# CLIMATE CHANGE AND MENTAL HEALTH

# WHAT HEALTH PROFESSIONALS SHOULD KNOW ABOUT CLIMATE CHANGE AND MENTAL HEALTH?

## Potential effects of climate change on mental health



 Extreme weather, increased temperatures and reduced air quality events are all associated with climate change and can impair mental health This impairement can increase:

- Depression and post-traumatic stress disorder
- Anxiety associated with their perception of climate change

#### Mental health risks associated with climate change

**Temperature and humidity**: psychological distress, independently of preexisting depression or anxiety can: influence mental health and well-being decrease productivity and affect livelihoods

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**Droughts and rainfall:** Elevate psychological distress, mood disorders

Wildfire: increases fear, stress, and uncertainty

Flood/Hurricanes and rainfalls : increase psychological morbidity

<b>Risks factors associated with Vulnerable Societies</b>		
	Heat	Pregnant women
3	Flood	Women Young or elderly age People: with disability part of an ethnic or linguistic minority living in a household with a female head and having lower level of schooling
	Air Pollutiom	People with mental health disorders.
	Deforestation	People with low quality of life.

## **Psychological impacts of climate change**

Anxiety

Stress



Depression and despair

Increases in violence and aggression

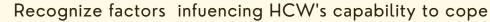
Loss of community identity

PTSD

Burn Out

#### Mental Health responses for Health Professionnal related to climate change

Recognize risk factors affecting health care workers mental health





Know how the climate change affect the mental health of Health professional

Know the adaptation and mitigation measures to face the impact of climate change on mental health

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CLIMATE CHANGE AND MENTAL HEALTH?



# HOW HEALTH PROFESSIONALS CAN SUPPORT CLIMATE CHANGE MENTAL HEALTH IMPACTS ON THE COMMUNITY ?

# Identify the vulnerable Group



Women Children Elderly Military employees First responders



Persons with pre-existing mental health issues Individuals with fewer economic resources Under resourced communities



# Identify mental health issues in the community

# **Psychological impacts of climate change**

Anxiety/Eco-anxiety Stress and Depression Long-term emotional distress Increased violence and aggression Loss of community identity





# Identify Priority actions/interverntions to mitigate the imPacts

Provide persuasive information about climate change and its impact.

Promote mental health and wellness.

Foster positive, cohesive sense of well being within the community, in the face of uncertainty. Identify structures and systems to promote mental health.

Educate health-care providers, particularly first responders, on how to deal with mental health challenges.

Strengthen social ties within communities to foster a sense of trust and control in the face of disasters.

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# **CLIMATE CHANGE MENTAL HEALTH?**

# HEALTH PROFESSIONALS RESILIENCE AND CLIMATE CHANGE IMPACTS ON THEIR MENTAL HEALTH

AND

## How does climate change affect the mental health of health professionals?

## Climate change can increase the likelihood of:

Exhaustion Cynicism Low self efficacy among employees Excessive stress Burnout Disturbed sleep Poor emotional health Other health problems

#### Effects of disasters on healthcare workers Numbing

Heightened arousal Diffuse anxiety Loss of a sense of safety "survivor guilt"

## What adaptation measures can be taken to address mental health issue for health professionals?

#### Communicate

Don't isolate yourself from colleagues and stay optimistic.

#### Maintain contact with your loved one

Reach out your loved ones as much as possible.

#### Take care of yourself

Take care of yourself: eat, drink, and take a nap when the situation is calm.

#### **Respect** ways people respond

Some people react differently, some talk, oʻthers don't.

#### Afford yourself some rest

Comfort yourself with some fun and relaxing activity. Limit your Health Professional activity in your free time.

#### Stay updated

Keep yourself informed about changes in plans or events

# What mitigation measures can be taken to address mental health issue for the health professionals?

# ellness

Physical and Mental

Consideration and fulfillment

# Education

Continuing and adaptive Interprofessional trainings

# Resources

Autonomous and adequate Equipment and facilities

# Communication

Transparent and timely specific and clear

#### **References:**

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