DISCUSSION
Zooming in on mental health

Before reading any of the materials, use 5 minutes to visualize on a paper how mental health and climate change are interrelated.

READING

Mental Health and our Changing Climate

 litre.cc/CC_MentalHealth

Recommended parts of the report:

- Executive summary
- Impacts:
  - Impacts on Individuals p.22
  - Impacts on Community and Society p.29
- Impacts on specific communities:
  - Inuit Mental Health and Climate Change p.33
  - Children’s Emotional Responses to CC p.36
  - The Problem of Inequity p.31
- Solutions and Tips:
  - Tips to Support Individuals p.42
  - Tips to Support Communities p.45

You don’t need to read all the chapters, instead pick specific chapters that you are interested in.

We recommend taking at least one section on impacts and one of the solutions/tips section.

DISCUSSION QUESTIONS

- Briefly summarize the parts you were reading.
- What was new? What perspectives did you gain?
- How will you support mental health in your community or professional context?

After the discussion, look at your visualization again. Is there something you would change about it? Anything to add?

Disclaimer

Many of these materials are about mental health in the face of climate change. If you or someone you know shows depressive symptoms or experiences other mental health issues, it is very important seek professional help.