

Guides to finding support services for climate distress



As we face a more troubled socio-political landscape, emotions can feel like a roller coaster and intensify the rising tide of climate/eco anxiety; What some have termed the emotional storm facing the “poly crisis”. If you are struggling with these emotions, know you are not alone.

Note: These resources are **not meant as a substitute for mental health services**. If you are experiencing severe distress or depression, please seek professional help within your community, or call/text the 988 Lifeline (in the US).

Additional urgent resources:

- **United States residents:** Call the US National Suicide Prevention Lifeline at 1-800-273-8255 (TALK) or visit [SpeakingOfSuicide.com/resources](https://www.speakingofsuicide.com/resources) to find further resources.
- **Canadian residents:** Call the Canada Suicide Prevention Service at 1-833-456-4566 in English, 1-866-277-3553 for Quebec residents/pour les esidents du Québec.

DISCLAIMER: Inclusion in these resources is not an endorsement by the Climate Psychiatry Alliance. CPA bears no legal responsibility for outcomes. We have no financial involvement with individuals or groups on this list. Inclusion in this resource directory is provided for individuals seeking help or groups looking for speakers and advocates. **We do not verify therapist/providers/participants or group’s skills or professional standing. You are responsible for verifying therapist licensing with state/provincial or regional licensing bodies.**

Resource: Coping with Climate Distress

Created by Climate Psychiatry Alliance—scroll down for access to the many suggestions for the range of managing climate emotions

<https://www.climatepsychiatry.org/climate-distress-coping-toolkit>

Climate–Oriented Support Groups

- **Climate Café**

- [What is a climate café?](#)

- An informal, open, confidential space to safely share emotional responses, thoughts and feelings related to the climate and environmental emergency rather than what we are DOING about the climate crisis. Not designed to lead participants to any conclusion or toward action (actions can be discussed, but reflection is paramount).
 - **Finding a Climate Café can be challenging** since there is **currently** no designated directory of café gatherings: Seek resources by searching google links-enter Climate Café for many leads.
 - **Resilient Activist:** [Monthly zoom gatherings](#)
 - **Climate Café through Climate Psychology Alliance-North America**
 - Indicate interest in being contracted when groups scheduled via [this form](#)
 - **Direct contact to several Climate Café facilitators-inquire about their next sessions:**
 - Joanna Calabrese, LMFT, 415-548-7919; joannacalabresetherapy@gmail.com www.joannacalabrese.com. Leads virtual Climate Cafés (no specific schedule), [women’s climate support groups](#) and individual counselling. Seven session women’s group begin Sept. 2024 for women in San Francisco Bay Area.
 - MJ Merkley, LMFT. (929) 265-0379; mjmerkleytherapy@gmail.com Can develop specific content for groups with unique focus/ needs; Individuals, micro groups, larger ecosystems. Two specific events Fall, 2024.

- **Good Grief Network**

- Good Grief Network’s [10-Step Program](#) is a peer-to-peer support group where people come together for 2 hours a week, over 10 weeks.
 - Kristan Childs, kristanck@gmail.com or kristanck@goodgriefnetwork.org. Leads groups several times a year using the Good Grief Network Model. [Fall will have focus on groups for climate scientists and environmental educators.](#)

- **Carbon Conversations**

- [Multisession groups](#) designed by professional mental health leaders in United Kingdom with focus on UK content. Materials available for adaptation to other countries.

- **Climate Awakening**

- [Free small group](#) sharing and listening sessions, guided by videos and conversation prompts with 3 scheduled per month.

- **The Work That Reconnects Network**

- Has a [spiritual perspective](#) derived from the work of Buddhist scholar and activist, Joanna Macy.

Finding a Climate Aware Therapist

Some people who are experiencing difficulty functioning associated with climate distress or those who may feel that working directly with a one-to-one therapist is more suitable, can find resources for therapists who are self-identified as “climate aware therapists”. These trained professional therapists all work from a perspective of understanding that the climate crisis deeply impacts emotional and psychological ways of being and are committed to assisting climate distressed individuals and communities.

Access to the Climate Aware Therapy directory: <https://www.climatepsychiatry.org/climate-aware-therapist-directory>.

Unique Populations

People who work day-to-day in areas of climate change may have unique stresses. These may be climate scientists, policy professionals and those within health and governmental agencies that address climate change, forest service and park service employees, wildland firefighters and more.

Inquire about specific resources at info@climatepsychiatry.org

Other Resources

- **Online Resources Dealing with Climate Distress:**

- [Climate Psychiatry Alliance-Coping with Climate Distress](#)
- [Climate Psychology Alliance-US](#)
- [Climate Psychology Alliance-US Get Support](#)
- [Emergency Preparedness for Older Adults: Stay Prepared, Stay Safe](#)
- [Gen Dread](#)
- [All we can save](#)

- **Books:**

- [Generation Dread: Finding purpose in an age of Climate Crisis](#) by Brittany Wray, PhD
- [A Field Guide to Climate Anxiety](#) by Sarah Jaquette Ray
- [Emotional Inflammation](#) by Lise Van Susteren, MD
- [Taking the Heat](#) by Bonnie Schneider

- **Children’s and Parent’s Books:**

- [Fur and Feathers Join Together](#) by D. Grisworld and E. Reisfeld
- [Coco’s Fire: Changing Climate Anxiety into Climate Action](#) by J. Wortzel and L Champlin
- [How to Talk With Children About Climate Change: Turning Angst into Action](#) by Harriet Shugarman