



EcoAnxiety

navigating from climate
ache to action

Thursday July 16th
3 to 4:30 pm
on Zoom

To register go to

<https://spotlightonmentalhealth.com/events/>

Climate change is not only reshaping landscapes and ecosystems — it is reshaping our inner worlds too. As wildfires rage, seas rise, and species vanish, people around the globe are experiencing a psychological phenomenon known as **eco-anxiety** ...

ecoGrief
ecoParalysis
ecoBurnout



Eco-anxiety is not simply “caring about the planet”. It is the emotional impact of facing climate change, environmental degradation and the future of life on Earth. For many people this can mean intense worry, a sense of helplessness or even feelings of sadness and grief leading to more serious maladies — social anxiety, isolation, solastalgia, PTSD ...

75% of people living in Canada consider climate change a global emergency.

A Consumer Involvement and Initiatives forum for all BC peer workers: including peer support workers (students encouraged), peer facilitators, peer navigators and CIF project leads.



Vancouver
CoastalHealth