

Cultivating Mental Health Resilience in the Face of Climate Change

RESOURCE LIST

To address the increasingly adverse effects of climate change on mental health, The Resilient Activist partnered with members of the Climate Psychiatry Alliance to lead the panel discussion “**Cultivating Mental Health Resilience in the Face of Climate Change**” for the 2025 Midwest Climate Summit.

The Resilient Activist is a nonprofit founded to offer mental health and resilience programming for environmental justice activists. In light of the panel and in collaboration with members of the Climate Psychiatry Alliance, Climate Psychology Alliance North America, and Humanity&Planet we are proud to offer this robust list of ...

... mental health and community resources for those experiencing eco-anxiety and overwhelm in response to the climate crisis.



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Training Courses

- [Psychology of Deep Resilience; Addressing Ecoanxiety and Climate Distress for Individual, Social and Ecological Well-being](#)
 - This free 4-course program from the [University of Wisconsin-Madison's Loka Initiative](#) and its partners, the [Center for Healthy Minds](#), [Nelson Institute for Environmental Studies](#) and [Continuing Studies](#), helps participants meet the climate crisis with courage, determination, and a fierce reclamation of communal joy.
- [Yale Online Climate Change and Health Certificate Program for Working Professionals](#)
- [Climate Ambassador Training & Resources](#)
 - Free, four-hour Nursing CE qualified training hosted by Alliance of Nurses for Healthy Environments
- [Making the Connection: Climate Changes Health](#)
 - Four-part webinar series hosted by Climate for Health
- [United Nations CC: e-Learn Climate Courses](#)
 - Includes online courses on climate change, green economy, and circular economy
- [Healthy Minds Program: Free App](#)
 - This app helps you learn the skills for wellbeing - hosted by Healthy Minds Innovations
- [Forest Bathing & Forest Therapy Training Course | FTHub](#)
 - FT Hub trainers share practical experience in implementing disease prevention and treatment projects, interventions aimed at stress management, and occupational, cognitive and emotional health through Forest Therapy for specific mental health populations and vulnerable groups.
- [Climate Psychology Certificate | California Institute for Integrative Studies \(CIIS\)](#)

Disaster Mental Health Resources

- [Help Kids Cope App: Resource for Navigating Natural Disasters](#)
- [Mental Health Resource List for Coping with Extreme Weather | Moms Clean Air Force](#)
- [Coping After Disaster | American Psychiatric Association](#)
- [Model for Adaptive Response to Complex Cyclical Disasters | Vibrant Emotional Health](#)

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Disaster Mental Health Resources Cont.

- [Managing the traumatic stress of a hurricane and its aftermath](#) | American Psychological Association
- [How to deal with managing the stress of a hurricane from afar](#) | American Psychological Association
- [Understanding Emotional Distress with Tornadoes and Severe Storms](#) | SAMHSA
- [Understanding Emotional Distress with Floods](#) | SAMHSA
- [Climate Disasters and Mental Health Page](#) | Ecopsychepedia

Resources for Specific Populations

- For people in the upper midwest:
 - [Upper Midwest Agricultural Safety and Health Center \(UMASH\)](#)
- For parents/families:
 - [Making the Connection: Climate Changes Children's Health](#)
- For hospice professionals:
 - [Impact of Climate Change on Hospice and Palliative Care](#) | ScienceDirect
- For scientists:
 - [The Emotional Toll of Climate Change on Science Professionals](#) | Eos
- For farmers/ranchers:
 - [Addressing Climate Emotions as Part of Farmer Mental Health](#)

Climate Justice

- [Map of "Redlining" and Exposure to Urban Heat Islands](#)
 - This is a free interactive map that highlights part of US cities that experience higher heat island effects than citywide averages, due to the Home Owners' Loan Corporation (HOLC) New Deal era program that graded neighborhoods based on perceived loan risk and disproportionately affected communities of color
- [Climate Change and Social Vulnerability in the United States](#) | 2021 Report by EPA
- [Modern-Day Imperialism in the Global Waste Trade](#) | Intersectional Environmentalist

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Books

- **Active Hope** by Joanna Macy and Chris Johnstone
- **The Intersectional Environmentalist** by Leah Thomas
- **All We Can Save** by Ayana Johnson and Katherine Wilkinson
- **Generation Dread** by Britt Wray
- **The Great Displacement** by Jake Bittle
- **Red Alert: Saving the Planet with Indigenous Knowledge** by Daniel Wildcat
- **The New Climate War** by Michael Mann
- **Post Growth: Life After Capitalism** by Tim Jackson
- **Under A White Sky** by Elizabeth Kolbert
- **This Changes Everything: Capitalism vs. the Climate** by Naomi Klein
- **The Nature Fix: Why Nature Makes Us Happier, Healthier and More Creative** by Florence Williams
- **Drawdown: The Most Comprehensive Plan Ever Proposed to Reverse Global Warming** by Paul Hawken
- **The Big Fix: 7 Practical Steps to Save Our Planet** by Hal Harvey and Justin Gillis
- **Sustainable Nation: Urban Design Patterns for the Future** by Douglas Farr
- **The Uninhabitable Earth** by David Wallace-Wells
- **The Sixth Extinction: An Unnatural History** by Elizabeth Kolbert
- **Our Final Warning: Six Degrees of Climate Emergency** by Mark Lynas
- **What If We Get It Right?** by Ayana Elizabeth Johnson
- **A Field Guide to Climate Anxiety: How to Keep Your Cool on a Warming Planet** by Sarah Jaquette Ray
- **How to Live in a Chaotic Climate** by LaUra Schmidt
- **Surviving Climate Anxiety: A Guide to Coping, Healing, and Thriving** by Thomas Doherty (forthcoming)
- **Bracing for (Un)Natural Disaster: Cultivating Emotional Sustainability for Extreme Climate Events** by Laura Carter Robinson (forthcoming)
- **A Climate Emotions Workbook: Practices for Personal, Collective and Planetary Healing** by Leslie Davenport (forthcoming)

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Books Cont.

- **Mourning Nature: Hope at the Heart of Ecological Loss & Grief** edited by Ashlee Cunsolo & Karen Landman
- **Living in an Environmentally Traumatized World: Healing Ourselves and Our Planet** edited by Darlyne G. Nemeth, Robert B. Hamilton, and Judy Kuriansky
- **Emotional Inflammation: Discover Your Triggers and Reclaim Your Equilibrium During Anxious Times** by Lisa Van Susteren, MD. and Stacy Colino

Podcasts

- [On Being: A Wild Love for the World](#)
Interview with Joanna Macy
- [Matter of Degrees](#)
- [The Joy Report](#)
- [Climate Changed: The BTS Center](#)
- [Drilled](#)
- [Mothers of Intervention](#)
- [How to Save a Planet](#)
- [Wardrobe Crisis](#)
- [For the Wild](#)
- [Climate One](#)
- [Inherited](#)
- [The Energy Gang](#)
- [Hot Take](#)
- [Future Perfect](#)
- [Climate Change and Happiness](#)
- [Outrage + Optimism: The Climate Podcast](#)
- [The Climate Psychiatry Podcast](#)

Research Articles

- [The 2023 report of the Lancet Countdown on health and climate change: the imperative for a health-centered response in a world facing irreversible harms](#)
- [Climate Change and Mental Health](#) | National Library of Medicine
- [Quantifying the Health Benefits of Urban Climate Mitigation Actions: Current State of the Epidemiological Evidence and Application in Health Impact Assessments](#) | Frontiers
- [A Scoping Review of Interventions for the Treatment of Eco-Anxiety](#)
- [Health coping strategies for preventing sickness and diseases from extreme heat, cold and precipitation](#) | BMC Public Health

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Resources for Children

- [Children/Youth and Climate Resources](#) | Climate Psychiatry Alliance
- [Coco's Fire: Changing Climate Anxiety into Climate Action](#) by Jeremy Wortzel and Lena Champlin | Picture Book Video
- [What to Do When Climate Change Scares You: A Kid's Guide to Dealing with Climate Change Stress](#) by Leslie Davenport
- [All the Feelings Under the Sun: How to Deal with Climate Change](#) by Leslie Davenport

Websites & Organizations

- [The Resilient Activist](#)
 - This [nonprofit](#) offers resilience programming for environmentalists to gain the tools they need to reduce burnout, be replenished in community, and find joy in their work. Find their [Upcoming Events](#) here.
- [Ecopsychedpedia](#)
 - The Ecopsychedpedia is a trusted source for current research and thinking on how psychological factors drive the climate crisis, how the worsening crisis affects us psychologically, and what we can do about it.
- [Learn about Climate Psychiatry](#) | Climate Psychiatry Alliance
- [The Medical Society Consortium on Climate & Health](#)
 - This organization makes health and equity central to how we think, talk, and act on climate change. They mobilize and empower health professionals to make it happen.
- [Alliance of Nurses for Healthy Environments](#)
 - This group support nurses in promoting planetary health and equity globally by educating and leading the nursing profession, advancing research, incorporating planet-safe practice, and influencing policy.
- [The Mind Body Ecology Institute](#)
 - This group guides people in reconnecting with nature, community, and self to cultivate flourishing while inspiring wise and responsible environmental stewardship.
- [Humanity&Planet](#)
 - Climate psychologist Laura Carter Robinson's home for eco- and climate therapy and programming.

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Websites & Organizations Cont.

- [Climate Change | American Psychological Association](#)
- [Climate Mental Health Network](#)
 - The Climate Mental Health Network is a collective of dedicated community advocates focused on fostering mental well-being by reshaping our national dialogue—and actions—about the emotional impacts of the climate crisis.
- [US-based Climate Psychology Alliance of North America](#)
- [UK-based Climate Psychology Alliance](#)
- [CarbonTracker CT2022 | NOAA Global Monitoring Laboratory](#)
 - CarbonTracker is a CO2 measurement and modeling system developed by NOAA to keep track of sources (emissions to the atmosphere) and sinks (removal from the atmosphere) of carbon dioxide around the world
- [United Nations Sustainable Development Goals](#)
 - The UN's 17 SDGs provide a shared blueprint for peace and prosperity for people and the planet, now and into the future.
- [Unthinkable Times | Britt Wray's Substack](#)
 - Generation Dread author Britt Wray's newsletter about transformational resilience in the climate crisis.
- [Health Care Without Harm](#)
 - Health Care Without Harm seeks to transform health care worldwide so that it reduces its environmental impact, becomes a community anchor for sustainability, and a leader in the global movement for environmental health and justice.
- [American Public Health Association](#)
- [ecoAmerica](#)
 - ecoAmerica moves society toward climate solutions by engaging and supporting trusted national institutions to inspire and empower their millions of members in local communities across America to visibly act and advocate for ambitious, just, climate restoration.
- [Project Drawdown](#)
- [Yale Program on Climate Change Communication](#)
- [International Transformational Resilience Coalition](#)
- [Intersectional Environmentalist](#)

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Community Resources & Toolkits

- [Climate Solutions for Your Community PDF](#) | ecoAmerica
- [Climate, Health, and Food PDF](#) | ecoAmerica
- [Restoring Nature = Restoring Ourselves PDF](#) | ecoAmerica
- [Climate change and health toolkit](#) | World Health Organization
- [Heat and health overview](#) | World Health Organization
- [Climate Changes Allergies and Asthma](#) | ecoAmerica
- [Climate Solutions for Your Home and Neighborhood](#) | ecoAmerica
- [Climate Solutions for Your Workplace](#) | ecoAmerica
- [5 Steps To Effective Climate Communication](#) | ecoAmerica
- [Climate Changes Mental Health](#) | ecoAmerica
- [Wildfire Smoke Toolkit](#) | Climate Psychiatry Alliance
- [The Climate Dictionary: An everyday guide to climate change](#) | UN
- [Climate change and extreme weather overview](#) | Yale Climate Connections
- [Moving Forward: A Guide for Health Professionals to Build Momentum on Climate Action](#)
- [Reimagining Food Justice + Food Sovereignty](#) | Intersectional Environmentalist
- [Indigenous Environmentalism: The Rights of Manoomin Toolkit](#) | Intersectional Environmentalist
- [EcoFeminism and Environmental Liberation](#) | Intersectional Environmentalist



Ready to take action in community?

Connect with the organizations below to bring your passion for climate mental health into action through community events, resilience programming, climate-aware therapy, and on-the-ground advocacy efforts!

