

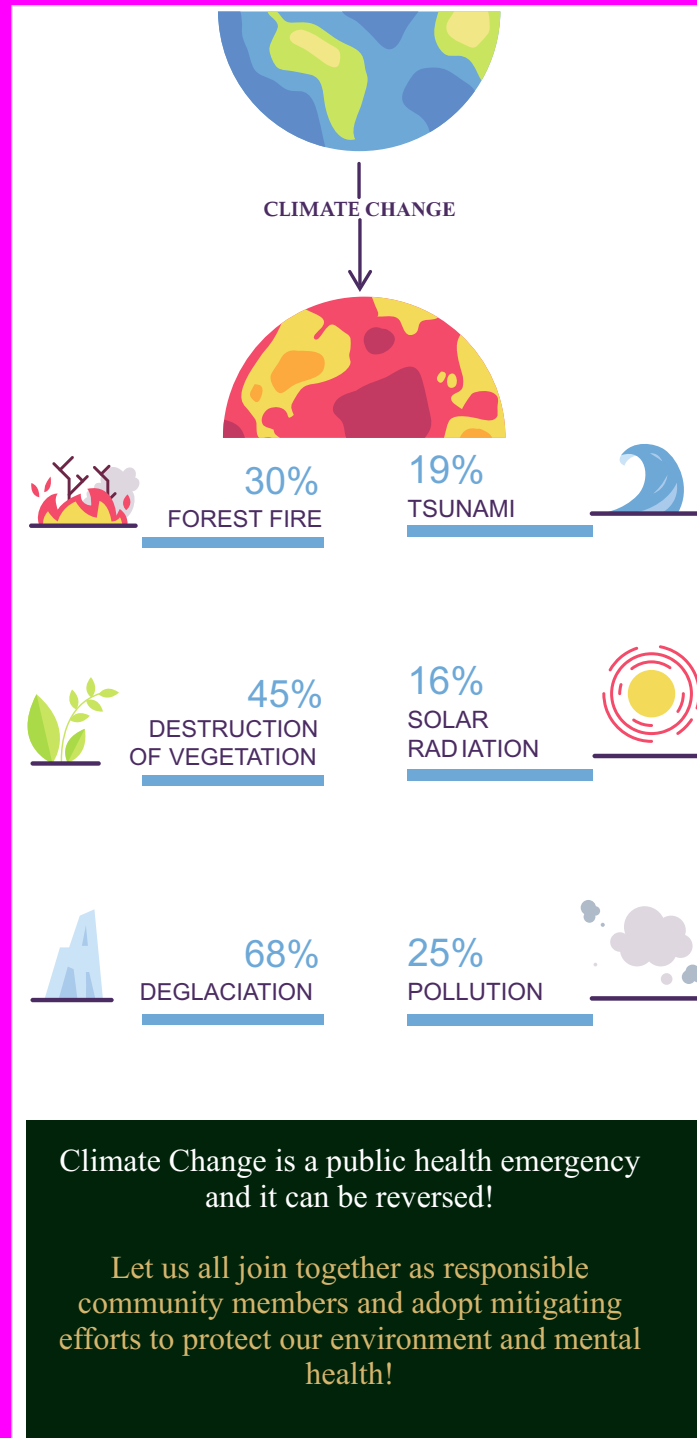
INDIRECT MENTAL HEALTH CONSEQUENCES OF CLIMATE CHANGE.

1 HOW CAN CLIMATE CHANGE INDIRECTLY AFFECT MENTAL HEALTH AT AN INDIVIDUAL LEVEL?

Indirect mental health consequences of climate change can occur as a result of damage to the physical health, food and water shortage, conflict, and displacement resulting in loss of homes, loved ones, jobs and need for adaptation at new place, search for sustainable source of livelihood at new place puts individuals at increased risk of mental strain due to intense climatic changes. For example: Intense and drastic climate changes, for example, may result in the loss of homes and employment, making it difficult for individuals to financially support their families. Individuals may be worried about their family's future as a result of different climatic changes such as water shortage, floods etc. causing a rise in mental health concerns.

2 WHAT ARE THE INDIRECT CONSEQUENCES OF CLIMATE CHANGE ON MENTAL HEALTH AT A COMMUNITY LEVEL?

The indirect consequences include disconnection from community, loss of community identity, threat to a sense of belonging as people are forced to move in and out of their communities, and loss of cultural integrity as people are forced to leave their homelands. It can also threaten the community's health as it may lead to increased likelihood of criminal behaviour, violence and aggression. For example: The homeless are affected severely due to poverty, poor living conditions and isolation which exposes them to extreme climatic conditions like heat waves, floods, and vector-borne diseases etc. resulting from climate change.



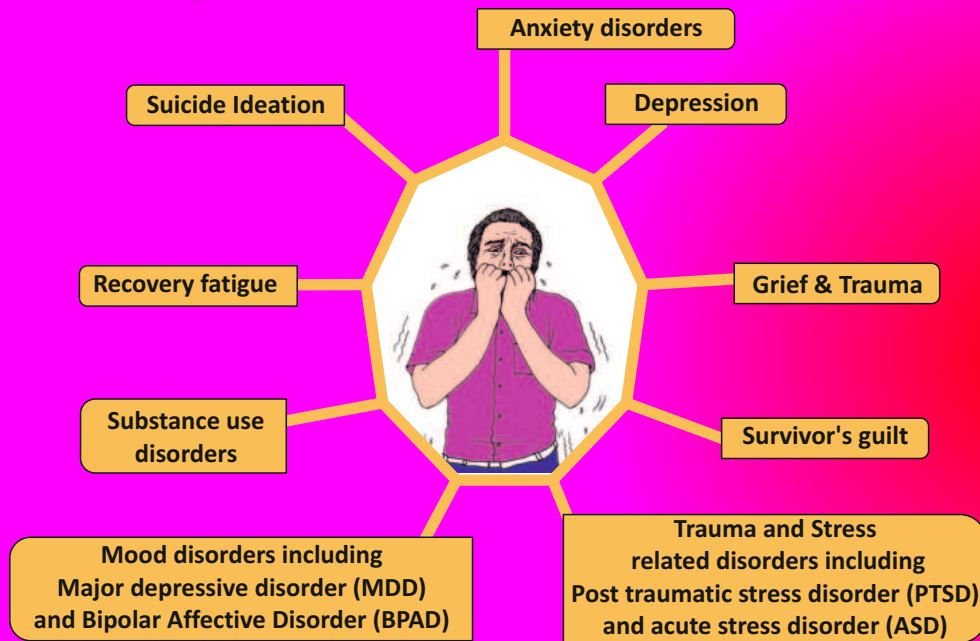
EFFECTS OF CLIMATE CHANGE ON MENTAL HEALTH



Are you worried about the drastic climatic conditions?
Contact the National Psychosocial & seek help.

Helpline Number : 080-46110007

The Framework Convention on Climate Change (UNFCCC), defines climate change as "a change of climate which is attributed directly or indirectly to human activity that alters the composition of the global atmosphere and which is in addition to natural climate variability observed over comparable time periods. The UNFCCC thus makes a distinction between climate change attributable to human activities altering the atmospheric composition, and climate variability attributable to natural causes



Rapid and intense climate change may give rise to psychosocial and financial problems in a person when faced with such adversities. It may also increase the risks of violence, aggression, and displacement of entire communities.

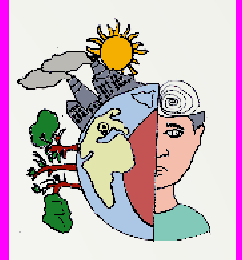
DIRECT MENTAL HEALTH CONSEQUENCES OF CLIMATE CHANGE:

2 WHAT ARE THE DIRECT MENTAL HEALTH CONSEQUENCES OF CLIMATE CHANGE?

Direct mental health consequences of climate change range from mild stress and sleep disturbances to mental health disorders like anxiety, depression, post-traumatic stress, substance use etc..

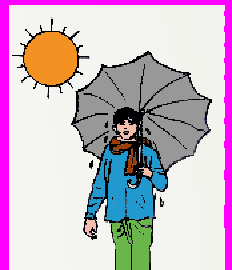
2 WHAT IS ECO- ANXIETY?

Eco- anxiety, according to experts is the anxiety related to the global climate crisis and the threat of environmental disaster. This may also affect our day-to-day activities which negatively affect one's overall mental health. Thus, it can potentially lead to increase in stress related problems such as substance use disorders, anxiety disorders and depression.



2 WHAT ARE THE EFFECTS OF HEAT WAVES ON MENTAL HEALTH?

Heat waves have been associated with mood disorders and anxiety. Additionally, extreme heat events and humidity have been noted to increase hospital admissions for mood and behavioural disorders, including schizophrenia, mania and other psychological and neurological disorders.



3 WHAT ARE THE EFFECTS OF FLOOD ON MENTAL HEALTH?

Floods have been associated with post-traumatic stress disorder (PTSD, anxiety and depression. Also, there may be a significant increase in substance abuse, domestic violence and worsening of symptoms in persons who already have some mental health problems.



4 WHAT ARE THE EFFECTS OF DROUGHT ON MENTAL HEALTH?

Drought affects the livelihood of people especially those whose occupation depends upon the weather and climatic conditions. For example: For farmers, one major source of concern is droughts as their livelihoods and the safety of their family members depend on it. Crop failure due to heat can cause immense distress to them and it has also been seen that anxiety and depression may also increase due to droughts.

