



CLIMATE ANXIETY RESOURCES

The climate crisis can be a source of significant anxiety, especially for young people. While Hey Sam is there for you when you need to talk, here are some additional resources to explore:

Mental Health Resources

Climate-Aware Therapist Directory

Climate Psychology Alliance: Network of mental health professionals working to address the psychological impacts of climate change. Offers resources for young people experiencing climate anxiety or related mental health challenges.

Good Grief Network: Brings people who are experiencing climate anxiety together to process heavy emotions related to ecological crisis. Runs peer-to-peer support groups and a “10 Steps to Resilience & Empowerment in a Chaotic Climate” program.

Youth Activism

Sierra Student Coalition: Network of people between the ages of 14–35 organizing for climate justice through training programs, education, campaigns, resources, and communities of support for youth across the country

Sunrise Movement: National, youth-led organization fighting to stop climate change through political advocacy and local movement-building



Support for young people, by young people.
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Hey Sam is a program of Samaritans, Inc.