

# Climate Change and Mental Health

**WHEN** Wednesday, May 24th 2023  
8:00 PM - 9:00 PM

**WHERE** Online

**COST** Free

Climate change is a major global existential challenge which provokes intense feeling in many people. In most cases, concerns about climate change are a rational response to the problem and may lead to positive adaptation, but some people experience significant mental distress. This webinar will explore the range of emotional responses to awareness of climate change and how they may impact mental health. Key aspects of assessment and response to climate distress will be discussed, with reference to emerging evidence and existing psychotherapeutic models.



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