



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 Psychology Alliance: Provides a range of resources to people who are struggling with their mental health in the context of the climate crisis. You can find climate-aware therapists, sign up for a climate cafe, or browse their list of resources.

Climate Mental Health Network: Offers specific resources that young people can use when facing difficult eco-emotions such as anger, anxiety, guilt, frustration, and sadness, including **specific resources for Gen Z.**

Ecopsychedia: Get up-to-date information about how climate change is impacting mental health.

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.

The Resilient Activist: Offers workshops to learn more about how you can live a resilient life in the face of climate change. They also offer climate cafes, meditation resources, and resilience tips that you can use to support your mental health.

weADAPT: Provides a “climate anxiety toolbox” comprised of various links to different resources that are meant to support young people who are struggling with climate anxiety such as articles, podcasts, positive climate news, trainings, workshops, events, and community-building activities.

Creative Arts Therapy for Climate Emotions: A guide to art therapy activities that are focused on exploring and connecting with one’s eco-emotions.

Activism

Break the Divide: This organization connects young people worldwide around a shared vision of the future where climate action and education are collaborative and community specific.

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

Other Resources

DearTomorrow: This collection of letters, photos, and films opens up conversations about climate change across generations.

The Big Melt: This podcast highlights young voices in the climate movement. If you are looking for a relatable experience, an inspiring voice, or to learn something new about the climate crisis, then this podcast is for you.

The EcoMind Collective: Anya is a lifelong climate activist. On her website, you can find podcasts, articles, organizations, and meditations related to the climate crisis.

What If We Get it Right?: This podcast explores various aspects of the climate crisis, from fast fashion to environmental law. Hear interviews with different experts and activists in the climate field.



Support for young people, by young people.
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