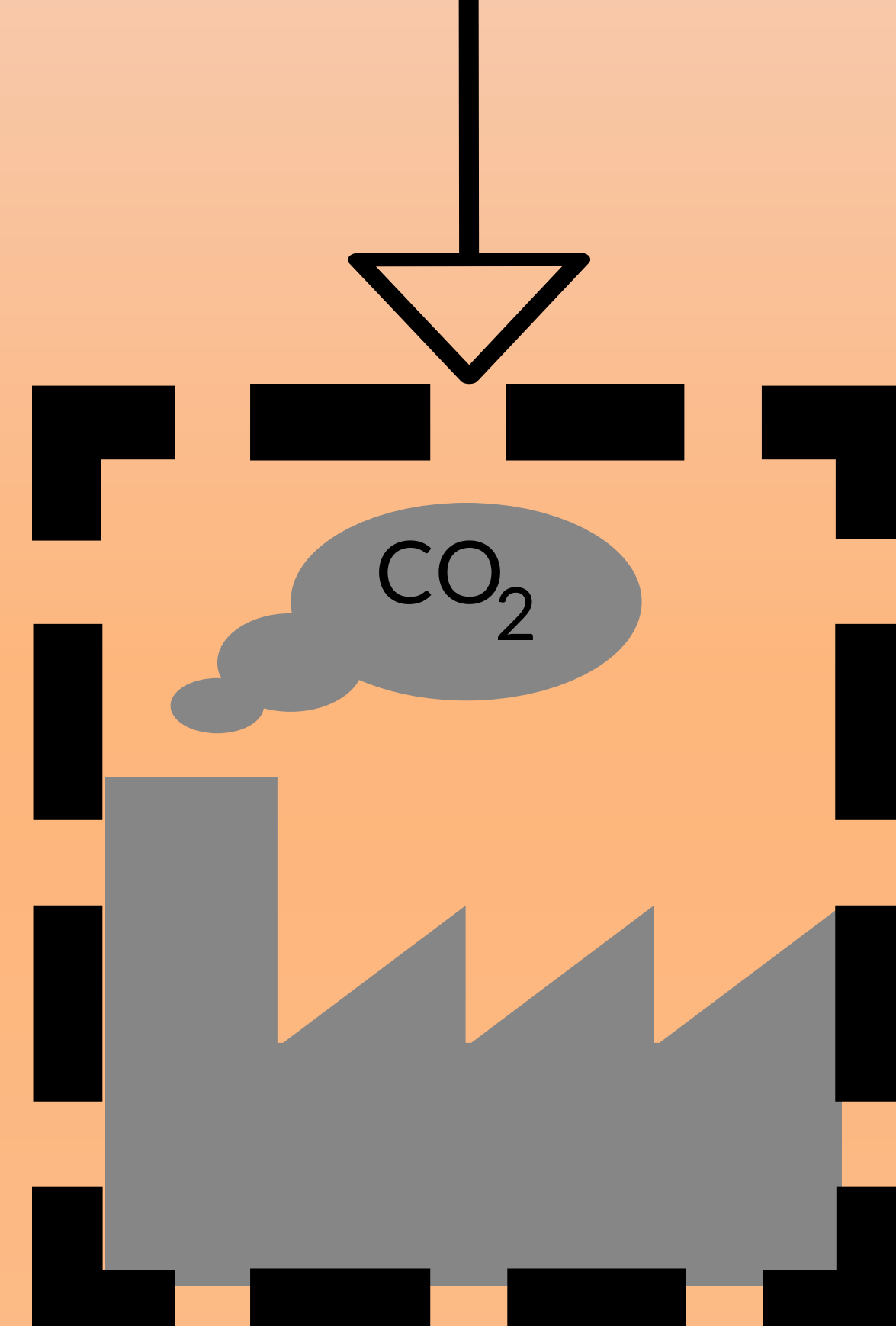


THE IMPACT OF CLIMATE CHANGE ON MENTAL HEALTH

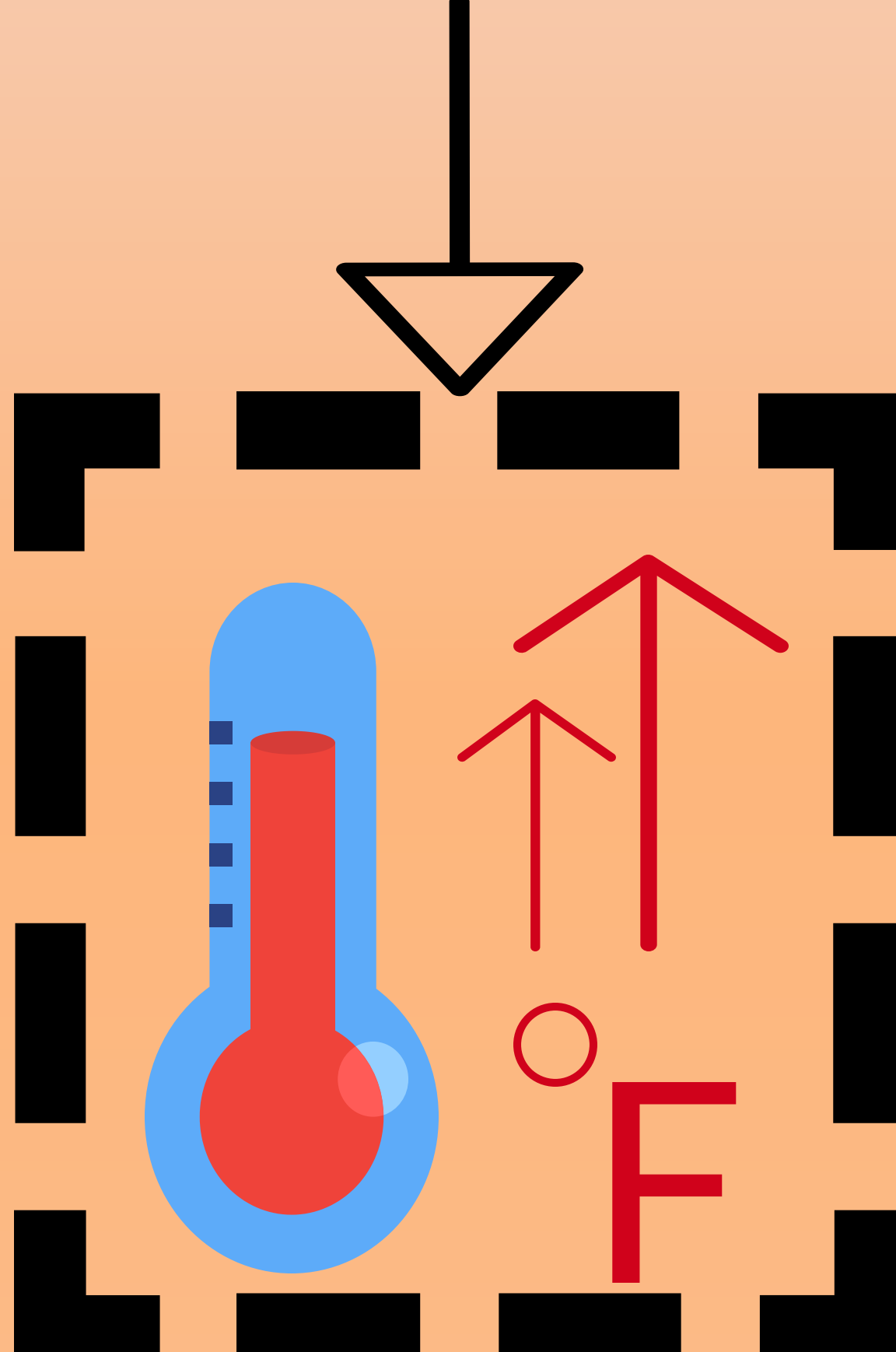
Mental damages climate change causes

Air Pollution



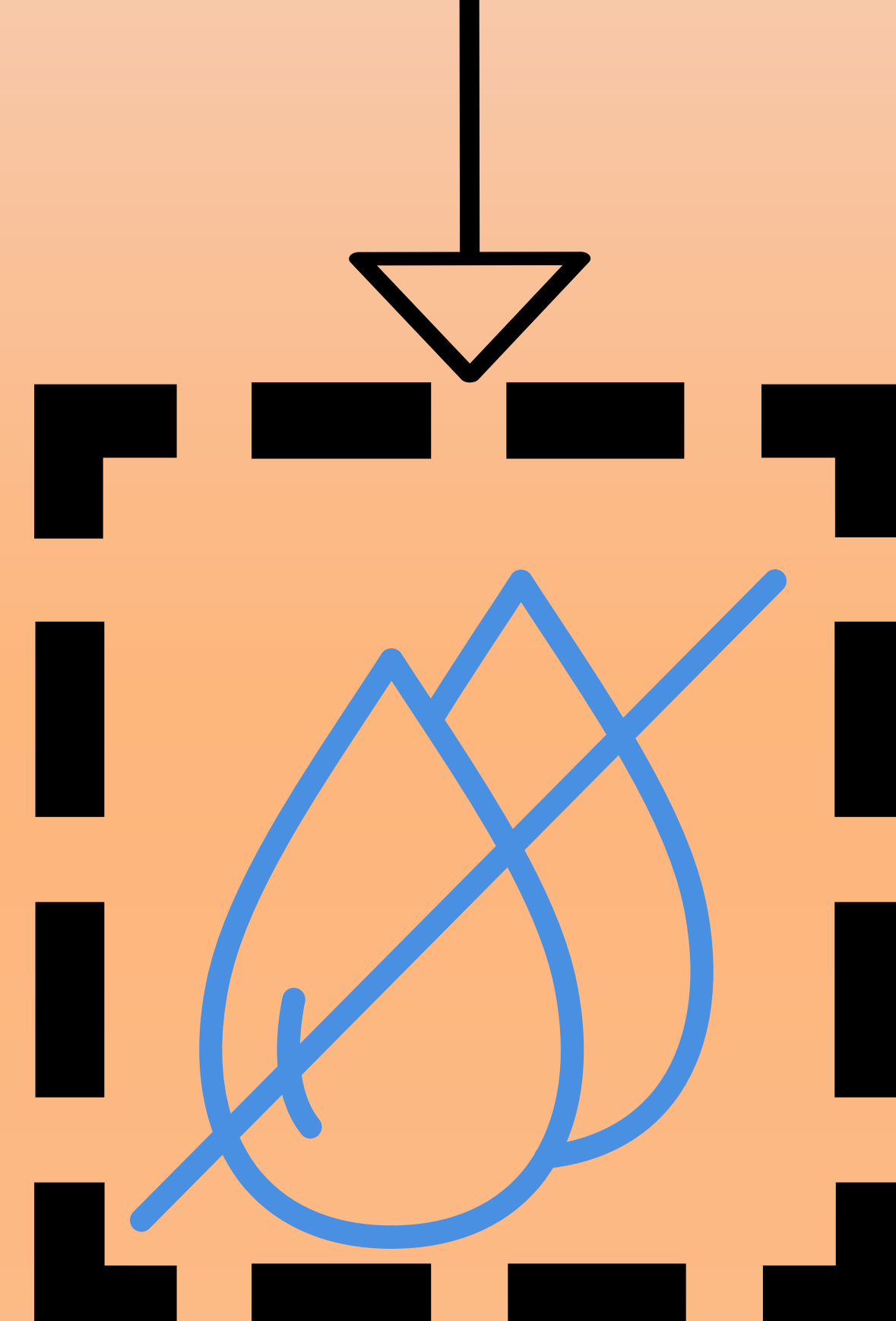
Air pollutants irritate the airways causing anxiety, depression and constant dissatisfaction with life.

Rising Temperature



Rising temperatures fuel schizophrenia, and suicidal ideation.

Drought



The lack of water from drought causes distress, and in some cases suicide.

Changes to help fix climate change

Utilize natural heat and ventilation while at home

Recycle plastic, metal, paper, and glass to their proper container



Taking shorter showers to save water



Turn off the lights when leaving a room to spare electrical use

Carpool with friends to reduce carbon emissions



Unplug devices not in use to conserve energy

Statistics on Climate Change and Mental Health

"More than 40 million adults in the U.S. suffer from a mental illness" (APHA, & ecoAmerica).

"Between 25% and 50% of those exposed to extreme weather events will experience negative mental health outcomes" (Palinkas & Wong, 2020).

"According to a report from the American Public Health Association and ecoAmerica, up to 54% of adults and 45% of children suffer depression after a natural disaster" (APHA, & ecoAmerica).

"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" (APHA, & ecoAmerica).



Local Organizations Helping to Combat Climate Change

Save The Bay
<https://savesfbay.org/>

- A nonprofit organization that helps restore areas of the Bay Area

350 Bay Area
<https://350bayarea.org/>

- A nonprofit organization that promotes climate change activism within the Bay Area



scan for more information and resources

Resources for Mental Health

Conrad House
<https://conardhouse.org/>

- Nonprofit organization that supports adults suffering from mental illness and homelessness

Climate Psychiatry Alliance
<https://www.climatepsychiatry.org>

- Nonprofit organization that raise awareness about the impact of climate change on mental health.

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