CICMH WEBINAR
MENTAL HEALTH & CLIMATE CHANGE RESOURCES

ORGANIZATIONS

- Good Grief Network - https://www.goodgriefnetwork.org/
- Canadian Association of Nurses for the Environment - https://cane-aiie.ca/
- Association of Nature and Forest Therapy: https://www.natureandforesttherapy.earth/councils/anft-canada
- PaRX: A Prescription for Nature - https://www.parkprescriptions.ca/

WRITTEN RESOURCES

- Earth emotions: New words for a new world by Glenn Albrecht
- Addressing and Coping with Climate Grief: A Toolkit for Group and Individual use by Judy Wu: https://sustain.ubc.ca/sites/default/files/2020-077b_Climate%20Grief%20Toolkit%20_Wu_0.pdf

EDUCATIONAL DOCUMENTARY AND TOOLKIT

- Documentary (30 min): https://www.youtube.com/watch?v=bmA07vdOb2M&t=559s
- Accompanying toolkit: Exploring Mental Health and Climate Change: https://pressbooks.bccampus.ca/eccmh/wp-content/uploads/sites/1644/2022/04/2April2022_TOOLKIT_Exploring-Mental-Health-and-Climate-Change_compressed-1.pdf

PODCASTS

- Hot Take
- A Matter of Degrees
- Anthropause
- TIL Climate
- Mongabay Newscast
- For What It's Earth
- Drilled
- Climate Clinic
- How to Save a Planet
- Outrage & Optimism