

EcoCAMHS top tips for climate, nature and wellbeing

Learn more about the climate crisis and its impact on mental health

Watch this [short video](#) about the links between climate and mental health

Learn about the climate and ecological emergency as an issue of [health equity](#)


**Keep
learning**

Learn how to become a more nature-connected and sustainable practitioner

Book onto a Centre for Sustainable Healthcare [short course](#)

Learn about the evidence base for [nature-based interventions](#)

Promote sustainable transport

Think about how you travel to work. Can you cycle, walk, take the bus?

Offer support to others to access subsidised or active travel options (for example, bus passes and bike schemes)


**Be
active**

Access green and blue spaces

Go for a walk with colleagues in your lunch break or before starting work

Offer to meet with families in green or blue spaces rather than in the clinic – even in urban areas these are often accessible

Engage in climate conversations

Allow space in your appointments for people to share worries for the planet's health and their future

Discuss with work colleagues and senior management. Identify sustainable and nature-friendly changes to act upon


Connect

Connect with nature

Bring nature into your sessions for example through art, photography and poetry

Boost your own nature connection with a forest walk, an outdoor swim, or by sowing seeds

Take notice of how you are feeling

Give yourself time to acknowledge and process difficult thoughts and feelings that emerge within this field, and talk about it

Ask for support from others, or access programmes such as [Active Hope](#)

Actively seek positive news stories


**Take
notice**

Recognise what's going on around us

Take notice of how others are feeling about this issue

Remember the bigger picture – we all have a small part to play, but those with the most power hold the most responsibility

Encourage volunteering and promote agency

Promote the value for young people of giving time to local nature and community organisations

If appropriate, discuss involvement in environmental activities as a way of channelling anxiety into agency


Give

Get more involved

Experience first-hand the impact of practical, hands-on engagement in local nature restoration work – share with others

[Join EcoCAMHS](#) and/or a climate-aware lobbying group and be the change!