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

**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.
Climate change is predicted to affect mental health among people with no history of mental illness and those at risk. #ClimateChangesHealth

Studies have shown that suicide rates rise after natural disasters and warmer than usual temperatures. #ClimateChangesHealth

Patients with mental health challenges are especially vulnerable to warmer than usual temperatures. #ClimateChangesHealth

Sense of place and well-being is disrupted after a nature disaster. #ClimateChangesHealth

Victims of natural disasters are at an increased risk of anxiety, depression, PTSD & suicide. #ClimateChangesHealth

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

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

Along with the destruction from climate change comes the devastation to the social structure of communities. #ClimateChangesHealth

The impacts of climate change will negatively affect community health & psychological well-being. #ClimateChangesHealth

Social and economic inequity groups are less climate resilient and therefore more vulnerable to mental health effects. #ClimateChangesHealth

Economic burdens and insecurity along with physical damages are potential stressors that result from climate change. #ClimateChangesHealth

Hospitalization for dementia & subsequent death is a risk factor during heat waves. #ClimateChangesHealth

Mental health services may be limited in capacity during extreme weather events or natural disaster. #ClimateChangesHealth

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

Studies have shown that suicide rates rise after natural disasters and warmer than usual temperatures. #ClimateChangesHealth
PARTNER RESOURCES

Please hover over the report to access link
A Physician’s Guide to Climate Change, Health and Equity

September 2016

Digital Toolkit

MORE TO COME
MORE TO COME

STAY TUNED FOR THE JULY TOOLKIT ON AGRICULTURE, FOOD SAFETY, AND SECURITY HEALTH