

Mental Health and Climate Change Resources - September 2024

Mindfulness

- **Awake in the Wild** [Website](#)
Nature-based mindfulness guided practice, Monday to Friday at 7:30 am and Sundays at 4:30 pm.
 - **Zen and the Art of Saving the Planet** - 7 Week Course [Next cohort starts October 20, 2024.](#)
 - **One Earth Sangha** [Website](#)
 - **Breathr App** [Download](#)
Free app to get started with mindfulness, developed by BC Children's Centre for Mindfulness and Kelty Mental Health Resource Centre.
 - **Insight Timer** [Website](#) Access thousands of free guided meditations.
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Skills to Manage Depression and Anxiety

- **Mind Space (formerly CBT Skills)** [Website](#)
Psychoeducational and skills-training groups for mild-to-moderate anxiety or depression. Open to all BC residents with a valid health card. Offers **CBT Skills Foundation Group** - an 8-week skills for managing depression and anxiety.
Publicly funded. Referral required from a primary care provider.
 - **Bounce Back (BounceBack BC)** [Website](#)
Publicly funded. Referral required from a primary care provider.
 - **Climate-Aware Therapy** [Directory of Climate-Aware Therapists.](#)
No public funding. Private pay or may be covered by insurance
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For Parents

- **Children and Youth** [American Academy for Child and Adolescent Psychiatry Resource Center.](#)
 - **Climate Mental Health Network** [Website.](#)
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Disaster Preparedness

- **Island Health Resources**
 - [Heat Safety | Island Health](#)
 - [Wildfires | Island Health](#)
 - [Drought | Island Health](#)
 - **Climate Psychiatry Alliance - Resources** [Website.](#)
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Podcasts

- **Climate Change and Happiness** [Podcast](#).
 - **Outrage and Optimism** [Podcast](#).
 - **Facing It** [Podcast by Dr. Jennifer Atkinson](#).
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Websites and Apps

- **Learn More About Climate and Mental Health** [Climate Psychiatry 101](#).
 - **Coping with Climate Distress** [Climate Psychiatry Toolkit](#).
 - **Climate Emotions Wheel** [Website](#).
 - **Gen Z Mental Health: Climate Stories Video** [Watch Here](#).
 - **The Climate Optimist Newsletter** [From Harvard T.H. Chan School of Public Health](#).
 - **Gen Dread Newsletter** [Subscription](#).
 - **Anxiety Canada** [Information and Self-Help Resources](#).
 - **MindShift App (from Anxiety Canada)** [Download](#).
 - **Center for Clinical Interventions** [Self-Help Resources for Mental Health Problems](#).
 - **Mood Gym** [Self-Help Program for Depression and Anxiety](#).
 - **Catch It** [CBT App](#).
 - **Center for Addictions and Mental Health (CAMH)** Learn more about mental health conditions
 - [Depression Guide](#).
 - [Anxiety Guide](#).
 - **Active Hope Training** [Free Online Course](#).
 - **Indigenous Climate Hub** [Website](#).
 - **Healthy Built Environment | Island Health** [Website](#).
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Books

- **Earth Emotions: New Words for a New World** by Glenn Albrecht
 - **Climate Mental Health Book List** [PDF Download](#).
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Crisis Support

- **Suicide Crisis Helpline - 988** [Website](#) A safe space to talk, 24/7. Text or call 988.
- **Vancouver Island Crisis Resources**
 - Crisis Line: 1-888-494-3888
 - Crisis Chat: www.vicrisis.ca
 - Crisis Text: 250-800-3806
- **911 or nearest Emergency Department** For acute safety concerns
- **Indigenous Crisis Support**
 - **The KUU-US Crisis Line:** ADULTS: 250-723-4050 | TOLL FREE: 1-800-588-8717
 - **Métis Crisis Line BC:** 1-833-638-4722
 - **Hope for Wellness Help Line:** 1-855-242-3310 or [Online Chat](#).