"EcoCAMHS" is already active in these areas:

**SUPPORTING CHILDREN AND YOUNG PEOPLE'S (CYP) INVOLVEMENT** 
listening and responding to their demands, fostering self-efficacy and resilience, supporting those taking action whilst advocating for systemic changes

**IMPACT OF CLIMATE AND ECOLOGICAL EMERGENCY (CEE) ON CYP MENTAL HEALTH** 
disseminating current research evidence, identifying gaps, service development to meet future need

**ECO DISTRESS** 
asking CYP we meet about this increasingly common experience without pathologising it, offering guidance

**RESEARCH AND EDUCATION** 
exploring, building and promoting evidence base, special additions in CAMH and BJPsych Bulletin, linking with academic institutions active in this area, curriculum development

**ROLE OF NATURE IN CAMHS** 
investigating and evidencing its role in: clinician self care, specific interventions for clinical populations, understanding healthy child and adolescent development and as risk factor for mental illness

**GREEN CARE** 
summarising the current evidence, collating examples of current best practice, design and evaluation of novel interventions, partnership working with nature organisations

**SUSTAINABILITY AT WORK** 
making our work places Green through reducing waste, pollution, emissions and rejuvenating nature

**RAISING AWARENESS** 
and mobilising climate conscious clinicians

**RCPSYCH POSITION STATEMENT ON CEE** 
ensuring CYP perspective is adequately represented

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**WHAT CAN I DO?**

**Start small**: ask a question, start a conversation, support a colleague or trainee to do work in this area, show you care by commenting on social media

**Get engaged with the issues**: find out more, acknowledge where your influence lies and find out where the CEE intersects with the issues you care most about

**Ask young people**: in your life how it's affecting them and what they want you to do

**Choose**: whether to act at home, locally or at a systemic level

**Reach out to others**: already involved in making changes. This is a collective not an individual issue: talk to someone in your organisation who is already active or try the Centre for sustainable healthcare, Sustainability Day Campaign, RCPsych Sustainability Committee, or UK Health Alliance on Climate Change

**Self care**: actively cultivate restorative self care practices, stay connected to creativity and nature and find a supportive network of people who share the vision of a happier, fairer, healthier future.

**Contact us** to get involved in 'EcoCAMHS' work: nicholas.barnes@nhs.scot
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