



WHY

CLIMATE AND
ECOLOGICAL EMERGENCY
AFFECTS MENTAL HEALTH

OUR CHILDREN AND
YOUNG PEOPLE ARE
ASKING US TO ACT

NATURE CONNECTION
IMPROVES MENTAL
HEALTH

WHO WE ARE

'EcoCAMHS' meets regularly online. We are members of the CAP Faculty who are concerned about the degradation of the natural world and the impact on children and young people. Sharing values of social justice, participation and holistic care we want to change our practice to benefit people and planet.

SCOPE

IMPACT OF CLIMATE AND
ECOLOGICAL EMERGENCY
ON CHILD AND YP
MENTAL HEALTH

ROLE OF NATURE IN
CAMHS



AREAS OF ACTION

'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 Greener 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



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
catriona.mellor@oxfordhealth.nhs.uk

Green Scholar kathryn.speedy@wales.nhs.uk