



·Consume locally grown, seasonal and organic food that is nutritious. Eat a healthy and balanced diet.

·Educate yourself and your loved one about what to expect and how to prepare for future climatic events



·Help your loved one establish social connection with community members

·Plan routine exercises for them and check if they are getting enough sleep



·Keep track of the screen time and make sure that your loved one does not use mobile phone at least two hours before going to bed

·Minimize the use of caffeine and ensure that your loved one does not indulge in alcohol, tobacco and other drugs as they can be harmful to the body.



Remember that providing care can be very stressful at times. If you feel distressed or anxious, seek help from a mental health professional. Taking action against climate change could benefit mental health! Be the change and lead the change.

If your loved one with a mental illness is feeling anxious or distressed due to climatic changes,
Contact the psycho- social helpline: 080-46110007

Climate change and Mental Health: Role of Caregivers for Persons with Pre- Existing Mental Illness



The Indian Subcontinent has seen and continues to experience several climatic disasters like Uttarakhand floods, Cyclone Amphan, Gujarat earthquakes and many others leaving its people exposed to a wide range of problems. The earth's temperature is continuing to rise and we are witnessing many weather-related changes including increased floods and droughts, wildfires, intense storms, heat waves, and rising sea levels. These conditions have far-reaching environmental, social, agricultural, and economic effects and are ultimately harmful to our health and well-being.

It is important to remember that climate change not only affects our physical health but can also harm our mental health.

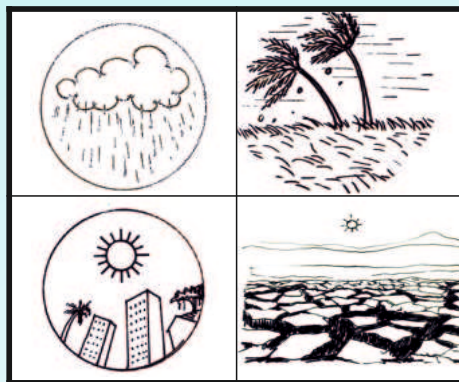
What about the mental health of people with pre-existing mental illness?



Mental illness has an impact on one's thoughts, feelings, and actions. As a result, it may cause problems with day-to-day functioning. Climate change can affect the way we think about ourselves and others. This can increase stress and anxiety, putting mental health at risk.

Extreme heat, for example, may result in depression, anger, and even violence.

Everyone is at risk for climate change. However, there are some groups that are especially vulnerable to the mental health impacts of climate change such as people with mental illness, elderly farmers, migrants, refugees, children, the elderly, and women. Studies have indicated that the immediate impact of disasters may cause post-traumatic stress disorder (PTSD), anxiety, substance abuse and depression or it can also worsen the well-being of people who are facing some kind of mental health problem already.



How can you support your loved one with a mental illness in dealing with the effects of climate change?



- Identify any signs of relapse

- Check if they are taking medications provided to them by healthcare professionals



- Follow up with the doctor on a regular basis

- Identify people who can act as a social support in case of crisis and emergencies



- Train healthcare providers and the general public on how to identify, respond and provide first aid to persons in distress, particularly during health emergencies.

- Stay informed by listening, watching or reading about the connection between climate change and mental health from reliable websites like Ministry of Health and Family Welfare, Government of India

