

# Climate crisis and its impact on mental health & well-being.



Topic: climate crisis  
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# OBJECTIVES:



**#1**

Define climate crisis and its importance.



**#2**

Explain the psychiatric effect of climate change on the individual.

**#3**

Outline the populations at higher risk of distress.

**#4**

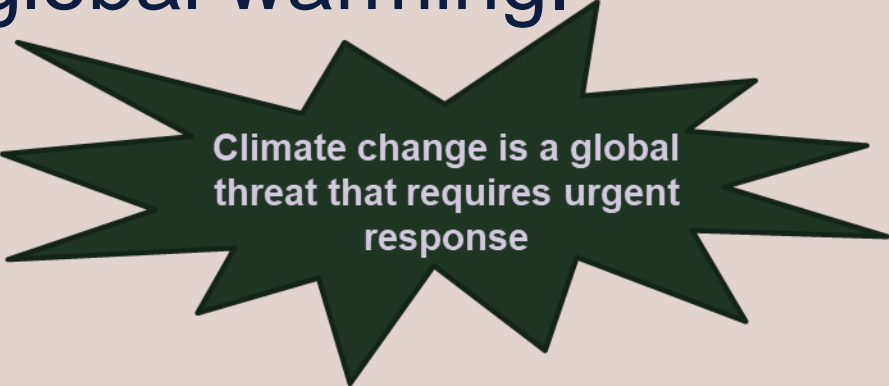
Recognize that climate change is a man made problem.

**#5**

Discuss ways of preventing the climate crisis.

***Each year since 2008, an average of more than 20 million people are forced to move because of weather-related events,***

**Climate crisis** → a term used to show a greater sense of **emergency** about climate change and global warming.



Climate change is a global threat that requires urgent response

almost certainly it is the greatest threat humanity has ever faced!!

# The relation between: Climate Change and Mental Health

- ❑ Estimated that 20% of the population affected by an extreme weather event would experience some mental health problem.
- ❑ Several recent researches done by psychologists have concluded that the most common mental health problems in the wake of extreme weather events are depression , anxiety and post-traumatic stress disorder ; other consequences include substance abuse, domestic abuse, and suicidal ideation.

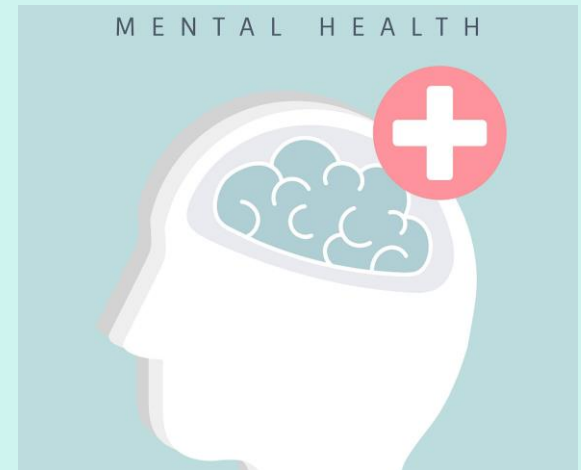
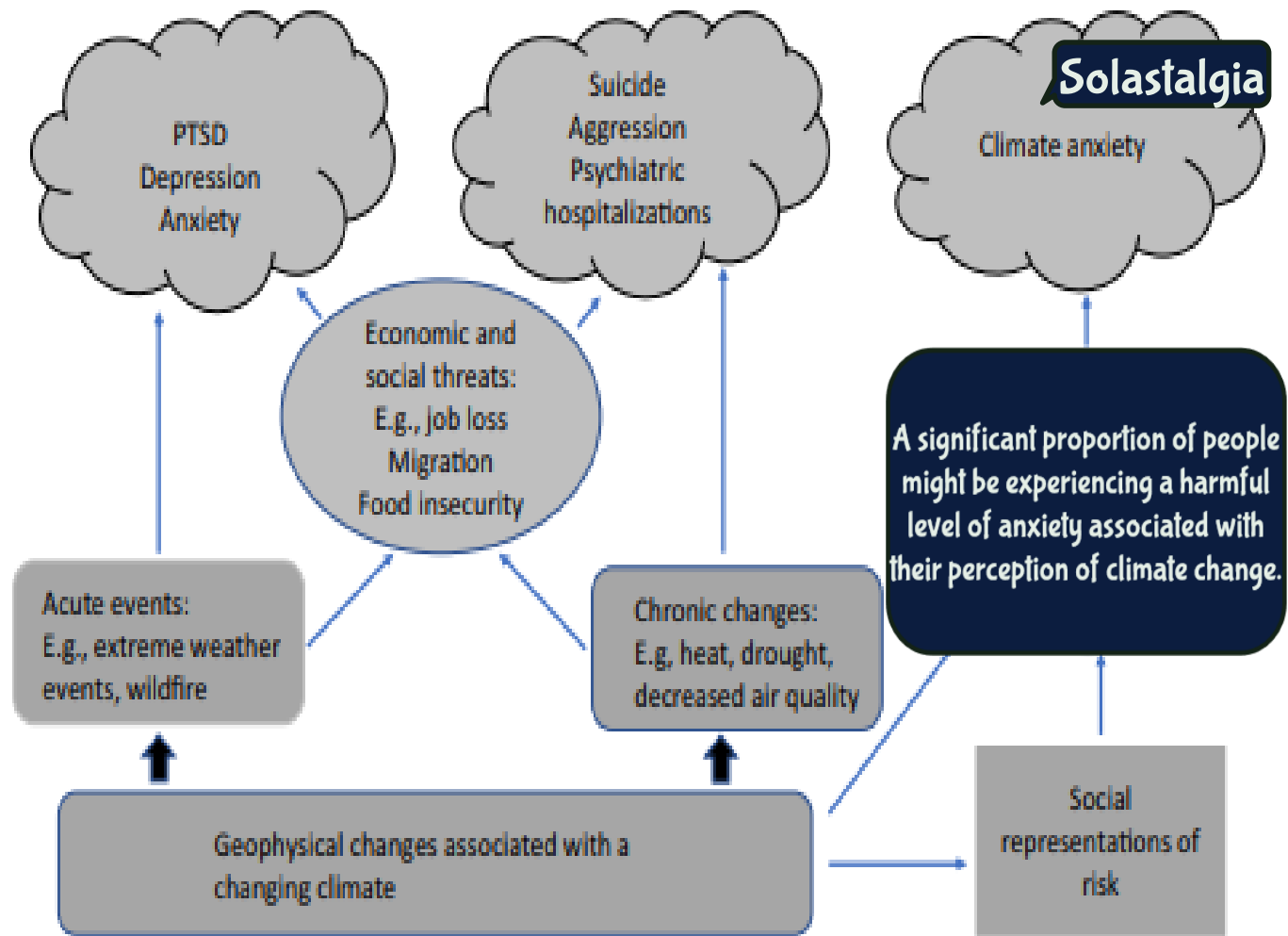


Fig. 1 Impacts of climate change on mental health

Recent research has confirmed that higher temperatures are associated with higher suicide rates.

While examining the impacts of heat on social behavior, a relationship with increased aggression was seen.



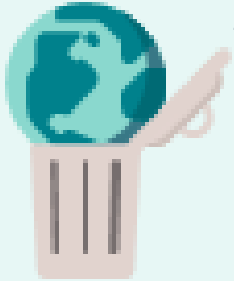
# The populations at risk of developing mental distress

geographically vulnerable: low-lying islands, or areas prone to drought, flood, melting glaciers.

Elderly and people with pre-existing disorders, illness are more likely to be dependent upon medication supply chains that are often disrupted after disasters.

Children are more impacted by disasters. Young children are less able to regulate their body temperature. Disruptions in routine as a result of evacuations, and parental stress after a disaster all contribute to children's distress.

There is evidence that early exposure to trauma can permanently impair children's ability to regulate their emotions in later life.





# Human activity is driving climate change



The average temperature has increased twice as much during the past 50 years -> due to the effect of greenhouse gases (GHGs) emitted by humans.

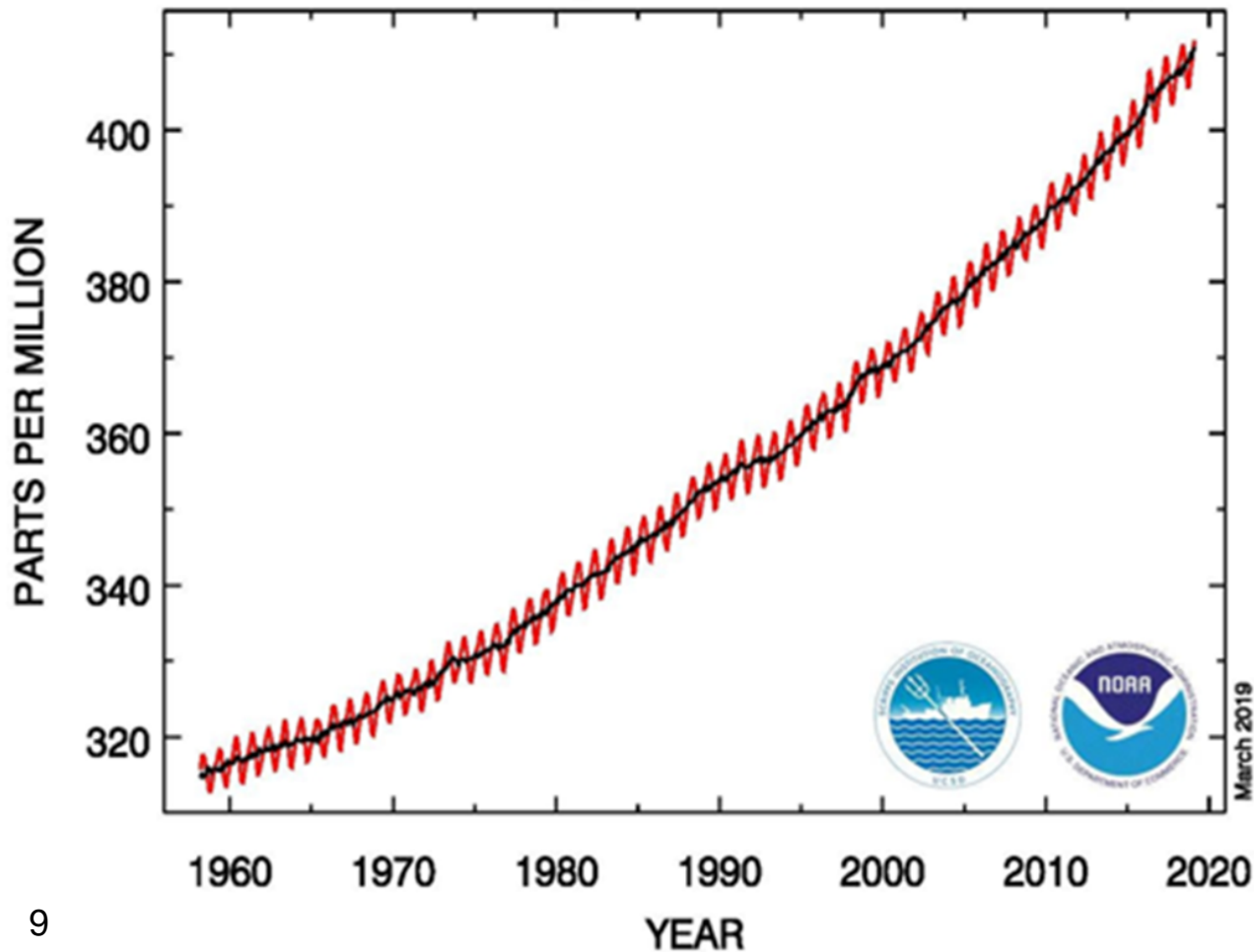


carbon dioxide, the principal human-produced driver of climate change!!!!





## Atmospheric CO<sub>2</sub> at Mauna Loa Observatory



**This represents a 47% increase since the beginning of the Industrial age.**

# SOLUTION AND PREVENTION.



< CO2:

- Renewable energy
- Save electricity
- Enhanced 3Rs.
- Awareness



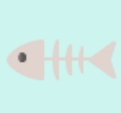
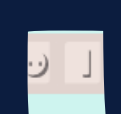


**ALL WE  
HAVE TO  
DO IS TO  
WAKE UP  
AND  
CHANGE.**

GRETA THUNBERG



THANK  
YOU.





# REFERENCE



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