

## **Climate Action and Psychology: Using Psychological Science and Practice** to Promote Mental Health

## November 9, 2022 at 14:00-15:15 EET

Streaming Link: https://www.who.int/news-room/events/detail/2022/11/06/default-calendar/cop27-health-pavilion

## Climate change can negatively impact mental health and well-being.

For example, research documents a positive relationship between increasing heat and human aggression, worsening anxiety associated with the impacts of the climate crisis - such as the enormity of the problem combined with imminent need for action - and co-morbid influences between environmental degradation and physical and mental health.

A significant need exists for approaches, models, and frameworks that outline specific actions designed to address these negative impacts.

This session provides information about programs, resources, and projects that promote mental health and well-being in the context of a changing climate within an equity lens.



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