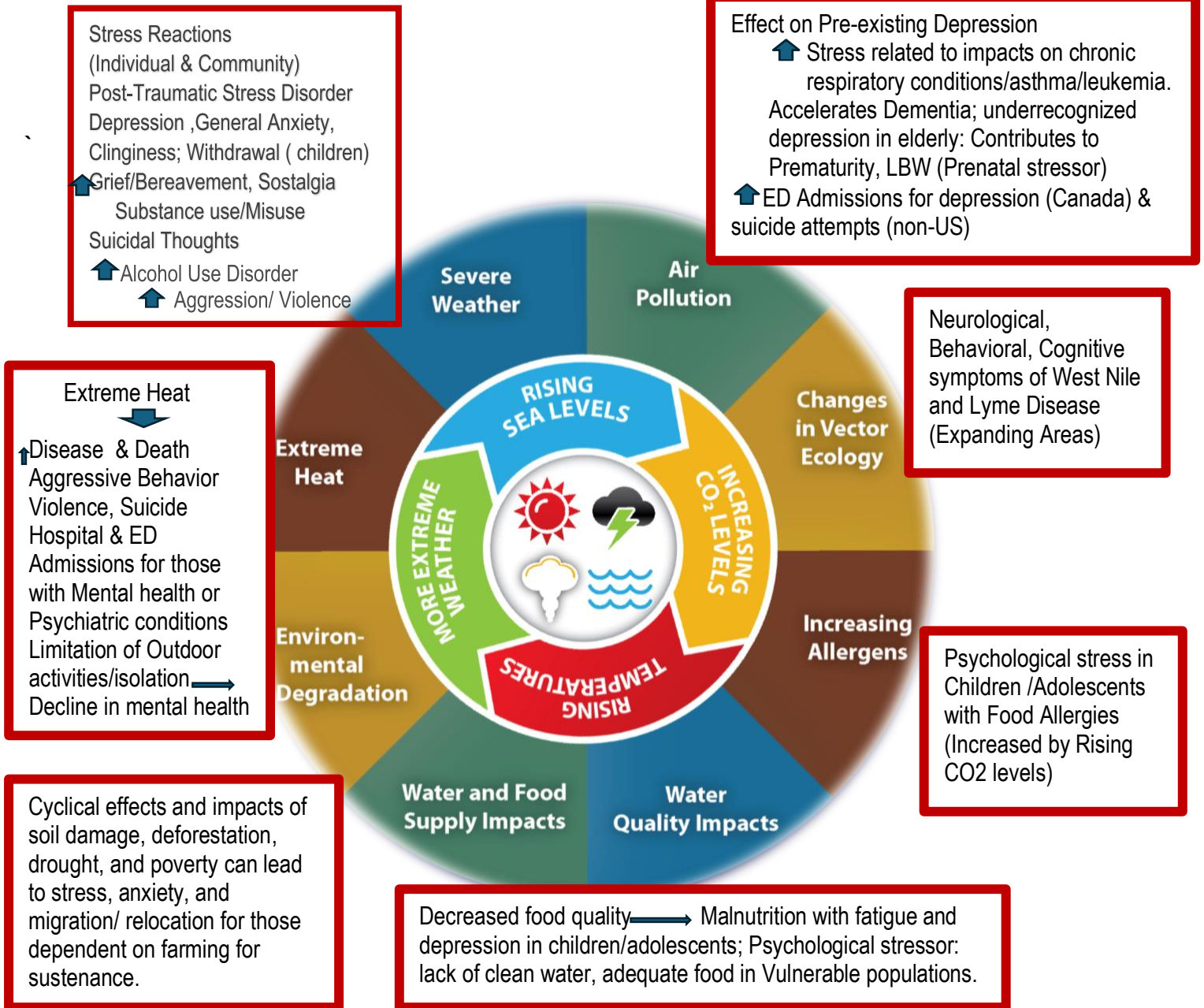


Intersections of Climate Change And Mental Health

PATHWAYS



MISSISSIPPI HEALTH PROFESSIONALS FOR CLIMATE AND HEALTH EQUITY©




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Climate Change as a Stressor

- » Eco-Anxiety
- » Heightened Risk Perceptions
- » General Anxiety
- » Pessimism
- » Eroded sense of self and collective control
- » Stress/ Distress

Populations Especially Vulnerable to Climate-Related Mental Health Impacts

 <p>Children</p>	<p>Especially at Risk for Distress, Anxiety Behavioral effects (Clinginess, Social Withdrawal, Aggression) PTSD after Extreme Weather Events Excessive Heat increases morbidity risk for children/adolescent athletes, those with chronic conditions [Includes SCD, Asthma, Cardiac Disease] Elevated Air Pollution increases risk of Asthma exacerbations, hospitalizations, ED visits and concurrent mental stress</p>
 <p>Women, Pregnant Women and Postpartum</p>	<p>Post-Disaster Symptoms: Greater worry; anxiety disorders Domestic Violence</p> <hr/> <p>Emotional stress related to food, water security, Nutrition. Poor Air Quality & Excessive Heat increases risk of Preterm Delivery and Low Birth Weight which carries additional stress</p>
<p>Elderly Disabled</p> 	<p>Long term exposure to Air pollution can decrease cognition; speeds up dementia. Increased Vulnerability to Adverse Weather Events & Heat due to compounding physical, mental (isolation, undiagnosed depression) and physical conditions, mobility. Note: Heat & volume sensitive Medications</p>
<p>Economically Disadvantaged</p>	<p>Under-resourced; Over-represented in climate-dependent occupations, weather and temp-vulnerable areas, Higher stress</p>
<p>Emergency Workers/First Responders</p>	<p>Vicarious trauma, PTSD, Depression, Panic Disorders, Phobias: Risk for Traumatic Brain Injury</p>
<p>Pre-existing Mental Illness</p>	<p>Extremely vulnerable to excessive Heat and adverse weather events with exacerbations of primary condition, higher rates of ED visits/hospitalizations & traumatic disruptions in medical delivery system.</p> <p>Medications which interfere with temperature regulation and heat elimination and/or have heat/dehydration neurological effects</p>

SOLUTIONS:

- » **Building Individual and Community Resilience**
- » **Disaster Hub, Cooling Center, Disaster Preparedness Planning**
- » **Co- Benefits (Climate and Health Solutions)-Proactive Strategies with Environmental Justice Lens**
- » **Climate Mitigation, Adaptation, and Advocacy**