

## Eco-Anxiety/Grief Links and Resources – July 2020

### Phone and Support Resource Numbers:

Free and confidential service that helps people across North America find the local resources they need, available 24/7

<http://211.org/>

National Alliance on Mental Illness (NAMI)

Call the NAMI Helpline at 800-950-6264 M-F, 10 am – 6 pm, ET

Or in a crisis, text "NAMI" to 741741 for 24/7, confidential, free crisis counseling

[www.nami.org](http://www.nami.org)

Suicide Prevention Line:

<https://suicidepreventionlifeline.org/>

[800-273-8255](tel:800-273-8255)

Orange County Mental Health Resources/Covid Support:

<https://occovid19.ochealthinfo.com/mental-health-support>

OC Talk line for isolated individuals

<https://www.glimmeringbridges.com/about-us>

International Resource: Self Help Hotlines: Sweden/USA/UK/Australia

<https://29k.org/helplines>

### Links/Organizations From Climate Anxiety/Grief Slide Show:

Good Grief Network:

<https://www.goodgriefnetwork.org/>

Grief Gratitude and Courage Groups:

<https://www.griegtocourage.org/>

Dialectical Behavioral Therapy: Marsha Linehan, PhD. Website:

[BehavioralTech.org](http://BehavioralTech.org)

Tension and Trauma Releasing Exercises (TRE)

<https://traumaprevention.com/>

Art/Eco-Art Therapy

<http://www.earthcreateheal.com/ecotherapy/>

Walking Mindfulness:

Just Pause Mindfulness walking Meditation at Sandymount Beach. Dublin. Ireland

<https://www.youtube.com/watch?v=76528EGkOXY>

Wisdom Weavers of The World

Video Gathering of Elders from around the world: Earth

<https://www.wisdomweavers.world/>

Positive Psychology: Dr. Martin E. P. Seligman: Website:

<https://ppc.sas.upenn.edu/>

Pat Ogden, PhD. Sensorimotor Psychotherapy:

<https://sensorimotorpsychotherapy.org/>

Stephen Porges – Polyvagal Theory

<https://www.stephenporges.com/>

Daniel Siegel: Mindsight Tools:

[https://www.drdansiegel.com/resources/everyday\\_mindsight\\_tools/](https://www.drdansiegel.com/resources/everyday_mindsight_tools/)

Global Resilience Summit:

[https://www.globalresiliencesummit.org/home?r\\_done=1](https://www.globalresiliencesummit.org/home?r_done=1)

How To Talk To Kids about Climate Change:

<https://www.npr.org/2019/10/22/772266241/how-to-talk-to-your-kids-about-climate-change>

Hope and Mourning In The Anthropocene:

<https://theconversation.com/hope-and-mourning-in-the-anthropocene-understanding-ecological-grief-88630>

Protective factors for mental health and well-being in a changing climate: Perspectives from Inuit youth in Nunatsiavut, Labrador

[Joanna Petrusek MacDonald<sup>1</sup>](#), [Ashlee Cunsolo Willox<sup>2</sup>](#), [James D Ford<sup>1</sup>](#), [Inez Shiwak<sup>3</sup>](#), [Michele Wood<sup>4</sup>](#), [IMHACC Team](#); [Rigolet Inuit Community Government](#)

<https://pubmed.ncbi.nlm.nih.gov/26275362/>

Report by the American Psychological Association, Mental Health and Our Changing Climate (2017)

<https://www.apa.org/news/press/releases/2017/03/mental-health-climate.pdf>

It's Not Eco-Anxiety – It's Eco-Fear! A Survey of the Eco-Emotions

Blog with Eco-Anxiety Terms/Bibliography

<https://chalquist.com/its-not-eco-anxiety-its-eco-fear-a-survey-of-the-eco-emotions/>

“Textbook Trauma: The Emotions of Climate Change ” [YaleClimateConnections](#)

Scientists Sara Myhre and Jeffrey Kiehl discuss the emotional impacts of climate change

<https://www.youtube.com/watch?v=MYFIRxJ5Sh0>

Other Resources and Links:

Many resource links for Covid 19. Mental Health link under “Clinical Care” heading on right of page:  
<https://libguides.dignityhealth.org/library/COVID-19>

Climate and Mind: (Many resources/links on Eco-Anxiety/Grief/Trauma/Therapy/Treatment/Children  
<https://www.climateandmind.org/>

Joint Commission/Behavioral Health video: Covid/Resilience  
<https://www.jointcommission.org/resources/news-and-multimedia/webinars/coronavirus-webinar-replays/covid-19-health-care-staff-trauma-and-resilience-oriented-healing/>

Amy Grant:  
Chatter and Love – Meditation/Mindfulness  
<https://www.facebook.com/watch/?v=230818905029396>

Climate Change & Mindfulness Course (Buddhism Angle) (Finding Balance of Compassion/Emptiness)  
<https://www.buddhistinquiry.org/resources/offerings-analayo/mfcc/>

For Medical Workers and Covid:  
<https://www.johnshopkinssolutions.com/solution/rise-peer-support-for-caregivers-in-distress/>

Bebe Moore Campbell National Minority Mental Health Awareness Month  
<https://www.nami.org/Get-Involved/Awareness-Events/Minority-Mental-Health-Awareness-Month/Learn-About-Minority-Mental-Health-Month>

Covid 19 - Corona, Climate and Grandma  
<https://www.youtube.com/watch?v=ind4g0HNkAE>

Mindfulness and Nature-Based and Therapeutic Techniques for Children  
[https://www.amazon.com/dp/1683732103/ref=rdr\\_ext\\_sb\\_ti\\_hist\\_1](https://www.amazon.com/dp/1683732103/ref=rdr_ext_sb_ti_hist_1)

Info-graphic Meditation  
<https://mindfulnessmeditationinstitute.org/2016/12/16/which-type-of-meditation-suits-you-best-infographic/>

Science of Gratitude and The Brain  
<https://www.mindful.org/what-the-brain-reveals-about-gratitude/?fbclid=IwAR2uayO9HzHtZkQF1weavHoyGp7gcTtBVv2pLmPCqH9ayImUv0yOo6UrYcw>

Can Beauty Save Our Planet? Chris Jordan  
<https://www.youtube.com/watch?v=CrKIXh8q20A>

Other Eco-Art Therapy  
<http://ecoart-therapy.org/>  
<https://projectnatureconnect.org/>

Ted Talk: Body Posture and Attitude  
Amy Cuddy – Your Body Language May Shape Who You Are:

[https://www.ted.com/talks/amy\\_cuddy\\_your\\_body\\_language\\_may\\_shape\\_who\\_you\\_are?](https://www.ted.com/talks/amy_cuddy_your_body_language_may_shape_who_you_are?)

Renee Lertzman: Climate and Attunement, Window of Tolerance

[https://www.ted.com/talks/renee\\_lertzman\\_how\\_to\\_turn\\_climate\\_anxiety\\_into\\_action#t-819522](https://www.ted.com/talks/renee_lertzman_how_to_turn_climate_anxiety_into_action#t-819522)

American Psychiatric

[https://www.vice.com/en\\_us/article/vvzzam/climate-change-is-giving-us-pre-traumatic-stress](https://www.vice.com/en_us/article/vvzzam/climate-change-is-giving-us-pre-traumatic-stress)

Climate Change Pre-traumatic stress

<https://ephtracking.cdc.gov/images/extremeheat.jpg>

Climate Scientists Talk Climate Change:

<https://www.abc.net.au/news/2016-10-31/climate-scientists-feel-weight-of-world-on-their-shoulders/7972452?nw=0>

Ashlee Cunsolo: Mourning Nature: The Mental Health Impacts of Ecological Grief in a Changing Climate  
(ASI 2016)

<https://vimeo.com/179682245>

We need to Talk About Our Ecological Grief

[Haley Goldbert interviewing Ashlee Cunsolo. Feb. 3, 2020](#)

<https://advice.shinetext.com/articles/we-need-to-talk-about-our-ecological-grief/>

Grieving Pathway - Joe Confino

<https://www.theguardian.com/sustainable-business/2014/oct/02/grieving-pathway-destructive-economic-system>

---

**This form will be periodically updated until removed.**

**For Updates/Additions to this form:**

**Please Email Linda Kraemer [occhapterclimaterealitylinda@gmail.com](mailto:occhapterclimaterealitylinda@gmail.com)**

**or [climaterealitychapteroc@gmail.com](mailto:climaterealitychapteroc@gmail.com)**