

# CLIMATE CHANGE AND MENTAL HEALTH

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**"Mental health is like a season if it blooms then happiness, if it rains then stress."**

Climatic changes have an adverse effect on the health of people. It affects both physical and mental health in equal amounts. Whenever a climate change happens a lot of chaos occurs which eventually starts deteriorating the mental health. Climate change and disasters cause mental health issues like anxiety, depression and other severe mental disorders.

The people getting most affected due to the climatic change scenario are children, elders, persistently ill people, pregnant and postpartum women, people with cognitive impairments, and people with mental illnesses. People such as migrants or having lower socioeconomic status also get adversely affected due to the changing climatic condition.

Climate change is not a short term phenomenon but its after effects are more vulnerable as the time passes. Severe climatic changes lead to poverty, population migration, unemployment, starvation, drought, lack of social support, and disturbed mental health.

According to a report 25 to 50% of people who have been exposed to a massive disaster are at risk of unpropitious mental health effects. The same report also says that about 54% of the adults and 45% of children experienced mental health issues like anxiety, traumas and phobias after a natural disaster.

To lessen the adverse consequence of climate change on our mental health, one should remember the following -

- Being aware about the feelings
- Not panicking and losing any kind of hope
- Trying out to make a plan to ensure safety
- Learning about the triggering points
- Being involved with the community all around

