

COPING WITH THE EMOTIONAL IMPACTS OF CLIMATE CHANGE: RESOURCES FOR SUPPORT

Climate change presents an array of challenges, not only on an environmental and societal level but also on an emotional level. It's normal to experience a range of difficult emotions such as anxiety, fear, grief, and helplessness when facing the realities of climate change. However, it's essential to find ways to cope and seek support. This document provides a curated list of resources, including websites, articles, helplines, videos, and podcasts, aimed at helping individuals navigate and cope with the emotional impact of climate change. This list should be used as a tool to get you started and is not representative of all resources available.

Articles and Websites:

[Climate Psychology Alliance](#): This website offers a wealth of resources, articles, and information about the psychological effects of climate change and coping strategies. It also provides links to various workshops and events related to climate psychology.

[Psychology Today](#): Psychology Today features numerous articles written by mental health professionals discussing the psychological impacts of climate change and offering coping mechanisms. It's also a great place to find a therapist!

[American Psychological Association](#): The APA offers resources and articles on the psychological effects of climate change, including tips for managing eco-anxiety and coping with environmental grief.

[Apathy is Boring](#): Apathy is Boring provides a toolkit with resources and guides for individuals looking to take action on climate change, including strategies for coping with the emotional impact of climate activism. They also organize youth forums and workshops where young people can engage in discussions about climate change, share their experiences, and find support from peers.

[Break the Divide](#): BTD provides climate programs to build community and conversations around the climate crisis to improve lives and give the next generation a future they can be excited about.

CHASE: The Canadian Health Association for Sustainability and Equity has lots of resources on their website addressing health and climate.

CAPE: The Canadian Association of Physicians for the Environment has lots of resources on their website that address health and climate change. They also have a toolkit for health professionals.

Reddit (r/climatechange, r/collapse, r/Anxiety): These subreddits may provide a supportive space for individuals experiencing anxiety and stress related to climate change. Members share experiences, coping strategies, and resources.

Connecting Climate Minds: Connecting Climate Minds is an online community dedicated to researching and supporting mental health and emotional well-being in the face of climate change. It offers opportunities to get involved with their Communities of Practice and to share your experiences openly.

Books

"The Ecological Self" by Joanna Macy: This book explores the psychological dimensions of ecological crises and offers practices for reconnecting with nature and finding resilience in the face of environmental challenges.

"Generation Dread": An impassioned generational perspective on how to stay sane amid climate disruption.

Podcasts

"Warm Regards": Hosted by climate scientists and journalists, this podcast explores the intersection of climate science, policy, and culture, providing insights and discussions on coping with climate-related emotions.

"How to Save a Planet": Hosted by journalist Alex Blumberg and a crew of climate nerds, as they bring you smart, inspiring stories about the mess we're in and how we can get ourselves out of it. Focus is on positive actions we can take to make change.

“Decouple”: There are technologies that decouple human well-being from its ecological impacts. There are politics that enable these technologies. Join the host as they interview world experts to uncover hope in this time of planetary crisis. Canadian focus.

“Climate One”: We’re living through a climate emergency; addressing this crisis begins by talking about it. Co-hosts Greg Dalton and Ariana Brocious bring you empowering conversations that connect all aspects of the challenge — the scary and the exciting, the individual and the systemic.