



#ClimateChangesHealth
apha.org/climate

YEAR OF CLIMATE CHANGE AND HEALTH
MENTAL WELLNESS & RESILIENCE MONTH
Digital Toolkit



#ClimateChangesHealth
apha.org/climate

MENTAL WELLNESS AND RESILIENCE

Climate change is predicted to affect mental health among people with no history of mental illness and those with a preexisting mental illness. Mental health encompasses emotional, psychological, behavioral, and social well-being. It determines how people cope with the normal stress of life and function within their community. Depending on the type of disaster, climate change can cause and intensify stress and anxiety, adversely affecting mental health. Mental illness, on the other hand, adversely affects one's thinking, feelings, and/or behaviors. As a result, it can lead to difficulties in functioning. This toolkit will help you get involved and raise awareness of these issues. It contains easy-to-use social media tools. All you have to do is click away. Please join us in the [Year of Climate Change and Health](#) and spreading the word through your social media networks.

Visit our [website](#) to learn more about how you can get involved.

- Share your climate change and mental wellness & resilience design resources with us.
- Attend and promote climate change and health events as they become announced.
- Get out in your community to raise awareness of the connections between climate change and health.

Climate change is happening now and it is impacting the lives of all across the country.

[[SHARE](#)] 2017 is the Year of Climate Change and Health. Learn more here:
www.apha.org/climate #ClimateChangesHealth



LET'S GET STARTED

Please hover over the text to access links.

PRIMARY

[#ClimateChangesHealth](#)

LINK

[APHA.org/Climate](https://www.apha.org/Climate)

MONTHLY THEMES & STAFF LIAISON

May: Air Quality, Respiratory & Cardiovascular Health [Natasha](#)

June: Mental Wellness and Resilience [Surili](#)

July: Agriculture and Food Safety and Security [Hawk](#)

OUR PARTNERS

Climate for Health: [@Climate4Health](#)

National Resilience Institute: [@ResilienceInst](#)

American Institute of Architecture: [@AIANational](#)

International Transformational Resilience: [@ITRCresilience](#)

FOLLOW US

[@EH_4_All](#)

[@NPHW](#)

[@PublicHealth](#)

[@GetReady](#)

[@APHAAnnualMtg](#)

SOCIAL MEDIA TIPS

PERSONALIZE IT

Why do you support [#ClimateChangesHealth](#)?

TAG PARTNERS

Highlight your partners' efforts and movements.

USE IMAGES & VIDEOS

Catch your followers' eye and increase interaction with your posts.

ADD A CALL TO ACTION

Increase interaction by calling for a next step. Provide a link to more information or ask for a retweet.



SUGGESTED TWEETS

[[SHARE](#)] Climate change is predicted to affect mental health among people with no history of mental illness and those at risk. #ClimateChangesHealth

[[SHARE](#)] Studies have shown that suicide rates rise after natural disasters and warmer than usual temperatures. #ClimateChangesHealth

[[SHARE](#)] Patients with mental health challenges are especially vulnerable to warmer than usual temperatures. #ClimateChangesHealth

[[SHARE](#)] Sense of place and well-being is disrupted after a nature disaster. #ClimateChangesHealth

[[SHARE](#)] Victims of natural disasters are at an increased risk of anxiety, depression, PTSD & suicide. #ClimateChangesHealth

[[SHARE](#)] 49% of survivors of Hurricane Katrina developed anxiety & 1 in 6 PTSD, suicide more than doubled. #ClimateChangesHealth

[[SHARE](#)] Job loss harms mental health by increasing risk of depression & anxiety, decreasing self-esteem & life satisfaction. #ClimateChangesHealth

[[SHARE](#)] Along with the destruction from climate change comes the devastation to the social structure of communities. #ClimateChangesHealth

[[SHARE](#)] The impacts of climate change will negatively affect community health & psychological well-being. #ClimateChangesHealth

[[SHARE](#)] Social and economic inequity groups are less climate resilient and therefore more vulnerable to mental health effects. #ClimateChangesHealth

[[SHARE](#)] Economic burdens and insecurity along with physical damages are potential stressors that result from climate change. #ClimateChangesHealth

[[SHARE](#)] Hospitalization for dementia & subsequent death is a risk factor during heat waves. #ClimateChangesHealth

[[SHARE](#)] Mental health services may be limited in capacity during extreme weather events or natural disaster. #ClimateChangesHealth

[[SHARE](#)] Patients with schizophrenia are at risk during above average temps because their medications may not regulate as well. #ClimateChangesHealth

[[SHARE](#)] Studies have shown that suicide rates rise after natural disasters and warmer than usual temperatures. #ClimateChangesHealth



PARTNER RESOURCES



The Resource Innovation Group
Creating innovative solutions to the complex social-ecological challenges of our time

HOME ABOUT US CURRENT PROGRAMS PAST PROGRAMS PUBLICATIONS & PRESENTATIONS SEARCH

ITRC
International Transformational Resilience Coalition
Building Human Resilience for Climate Change

The International Transformational Resilience Coalition
A major ecological-turned mental health-turned social-political crisis is underway that has yet to be fully acknowledged or addressed: the harmful impacts of climate change on personal mental health and psycho-social-spiritual well-being. Left unaddressed, this crisis will undermine the health, safety, and wellbeing of people worldwide. It will also delay or completely halt efforts to restore the climate crisis to manageable levels. In response, TRIG organized and coordinates the International Transformational Resilience Coalition (ITRC).

The ITRC's mission is to promote and support comprehensive preventative initiatives in North America and internationally to proactively build personal and psycho-social-spiritual resilience for climate change. We help individuals, organizations, and entire communities learn skills, use tools, and adopt norms, practices, and policies that prevent them from harming themselves, other people, or the natural environment in reaction to climate change-enhanced traumas and toxic stresses, and use those adversities as transformational catalysts to increase personal, social, and environmental wellbeing.

The ITRC is composed of more than 250 mental health, trauma treatment, resilience, education, faith, climate, and other professionals from around the globe. If you would like to help build personal and psycho-social-spiritual resilience for the impacts of climate change please [Join the ITRC by clicking here.](#)

Donate

Transformational Resilience

- Upcoming Workshops
- TR Home
- TR Brochure
- TR Workshop Instructors
- Leadership for Resilience
- Building Resilient Organizations & Communities
- International Transformational Resilience Coalition (ITRC)
- Research & Resources

Upcoming TR Workshops
This area does not yet contain any content.

Webinar Recordings

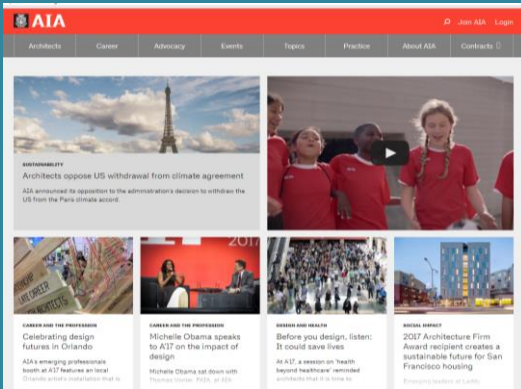


NATIONAL RESILIENCE INSTITUTE
Cultivating Resilience in a Complex World

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What is Resilience

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AIA

Architects Career Advocacy Events Topics Practice About AIA Contracts

ENVIRONMENTAL
Architects oppose US withdrawal from climate agreement
AIA announced its opposition to the administration's decision to withdraw the US from the Paris climate accord.

LEADER OF THE PROFESSION
Celebrating design futures in Orlando
AIA's emerging professionals health & AJT features an award

LEADER OF THE PROFESSION
Michelle Obama speaks to AIA on the impact of design
Michelle Obama sat down with Thomas Dutton, FAIA, at AIA.

DESIGN AND HEALTH
Before you design, listen: It could save lives
AIA's AJT, a session on health beyond healthcare, awarded architects that it is time to

SOCIAL IMPACT
2017 Architecture Firm Award recipient creates a sustainable future for San Francisco housing
Empowering leaders at AIA



ecoAmerica
building climate leadership

STAY INFORMED DONATE MENU

CLIMATE FOR HEALTH
Making Climate Change a Health Imperative

CLIMATE for HEALTH

Our Climate for Health program partners with America's leading health associations and institutions to make climate change a top national health priority. Through Climate for Health, ecoAmerica helps national organizations:


- Demonstrate Visible Climate Leadership
- Create Climate Literate Health Professionals
- Engage All Constituencies
- Accelerate Collective Action

Please hover over the report to access link



EVENT RESOURCES

DOWNLOAD VIDEOS, RESOURCES AND FACT SHEETS FOR SOCIAL MEDIA USE



A Physician's Guide to Climate Change, Health and Equity

September 2016

Center for Climate Change & Health
PUBLIC HEALTH INSTITUTE



MENTAL HEALTH AND OUR CHANGING CLIMATE: IMPACTS, IMPLICATIONS, AND GUIDANCE

March 2017

AMERICAN PSYCHOLOGICAL ASSOCIATION
CLIMATE for HEALTH
ecoAmerica building a greener tomorrow

MAKING THE CONNECTION:

Climate Changes Mental Health

The burning of fossil fuels causes the release of carbon dioxide, which builds up in the atmosphere and causes Earth's temperature to rise—this is climate change. Upstream burning of fossil fuels produces heat-trapping toxins that are released into the air, harming our health downstream. The Earth's average temperature has increased by nearly 1.5°F in the last century, with recent years being the warmest on record. However, climate change refers to the lasting disruption of our weather patterns, not just temperature increases. Some of these weather-related changes include increased floods and droughts, wildfires, intense storms, heat waves, and rising sea levels. These conditions have far-reaching environmental, social, agricultural, and economic effects and are ultimately harmful to our health and well-being. Climate change not only affects our physical health but can also harm our mental health and wellness.

FAST FACTS

- More than 40 million adults in the U.S. suffer from a mental illness.
- Victims of natural disasters are at an increased risk of anxiety, depression, PTSD, and suicide.
- 25-50% of people exposed to an extreme weather disaster are at risk of adverse mental health effects.
- Up to 54% of adults and 45% of children suffer depression after a natural disaster.
- Forty-nine percent of the survivors of Hurricane Katrina developed an anxiety or mood disorder, and 1 in 6 developed PTSD. Suicide and suicidal ideation more than doubled.
- After a record drought in the 1980s, the suicide rate doubled, including more than 900 farmers in the Upper Midwest.

BACKGROUND ON MENTAL HEALTH

Mental health encompasses emotional, psychological, behavioral, and social well-being. It determines how people cope with the normal stress of life and function within their community. Mental illness, on the other hand, adversely affects one's thinking, feelings, and/or behaviors. As a result, it can lead to difficulties in functioning. Climate change can cause and intensify stress and anxiety, adversely affecting mental health. For example, events such as extreme storms or extreme heat can lead to depression, anger, and even violence. Everyone is at risk, but not everyone is affected equally. Groups that are especially vulnerable to the mental health impacts of climate change include children, the elderly, and women. Also at risk are disadvantaged groups, those with existing mental illness, and those with close ties to the land, including farmers and tribal communities.

CASE STUDY: THE MENTAL WEIGHT OF BROKEN LEVEES

The severity of Hurricane Katrina was far exceeded by the considerable destruction, devastation, displacement, and death left in its aftermath. Some residents trapped in their homes escaped to their roofs to await rescue. From there, they watched as the remains of their neighbors and loved ones floated through the flooded streets. Some families were separated into different places of refuge. Over a million people were displaced and nearly 2,000 died. Thousands were left traumatized. Those who remained were unable to access basic resources such as schools, shelters, and emergency services. The heavy mental toll extended to those who evacuated as well. Indeed, Katrina's overwhelming burden produced many stressors. Survivors had to cope with profound loss, disrupted social ties, and resulting surges in violence. Mental health services were not widely available. Thus, years later, the psychological scars caused by Katrina continue to linger.

8 Mental Health and Well-Being

Key Findings

Key Finding 1: Exposure to Disasters Results in Mental Health Consequences

Many people exposed to climate-related or weather-related disasters experience stress and serious mental health consequences. Depending on the type of disaster, these consequences include post-traumatic stress disorder (PTSD), depression, and general anxiety, which often occur at the same time (they're highly correlated). The majority of affected people recover over time, although a significant proportion of exposed individuals develop chronic psychological dysfunction (highly correlated).

Supporting Evidence



MORE TO COME

STAY TUNED FOR THE

JULY TOOLKIT

ON

AGRICULTURE,

FOOD SAFETY,

AND

SECURITY HEALTH