

# CLIMATE-INFORMED THERAPY

How does climate change affect mental health?

Exposure to extreme weather-related disasters can increase the risk of PTSD, depression, anxiety, substance use, and suicide



Anticipated exposure to climate change can trigger eco-anxiety, climate distress, and solastalgia

Unethical conduct of governments & big businesses have aggravated root causes of mental illness

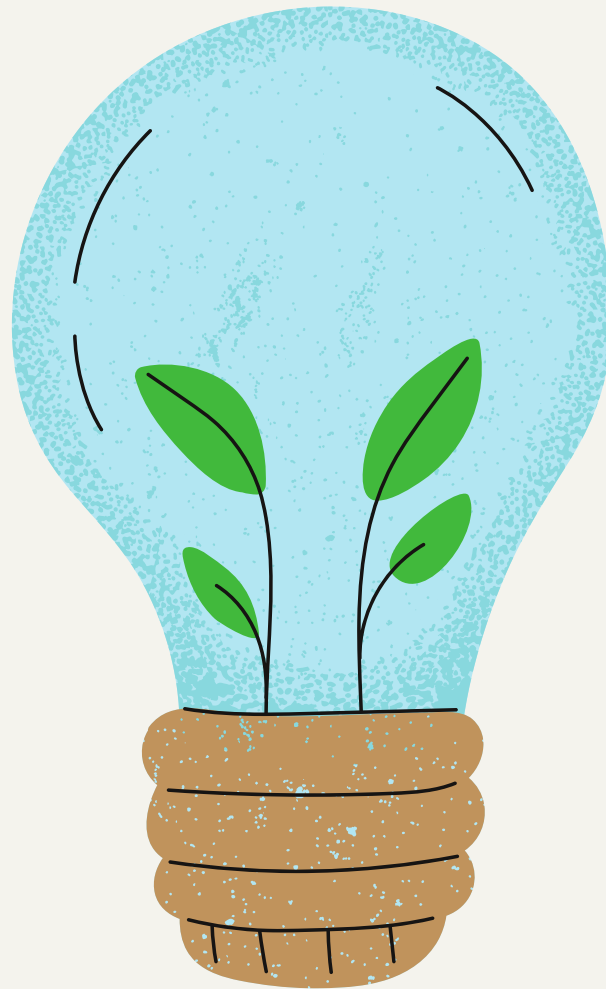


Grand Challenges  
for Social Work

# WHY THERAPY?

Applying clinical skills to climate concerns

Hold space for clients to explore climate-related emotions, like grief, loss, anxiety, anger, hope, connection, & empathy.



Incorporate climate-related questions in your intake process, like, "How have you been impacted by climate change?"

Support clients in building coping skills, connecting with human & more-than-human communities & taking value-aligned climate action

# WHAT NOW?

Explore your relationship to climate change, including emotions & embodied experiences

Get curious about how climate change impacts your clients

Connect with a growing network of climate-aware therapists, consultation networks, & study groups

Infographic Design by...

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