

RESOURCES FOR THE CLIMATE CRISIS SESSION

Compiled by the Medical Psychotherapy Faculty working group on Climate Action and Sustainability. If you would like to be added to an email list to hear about events and other resources, please email mpf4climate@gaggle.email

Climate and psychology

[Climate Psychology Alliance](https://www.climatepsychologyalliance.org/) - Climate Psychology Alliance (UK) is an organisation set up to explore psychological responses to the climate crisis, to strengthen relationships and resilience for a just future, offering events, podcasts, support, research & reflection, and training, including resources for young people and those supporting them. CPA offers many events including online climate cafés, climate cafe facilitation training, talks and support circles for parents/ carers. They also run a directory of members who are available to offer therapeutic support for climate distress.

<https://www.climatepsychologyalliance.org/>

[Hold This Space](https://holdthis.space/) - Hold This Space is a self-guided website which helps reflect on our emotional response to climate change, imagine a better future, and understand the actions you can take to address the climate crisis. With links to lots of further resources.

<https://holdthis.space/>

[Climate & Mind](https://www.climateandmind.org/) - Exploring the relationship between climate disruption, human behaviour & human experience. Offering information about psychological responses to the climate crisis, and resources.

<https://www.climateandmind.org/>

[We don't have to be overwhelmed by climate anxiety. Feel the pain, then act](https://www.theguardian.com/commentisfree/2023/jun/25/we-dont-have-to-be-overwhelmed-by-climate-anxiety-feel-the-pain-then-act) - Guardian article on climate distress by Psychotherapist Susie Orbach

<https://www.theguardian.com/commentisfree/2023/jun/25/we-dont-have-to-be-overwhelmed-by-climate-anxiety-feel-the-pain-then-act>

<https://www.activehope.info/> - Introduction to Joanna Macy's work

Events and workshops

<https://psyfuture.org/> - global network of climate psychology groups. We encourage all psychologists and psychotherapists from around the world in all countries to join networks or

set up their own and fight for just adaptation, mitigation and prevention of the ongoing climate crisis and its effects. They hosted a global symposium in October 2023, with keynote speeches from Sally Weintrobe and others. These are available to watch from the website.

<https://linktr.ee/climatejusticeiga> - Hosting a series of online workshops convened by members of the Institute of Group Analysis, to resource all those who want to create, facilitate or join conversations about how to acknowledge feelings and act in times of climate crisis and denial.

<https://www.kairos.london/> - new London space exploring ideas for radical social and cultural change in response to the climate and nature crises. Hosting discussions, talks and debates.

Royal College of Psychiatrists Resources

[Royal College of Psychiatrists' Climate Emergency Declaration 2021](#)

[RCPsych position statement 'Our planet's climate and ecological emergency'](#)

[Royal College of Psychiatrists Sustainability and Mental Health](#) - The RCPsych has made a commitment towards ecological sustainability, both in its own actions and in its wider role in training and advocacy in psychiatry. The website contains a range of excellent resources on taking action in your practice, trust and community.

<https://www.rcpsych.ac.uk/news-and-features/latest-news/detail/2021/05/05/rcpsych-declares-a-climate-and-ecological-emergency>

<https://www.rcpsych.ac.uk/improving-care/sustainability-and-mental-health/college-position>

<https://www.rcpsych.ac.uk/improving-care/working-sustainably>

[RCPsych Top ten tips for practising psychiatry sustainably](#) - This list suggests ten high impact actions we can all do in our practice to improve the environmental sustainability of the care we offer.

<https://www.rcpsych.ac.uk/docs/default-source/improving-care/sustainability/sustainability-day-top-ten-tips.pdf>

[Nature matters | Royal College of Psychiatrists](#) - This is a collection of resources from RCPsych on integrating nature into mental healthcare. It includes podcasts, and a guide to taking a nature based history.

<https://www.rcpsych.ac.uk/improving-care/working-sustainably/nature-matters>

Resources for young people

[The Resilience Project](#) - The Resilience Project was created by youth activists, for young people involved in environmental and social activism. We transform, enable and empower young people to build emotional and psychological resilience.

<https://www.theresilienceproject.org.uk/>

[UK Youth Climate Coalition](#) - UKYCC's mission is to mobilise and empower young people to take positive action for global climate justice.

<https://www.ukycc.com/>

[RCPsych Eco-distress for young people](#) - This information resource is for children and young people, their parents, carers, teachers, and other people who might support them. It looks at eco distress, what actions you can take to look after yourself and how you can get more help.

<https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/young-people/eco-distress-for-young-people>

Taking action for Climate and Health

[Psych Declares](#) - *Psych Declares* is a member of *Health Declares a Climate and Ecological Emergency*. We are a group of psychiatrists and other mental health professionals from across the UK, who recognise that the climate and ecological crises are health emergencies requiring urgent action, and we are committed to acting and advocating to protect planetary and human health. We are calling on our healthcare organisations and institutions to declare, divest and take action. Come and join us, we're a friendly bunch.

<https://healthdeclares.org/psych-declares/>

[Medact](#) - Medact brings together health professionals from all disciplines to campaign for all aspects of health justice, including climate justice. They do this through research and evidence-based campaigning for solutions to the social, political, and economic conditions which damage health, deepen health inequalities and threaten peace and security.

<https://www.medact.org/>

[Health for Extinction Rebellion](#) is a collective of doctors, nurses and other health professionals who are deeply concerned about the climate and ecological crisis and its devastating impact on the health and well-being of our patients, the public and people across the world and who take direct action to fulfil their duty of care. <https://healthforxr.com/>

[Doctors from around the world unite to call for urgent climate action \(Guardian 2023\)](#)

<https://www.theguardian.com/environment/2023/oct/28/doctors-from-around-the-world-unite-to-call-for-urgent-climate-action>

[UK doctors involved in climate protests face threat of being struck off \(Guardian 2024\)](#)

<https://www.theguardian.com/environment/2024/mar/16/uk-doctors-involved-in-climate-protests-face-threat-of-being-struck-off>

Climate emergency and health care

[UK Health Alliance on Climate Change](#) - The UKHACC brings together Britain's leading health institutions, representing over 900,000 health professionals, to advocate for responses to climate change that protect and promote health. It includes many of the Medical and

Nursing Royal Colleges (including the RCPsych), the Royal Society of Medicine, the British Medical Association, the Lancet and the Faculty of Public Health. The Alliance communicates the relationship between health and climate change to the government, the public and other health professionals.

[Centre for Sustainable Healthcare](https://sustainablehealthcare.org.uk/) - The CSH has a range of work streams ranging from integrating sustainability into medical education, to promoting nature-based care. They have several professional based networks, resources, and courses, including a sustainable mental healthcare course. <https://sustainablehealthcare.org.uk/>

[Greener NHS](https://www.england.nhs.uk/greenernhs/) - This is the national project aimed at making the NHS more ecologically sustainable, including achieving NetZero by 2040. It includes a range of resources and case studies. <https://www.england.nhs.uk/greenernhs/>

[Climate Change and Health](https://www.who.int/teams/environment-climate-change-and-health/and-health/capacity-building/toolkit-on-climate-change-and-health/cobenefits) - World Health Organisation resources on climate change and health <https://www.who.int/teams/environment-climate-change-and-health/and-health/capacity-building/toolkit-on-climate-change-and-health/cobenefits>

Climate Science and Health publications

[The Psychoanalytic Study of the Child. February 2024. A Crisis Hidden in Plain Sight: Climate Anxiety in Our Youth.](#) (free access until May 2024)

Selection of papers that focuses on children's reaction to the current distressing reality of the climate, and its forecasted future. With contributions from leading climate psychology clinicians from the UK, Finland, and Germany, including Sally Weintrobe and Caroline Hickman. CPA chair Judith Anderson said, "One cannot read these papers without a sense that one is reading the documentation of an emotional catastrophe being visited on the next generations." <https://www.tandfonline.com/journals/upsc20>

[Planning for the perfect storm: Perceptions of UK mental health professionals on the increasing impacts of climate change on their service users \(Sciencedirect 2023\)](https://www.sciencedirect.com/science/article/pii/S2667278223000536)

<https://www.sciencedirect.com/science/article/pii/S2667278223000536>

[What Every Psychiatrist Should Know About the Climate Crisis. PsychiatryOnline 2022 "Good Medical Practice" and the Climate Crisis \(2023\)](https://psychnews.psychiatryonline.org/doi/10.1176/appi.pn.2022.06.6.36)

<https://psychnews.psychiatryonline.org/doi/10.1176/appi.pn.2022.06.6.36>

[International Review of Psychiatry Special Issue: The climate crisis and mental health](https://www.tandfonline.com/toc/iirp20/34/5)

[BJPsych Bulletin Special Issue: Climate and Mental Health](https://www.tandfonline.com/toc/iirp20/34/5)

<https://www.tandfonline.com/toc/iirp20/34/5>

[The Lancet Article: Climate Anxiety in Children and Young People](https://www.thelancet.com/journals/lanplh/article/PIIS2542-5196(21)00278-3/fulltext)

[https://www.thelancet.com/journals/lanplh/article/PIIS2542-5196\(21\)00278-3/fulltext](https://www.thelancet.com/journals/lanplh/article/PIIS2542-5196(21)00278-3/fulltext)

[Grantham Institute - The impact of climate change on mental health and emotional wellbeing](https://www.imperial.ac.uk/grantham/publications/all-publications/the-impact-of-climate-change-on-mental-health-and-emotional-wellbeing-current-evidence-and-implications-for-policy-and-practice.php)

<https://www.imperial.ac.uk/grantham/publications/all-publications/the-impact-of-climate-change-on-mental-health-and-emotional-wellbeing-current-evidence-and-implications-for-policy-and-practice.php>

Podcasts & other resources

<https://granthaminstitute.podbean.com/> - Tipping Points. A climate science podcast by Peter Knapp

[Outrage + Optimism](https://www.outrageandoptimism.org/) - Outrage + Optimism is co-hosted by Christiana Figueres and Tom Rivett-Carnac who oversaw the landmark Paris Agreement on climate change.

<https://www.outrageandoptimism.org/>

[Mothers of Invention Podcast](https://www.mothersofinvention.online/) - podcast on feminist climate change solutions from (mostly) women around the world. With former Irish president and UN elder Mary Robinson, and comedian and writer Maeve Higgins.

<https://www.mothersofinvention.online/>

<https://www.planetcritical.com/podcast> - A podcast for a world in crisis

[BBC World Service - The Climate Question](https://www.bbc.co.uk/programmes/w13xtvb6/episodes/downloads)

<https://www.bbc.co.uk/programmes/w13xtvb6/episodes/downloads>

[Positive News](https://www.positive.news/) - media organisation dedicated to quality, independent reporting about what's going right. Sign up to their newsletter – you will not be disappointed.

<https://www.positive.news/>

[Project Drawdown](https://drawdown.org/) - resource for climate solutions, drawing on humanity's collective wisdom about the practices and technologies that can begin to reverse the build-up of atmospheric carbon by mid-century. <https://drawdown.org/>

Other things you can do to take climate action

[What can I do about climate change? 14 ways to take positive action](https://www.positive.news/environment/what-can-i-do-about-climate-change-how-to-lower-your-carbon-footprint/)

<https://www.positive.news/environment/what-can-i-do-about-climate-change-how-to-lower-your-carbon-footprint/>

[Barclays action](https://www.change.org/p/as-members-of-the-royal-college-of-psychiatrists-we-ask-that-the-college-move-its-bank-account-from-barclays-to-an-ethical-and-sustainable-bank) - Petition asking the RCPsych to move their bank account from Barclays, the “dirtiest UK bank” to a more ethical and sustainable bank. Open to all members of the college to sign (more info on the petition website)

<https://www.change.org/p/as-members-of-the-royal-college-of-psychiatrists-we-ask-that-the-college-move-its-bank-account-from-barclays-to-an-ethical-and-sustainable-bank>

[Bank.Green](https://bank.green/) - consider switching your personal bank account. Most UK high street banks fund fossil fuel companies with billions of £££ <https://bank.green/>

[Zero Hour](https://www.zerohour.uk/bill/) - Support Zero Hour's campaign for the Climate and Nature Bill - formerly the CE Bill and the CEE Bill – a plan for a new UK law that addresses the full extent of the climate and nature crisis in line with the most up-to-date science. The Bill is the only proposed legislation before the UK Parliament that ensures a comprehensive and joined-up approach to the emergency. <https://www.zerohour.uk/bill/>

[Why Individual action on the Climate Crisis Matters](https://medium.com/the-new-climate/why-individual-action-matters-4b9aa9447dd6) - Excellent article written by climate scientist and activist Dr Pete Knapp, breaking down the myths that inhibit individual action. <https://medium.com/the-new-climate/why-individual-action-matters-4b9aa9447dd6>

Book suggestions

Sally Weintrobe - Engaging with climate change. Psychoanalytic and interdisciplinary perspectives. Edited by Sally Weintrobe. (2015) & The psychological roots of the climate crisis. Neoliberal exceptionalism and the culture of uncare (2021)

Donna Orange - Climate crisis, Psychoanalysis and Radical Ethics

Margaret Klein-Salamon - Facing the Climate Emergency

Mary Jayne Rust - Towards an Eco-psychotherapy

Amitav Gosh - The nutmeg's curse. Parables for a planet in crisis & The Great Derangement. Climate change and the Unthinkable

Mikaela Loach - It's not that radical. Climate action to transform our world

Mike Berners-Lee - No Planet B

Rebecca Solnit - Hope in the Dark (2004) & Not too late (2023)

Francis Weller - The wild edge of sorrow. Rituals of Renewal and the Sacred Work of Grief

Robin Wall-Kimmerer - Braiding Sweetgrass. Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants

All we can save – Truth, Courage, and Solutions for the Climate crisis. Edited by Ayana Elizabeth Johnson & Katharine K. Wilkinson

Rupa Marya & Raj Patel – Inflamed. Deep Medicine and the Anatomy of Injustice

Arctic Voices – Resistance at the tipping point (Collection of essays), edited by Subhankar Banerjee

Masanobu Fukuoka - The Dragonfly Will Be the Messiah

Sue Stuart-Smith - The Well Gardened Mind

Marchelle Farrell - Uprooting. From the Caribbean to the Countryside – Finding Home in an English Country Garden