



CLIMATE CHANGE & MENTAL HEALTH *Resources* CURRENT AS OF SEPT. 2026

About This Guide

This resource collection was developed by the Association for Children's Mental Health (ACMH) to help young people find information and resources related to the mental and emotional impacts of climate change.

Climate change can affect mental health in many different ways. Young people may experience worry about the future, stress or fear related to extreme weather, grief over changes to places and communities they care about, anger, sadness, helplessness, or a sense of uncertainty. For some, climate concerns can also affect sleep, concentration, relationships, or day-to-day wellbeing. Experiencing these feelings does not mean something is wrong with you. They can be understandable responses to situations that feel difficult, uncertain, or outside of your control.

This collection brings together resources focused on understanding climate-related emotions, managing stress and anxiety, building healthy coping strategies, finding connection and support, staying grounded, and finding ways to turn concern into meaningful action. Resources come from a variety of organizations and may include articles, toolkits, activities, educational materials, community organizations, youth programs, and support services.

Important Note: Resources, eligibility, availability, and services may change. Some resources may not be appropriate for every situation. Please contact organizations directly for the most current information and to determine whether a resource or service is a good fit for you.

If you or someone else is in immediate danger, please call **911** or go to the nearest emergency department. If you or someone you know is experiencing a mental health or substance use crisis, call or text **988** to reach the 988 Suicide & Crisis Lifeline.

Understanding Climate Change & Mental Health

Climate Mental Health Network: Resource Library

Organization: Climate Mental Health Network

Format: Resource collection / website

Best For: Young people, families, educators, advocates, and anyone looking to better understand the mental and emotional impacts of climate change.

A collection of resources focused on the mental health impacts of climate change, including climate anxiety, grief, stress, resilience, and emotional wellbeing. The library includes resources for understanding climate-related emotions and finding ways to cope while staying connected to what matters.

Link: climatementalhealth.net/resources

Climate Change & Mental Health

Organization: American Psychological Association (APA)

Format: Website / educational resources

Best For: Young people and adults who want to learn more about how climate change can affect mental health and wellbeing.

The APA provides information about the psychological effects of climate change, including stress, anxiety, grief, and other emotional responses. The resources also explore resilience and ways individuals and communities can respond to climate-related challenges.

Link: apa.org/topics/climate-change

Climate Change & Youth Mental Health

Organization: American Academy of Child and Adolescent Psychiatry (AACAP)

Format: Website / educational resources

Best For: Young people, parents, caregivers, and professionals who want information about climate change and youth mental health.

This resource explores how climate change can affect children and adolescents emotionally and psychologically. It provides information that can help young people and the adults in their lives understand climate-related stress and find ways to support mental wellbeing.

Link:

aacap.org/AACAP/Families_and_Youth/Resource_Centers/Climate_Change_and_Youth_Mental_Health/Home.aspx

Mental Health and Our Changing Climate: Children and Youth

Organization: ecoAmerica

Format: Report / resource

Best For: Young people, families, educators, advocates, and professionals looking for a deeper look at the connection between climate change and youth mental health.

This resource examines how climate change can affect the mental health and wellbeing of children and young people. It covers emotional responses such as anxiety, stress, grief, and fear and provides information that can help adults and communities better understand and respond to these experiences.

Link: ecoamerica.org/mental-health-and-our-changing-climate-children-and-youth-report/

Managing Difficult Feelings

Climate Emotions Toolkit

Organization: Climate Mental Health Network

Format: Toolkit / activities

Best For: Young people and adults who want to explore and better understand their feelings about climate change.

This toolkit provides activities and resources for exploring the emotions that can come with climate change. It can be useful for making sense of difficult feelings, talking about climate emotions with others, and finding healthy ways to process what you are experiencing.

Link: climatementalhealth.net/climate-emotions-toolkit

Climate Change and Mental Health

Organization: Mind

Format: Guide / website

Best For: Anyone experiencing worry, anxiety, stress, or other difficult feelings related to climate change.

This resource explains some of the ways climate change can affect mental health and offers ideas for managing difficult emotions. It can be a helpful starting point if climate concerns are beginning to affect your everyday wellbeing.

Link: mind.org.uk/information-support/tips-for-everyday-living/climate-change-and-mental-health/

Mental Health & Climate Change

Organization: Missoula Climate

Format: Website / resource collection

Best For: People looking for information about climate anxiety, emotional wellbeing, and ways to cope with climate-related concerns.

This resource collection brings together information about the mental and emotional effects of climate change, including climate anxiety and resilience. It offers ideas for understanding your reactions and finding healthy ways to respond.

Link: missoulaclimate.org/mental-health.html

Climate Change Empowerment Resources

Organization: CLEAN Network

Format: Educational resource collection

Best For: Young people, students, educators, and anyone who wants to build climate knowledge while finding a sense of empowerment and agency.

These resources help learners explore climate change and connect what they learn with meaningful action. The collection can be especially useful for people who feel overwhelmed by the scale of climate change and want opportunities to build knowledge and a greater sense of agency.

Link: cleanet.org/clean/literacy/tools/empowerment/index.html

Finding Connection & Community

Climate Psychology Alliance North America

Organization: Climate Psychology Alliance North America

Format: Website / resource collection

Best For: People interested in understanding the psychological and emotional dimensions of climate change and connecting with others around these issues.

The Climate Psychology Alliance North America provides educational resources about the emotional and psychological experience of climate change. The site can be a starting point for learning more about climate psychology, climate emotions, and approaches to supporting individual and community wellbeing.

Link: climatepsychology.us

Good Grief Network

Organization: Good Grief Network

Format: Peer support / online resources

Best For: People experiencing grief, anxiety, anger, or other difficult emotions related to climate change and other large-scale social and environmental challenges.

Good Grief Network creates space for people to process difficult feelings about the state of the world while connecting with others who are experiencing similar concerns. Resources focus on community, resilience, emotional processing, and staying engaged without ignoring the weight of what is happening.

Link: goodgriefnetwork.org.

The Work That Reconnects Network

Organization: The Work That Reconnects Network

Format: Activities / resource collection / community

Best For: People looking for ways to process difficult feelings about climate change while building connection with themselves, others, and the natural world.

The Work That Reconnects offers practices designed to help people acknowledge and work through difficult emotions about the state of the world. Resources can be used individually or with groups and focus on connection, resilience, and finding ways to remain engaged.

Link: workthatreconnects.org.

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Link: workthatreconnects.org.

All We Can Save Project

Organization: All We Can Save Project

Format: Community / resource collection

Best For: People interested in climate leadership, community, connection, and sustaining themselves while working on climate issues.

The All We Can Save Project brings together people and resources focused on climate leadership and collective action. Its work emphasizes connection, reflection, and building the capacity to stay engaged with climate work over time.

Link: allwecansave.earth

Learning & Taking Action

NASA Climate Kids

Organization: NASA

Format: Educational website

Best For: Children and young people who want to learn more about climate science and Earth's changing climate.

NASA Climate Kids uses age-appropriate activities, articles, videos, and interactive content to explain climate science and how scientists study changes to our planet. It can be a good starting point for young people who want reliable information without having to navigate highly technical climate research.

Link: climatekids.nasa.gov

Sunrise Movement

Organization: Sunrise Movement

Format: Youth organization / advocacy

Best For: Young people interested in connecting with others and participating in climate advocacy and organizing.

Sunrise Movement is a youth-led organization focused on climate change and community organizing. Young people can explore educational resources, opportunities to connect with others, and ways to participate in climate advocacy.

Link: sunrisemovement.org

Youth Climate Program

Organization: The Wild Center

Format: Youth program / educational resources

Best For: Young people interested in climate leadership, environmental education, and connecting with other youth working on climate issues.

The Wild Center's Youth Climate Program connects young people with climate education, leadership development, and opportunities to take action in their communities. It offers opportunities for young people to learn and connect with others who care about climate issues.

Link: wildcenter.org.

Earth Guardians

Organization: Earth Guardians

Format: Youth organization / advocacy

Best For: Young people interested in environmental leadership, organizing, and climate action.

Earth Guardians is a youth-led environmental organization that provides opportunities for young people to learn, organize, and take action around environmental and climate issues. Young people can explore ways to connect with others and participate in environmental leadership.

Link: earthguardians.org.

Michigan Resources

Resources for Hope: Turning Climate Anxiety Into Action

Organization: University of Michigan School for Environment and Sustainability (SEAS)

Format: Website / resource collection

Best For: Michigan young people and others experiencing climate anxiety who are looking for ways to build hope and turn concern into meaningful action.

This University of Michigan resource explores climate anxiety and ways people can respond to difficult feelings about climate change. It focuses on finding hope and identifying meaningful ways to channel concern into action.

Link: seas.umich.edu/research/climate-hope

Learn About Climate Anxiety

Organization: Western Michigan University

Format: Educational website

Best For: Young people and adults who want to better understand climate anxiety and how climate change can affect emotional wellbeing.

This resource provides information about climate anxiety and the emotional responses people may experience when thinking about climate change. It can be a useful starting point for learning more about why climate concerns can feel overwhelming.

Link: wmich.edu/climatechange/learn-about-climate-anxiety

Michigan Climate Action Network (MiCAN)

Organization: Michigan Climate Action Network

Format: Statewide network / website

Best For: Michigan young people and community members interested in learning about climate issues and finding opportunities to participate in climate action.

MiCAN connects organizations and people working on climate action across Michigan. Its website provides information about climate issues and opportunities to connect with statewide climate efforts.

Link: miclimateaction.org

Sierra Club Michigan Chapter

Organization: Sierra Club Michigan Chapter

Format: Environmental organization / advocacy resources

Best For: Michigan young people and community members interested in environmental issues, conservation, and climate action.

The Sierra Club's Michigan Chapter provides information and opportunities related to environmental protection and climate action across the state. The site can help people learn about local environmental issues and find ways to participate in their communities.

Link: sierraclub.org/michigan

Michigan Department of Natural Resources

Organization: Michigan Department of Natural Resources

Format: Website / educational and outdoor resources

Best For: Michigan residents looking for information about the state's natural resources, outdoor spaces, conservation, and environmental programs.

The Michigan DNR provides information about Michigan's natural resources, parks, forests, wildlife, and conservation efforts. Spending time outdoors and connecting with nature can also provide opportunities to step away from climate-related stress and reconnect with places that matter to you.

Link: michigan.gov/dnr