



# 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

[tiny.cc/CC\\_MentalHealth](https://tiny.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



In this session, we recommend to each read different parts of the report outlined to the left beforehand or together in the session and discuss on the basis of that.

**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.