

Eco-anxiety: an overview for providers



Eco-anxiety is an overarching term for the **negative psychological effects of climate change**.

It includes feelings such as:

- exhaustion
- powerlessness
- loss
- helplessness
- despair
- grief
- fear
- anger
- frustration
- depression



Populations most affected include:



- Young people
- Women
- Indigenous people
- People from economically disadvantaged regions
- People previously affected by natural disaster or climate-related events
- First responders

Eco-anxiety is often used as an umbrella term to include other concepts such as solastalgia, eco-guilt, eco-anger, and climate change pre-traumatic stress syndrome. It is **not yet a diagnosable condition** in the DSM-5.



78% of Canadian young people feel that climate change affects their overall mental health, and 37% report this affects their daily functioning.



What we can do:

- 1 Support patients** experiencing eco-anxiety and provide resources to improve their mental health.
- 2 Be a climate-informed provider.** Stay up to date with climate news and best practice guidelines.
- 3 Engage other providers** in climate discussion and reflection.
- 4 Be a leader in the fight against climate change locally in your own community**
- 5 Support national and international climate solutions** through your activism and expertise as a healthcare provider.

