

CLIMATE CHANGE IMPACTS MENTAL HEALTH

How to empower future generations
to take climate action



(image: UNOPS)

FPN Workshop: Mental Health and Climate Change

23 Jan 2023 Monday 13:30-15:30

Location: UNU-MERIT, Fenikshof 1 [Information Centre Belvédère](#)

Contact: UNU-MERIT (Tel:+ 31 (0)43 388 4400)

Organizers:

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Support for facilitation:

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Aims

- Enhancing understanding of climate risks and impacts on mental health and psychological well-being
- Discussing Psychology's role in developing climate services, analyze existing approaches to climate mental health issues
- Understanding vulnerability factors and inequalities (e.g., gender, age, socioeconomic status, cultural taboos) to climate mental health and climate injustice
- Building capacity of youth/young professionals towards building climate resilient communities
- Experiencing group thinking process and bringing a collective call for climate action into our daily lives

We will discuss about:

- Interlinkages of climate change and mental health and psychosocial well-being, and how support services can acknowledge needs
- Environmental degradation in landscapes and biodiversity, climate-induced natural disasters, and their impacts on mental health; Emerging concepts of mental health outcomes such as climate change anxiety, eco-grief, solastalgia
- Vulnerability factors and inequalities (e.g., gender, age, socioeconomic status, cultural taboos) that relate to climate mental health and climate injustice

- What unique advantages could the youth and future generations have / contribute to the vision of an inclusive climate resilient future and climate action

We will do a group exercise: based on Four thematic actors/roles in the society on how these actors can support decreasing or solving mental health impacts of climate change, and how this can empower (young) population into the future climate action

1. Psychological support service and the role of community
2. Climate communication and the role of media
3. Climate action and the role of youth
4. Role of school and climate education

Evaluation Criteria of the group exercise:

- 1) Innovativeness of the idea
- 2) Practicality of the solutions (how actionable the solution is given the status quo)
- 3) Applicability to different areas/regions
- 4) Inclusivity (how inclusive the solution is of all the stakeholders and actors)

Participant groups:

- In-person participants from FPN: approx. 20-25 people max.

Agenda

Meeting at the entrance of UNU-MERIT	13:15-	Pick up and walk to the auditorium at Belvedere students will walk into the room, seated to one of the four pods of chairs
Introduction, agenda, pre-inventory	13:30-13:40 10 min	Introduction, agenda
Short lectures, challenges	13:40-14:00 20 min	Short lecture
Group exercise	14:00-14:50 50 min	Engage in a group exercise (5 - 6 participants per group) Phase 1 (25 minutes) - Understanding of the challenges and current situation: group work (World Cafe style) Phase 2 (25 minutes) - Develop solutions and create a pitch
Break - practice pitches	14:50-15:00 10 min	

Contest <ul style="list-style-type: none"> ● Pitch ● Evaluation and Q&A 	15:00-15:20 20 min	Pitch - one of the team members of each team will give a pitch (3 min. each) of the solution ideas Evaluation - Q&A, feedback, fine-tuning of the ideas
Reflections and closing remarks	15:20-15:30 10 min	Post-workshop inventory: reflect on the post-its of the pre-workshop inventory, discussion, closing notes

Readings:

<https://theconversation.com/climate-changes-impact-on-mental-health-is-overlooked-and-misunderstood-heres-what-can-be-done-194128>

<https://www.who.int/publications/i/item/9789240045125>

<https://cri.merit.unu.edu/the-new-normal-of-climate-grief-why-mental-health-must-feature-in-adaptation-and-resilience-planning/>

Exercise canvas:

CHALLENGES	SOLUTIONS
WHAT WILL / CAN WE DO?	THE SPECIFIC STEPS TO BE TAKEN
WHO ARE THE NECESSARY STAKEHOLDERS?	WHAT DIFFERENCES / RESULTS ARE WE AIMING FOR?