a changing climate impact mental health and well-being?

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- Three pathways

1. Trauma from acute events

Jordan, Minnesota

• March 15, 2019



1. Trauma from acute events

2. Gradual changes



1. Trauma from acute events

2. Gradual changes

3. **Anxiety and uncertainty about the future**

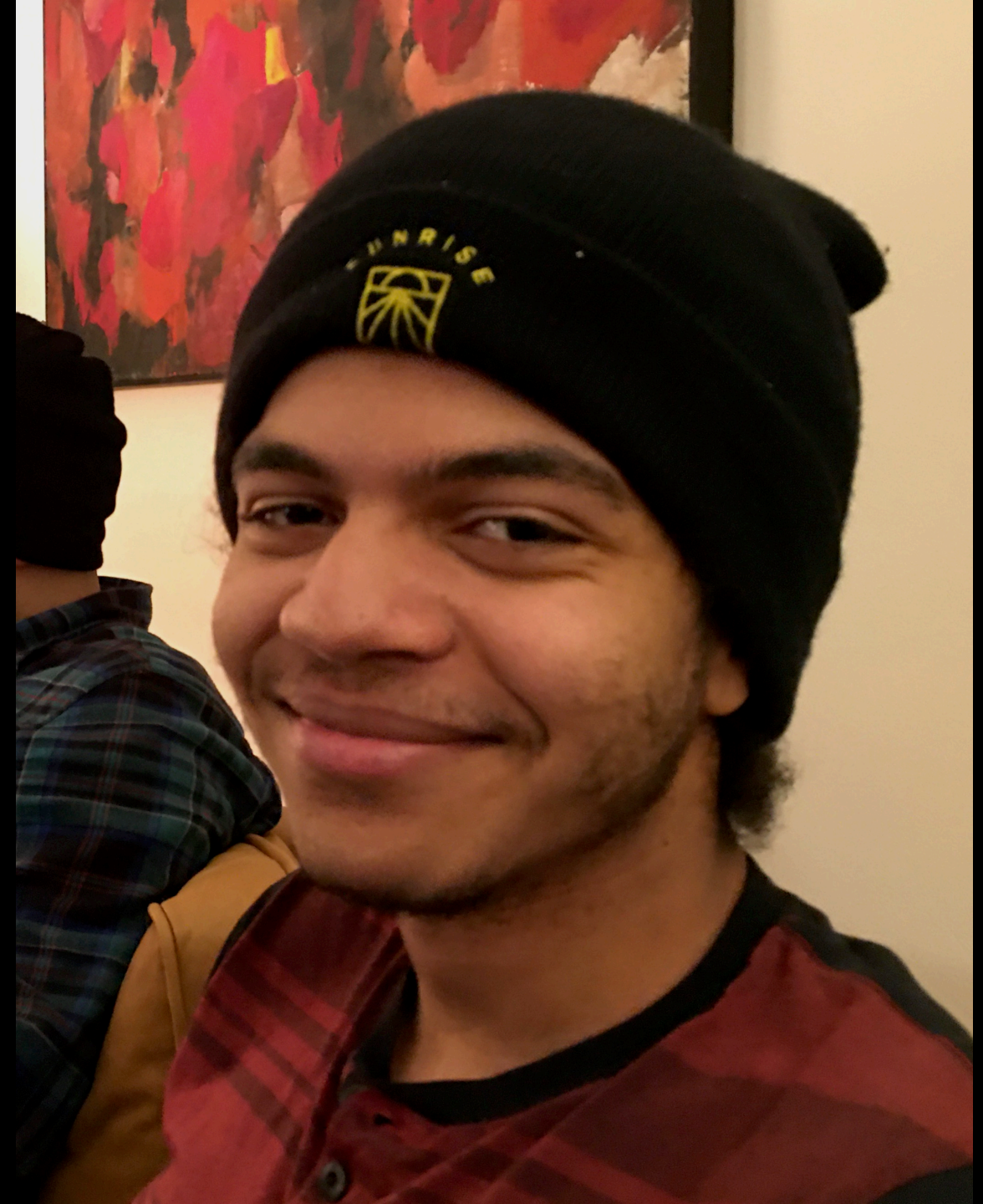
Dio (she/her)

I no longer can imagine myself ever bringing children into this world without enormous feelings of preemptive guilt.



Sasha (he/him)

Our world is falling apart before our very eyes and by our own hands. And this is our reality. For many of us, this is our future. We are waiting and watching as our future and planet are being ripped apart.



Evelyn (she/her)



I fear the day when my mother can no longer breathe the California air, when my father grows sick from working in unbearable heat waves, when we are forced to leave our home at risk of it being burned to the ground. I fear for the future of my family and families across the world like mine.

Thank you

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