What can people/individuals do?

1. Draft a recovery plan (include family, care partners, & friends)
   i. check in with HCP. Get help where needed
   ii. join local mental health networks
   iii. caregivers: monitor for changes in health/behaviour
2. Check in with buddy system, family members, & support groups
3. Practice calming techniques
4. Check in with employer or health insurance for assistance
5. Prioritize actions, & focus on physical & mental wellbeing. Listen to your body.

What can the community do?

1. Assess the current situation for safety before mobilizing
2. Plan reopening of essential services
3. Discuss adaptation strategies to the new norms among peers
4. Conduct community debriefs
5. Advocate for establishing “psychological first aid” training
6. Create risk communication strategies for communities
7. Advocate for the inclusion of mental health considerations in all climate change mitigation strategies

Building resilience: maintaining mental wellness before, during and after climate events.
**BEFORE**

**What can people/individuals do?**

**Information:**
1. Gather factual information; avoid bad media
2. Create and know your emergency plan
   i. secure personal records and finances
   ii. know evacuation routes to safe zones
   iii. prepare emergency contact list
   iv. plan for family separation
   v. create a buddy system (info sharing)
3. Know your national emergency plan
4. Stay tuned to weather updates (Sahara dust, UV index alerts)

**Medical:**
1. Know yourself. Check in often with your healthcare provider (HCP). Don’t be self-conscious in sharing about your mental state
2. Maintain & secure an adequate supply of medication for transport
   a. Carry medical ID bracelets/cards that show bio and health data.
3. Be attentive to community-level plans about available health services
   a. check community bulletins
   b. know routes to health services
4. Share knowledge of the effects of climate change on mental health

**DURING**

**What can people/individuals do?**

1. Share clear, truthful, & time-sensitive information
2. Activate emergency community hotlines for mental health
3. Have a backup community communication plan
4. Know the vulnerable populations in your neighborhood & assist with preparation and evacuation (if needed) measures
5. Institutions at the community level
   i. test clear & direct key messages well in advance for persons with diverse abilities
   ii. publicize service locations
   iii. determine the ability & capacity to adapt & respond to climate change
6. Regular maintenance of care facilities & shelters
7. Put a plan in place to ensure the safety of the residents at the emergency shelters

**Advocacy:**
1. Advocate climate action & the connection with mental health
2. Accessible accommodations for all (equipped with ramps, lifts, & rails etc.)

**What can the community do?**

**Information:**
1. Establish central locations to receive accurate, updated info.
2. Activate emergency community hotlines for mental health
3. Have a backup community communication plan
4. Know the vulnerable populations in your neighborhood & assist with preparation and evacuation (if needed) measures
5. Institutions at the community level
   i. test clear & direct key messages well in advance for persons with diverse abilities
   ii. publicize service locations
   iii. determine the ability & capacity to adapt & respond to climate change
6. Regular maintenance of care facilities & shelters
7. Put a plan in place to ensure the safety of the residents at the emergency shelters

**Advocacy:**
1. Advocate climate action & the connection with mental health
2. Accessible accommodations for all (equipped with ramps, lifts, & rails etc.)

**What can the community do?**

1. Activate mental health hotlines, buddy systems
2. Institutions: publicize emergency operations
3. Maintain safe operations at community shelters or at service centers (safeguard the vulnerable)