









# Educating for Change: Addressing Climate Change Impacts on Mental Health

Sept 25, 2025

Jyoti Mishra, PhD MBA
Director, NEATLabs
Associate Professor, Dept. of Psychiatry
School of Medicine, UC San Diego
Co-director, UC Climate Resilience Initiative
<a href="https://www.climateresilience.online/">https://www.climateresilience.online/</a>

#### There is an incredibly large societal mental health burden



**Only ~10** MH workers per 100K population



1 billion living with MH disorders worldwide

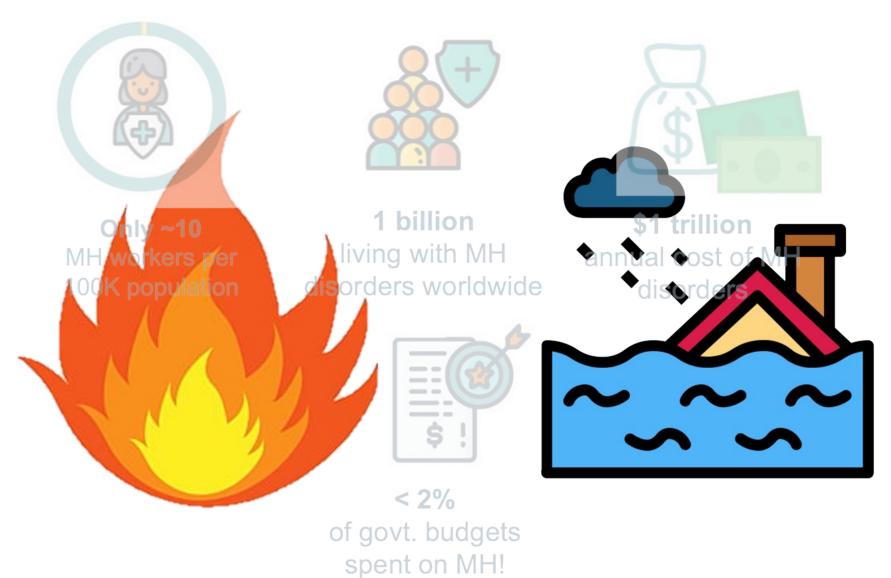


\$1 trillion annual cost of MH disorders

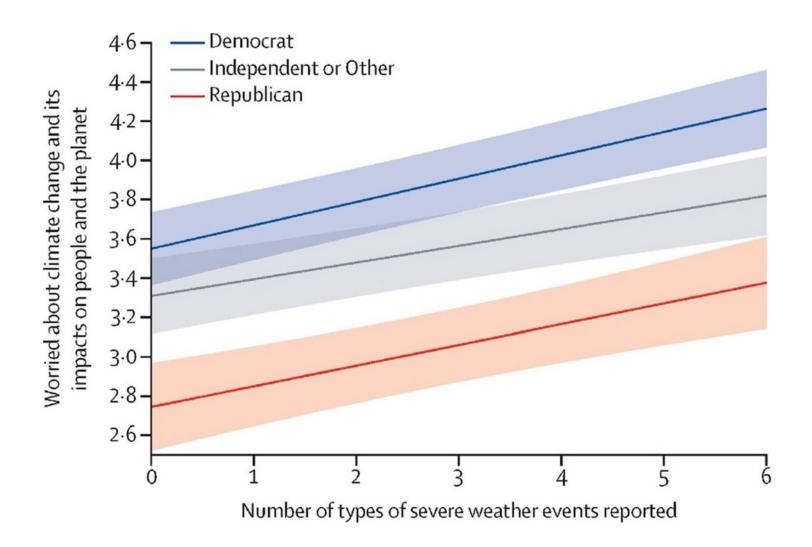


< 2% of govt. budgets spent on MH!

#### Climate change and Climate extremes **AMPLIFY** the MH burden

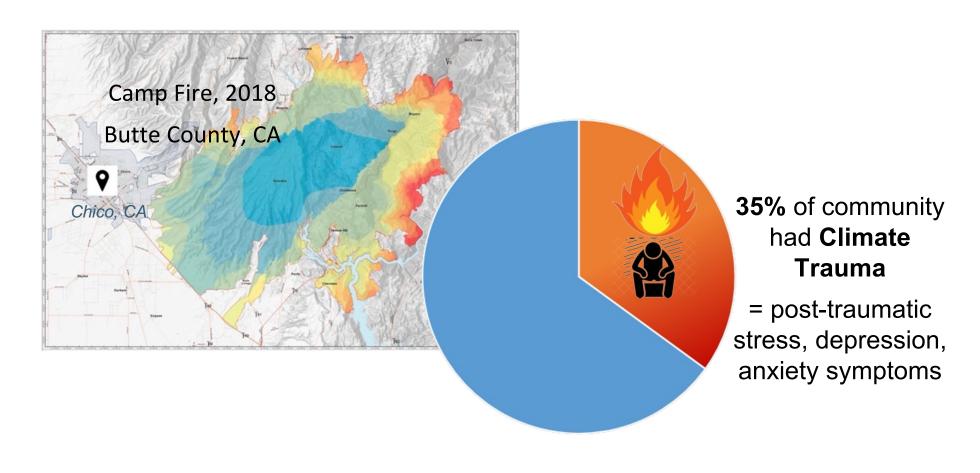


#### Widespread Climate Distress especially in Youth



~85% youth were moderately or extremely distressed

# Community wide Mental Health impacts during Climate Extremes



### Significant and Persistent Cognitive impacts observed

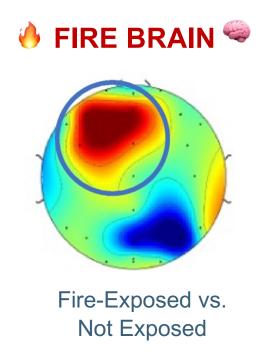




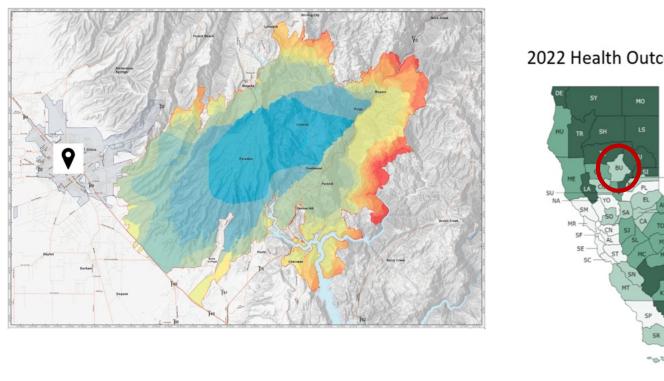


### For the first time, brain impacts of wildfire exposure shown





### These climate impacts disproportionately hit already vulnerable communities

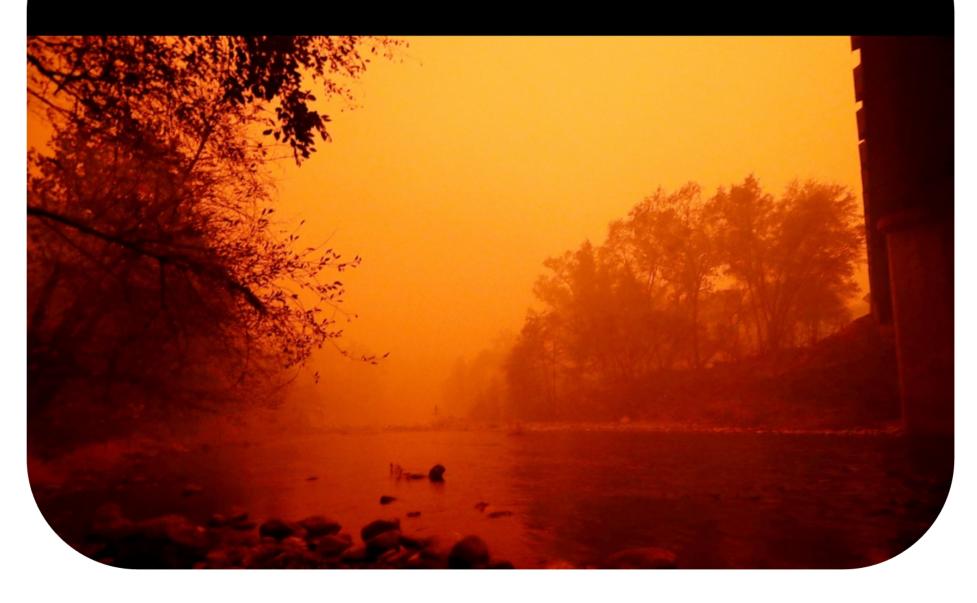








### The Coming Age of Climate Trauma





## What Factors foster Mental Health Resilience in the context of Climate Change?



Personal Resilient Belief



Mindfulness

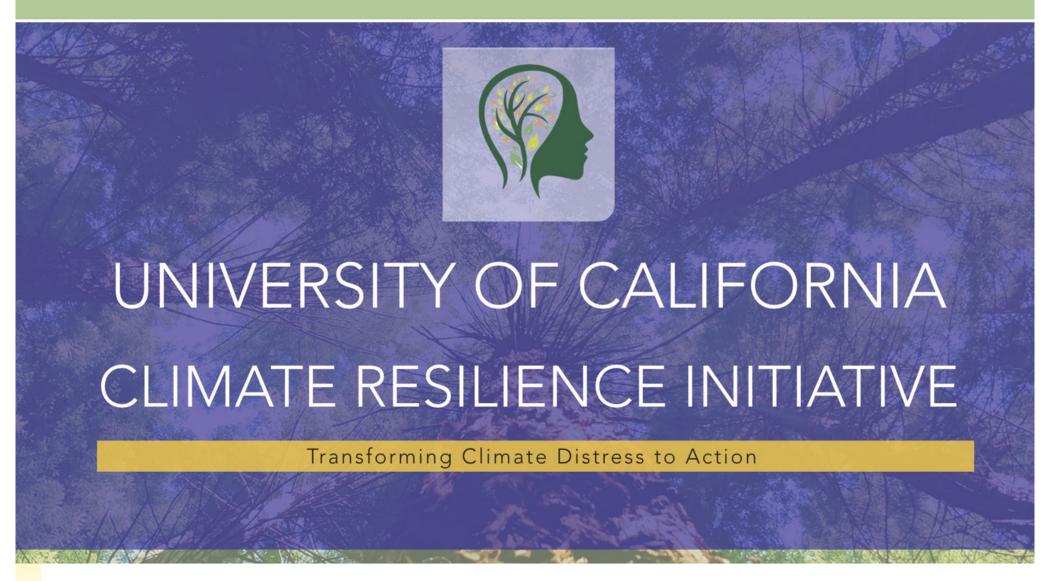


Movement/ Exercise

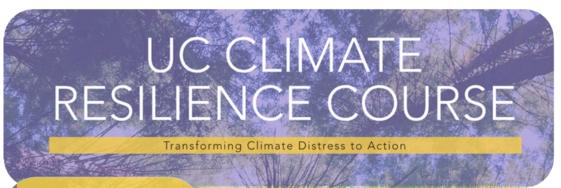


Family & Community Ties





### Education for Promoting Climate Mental Health Resilience



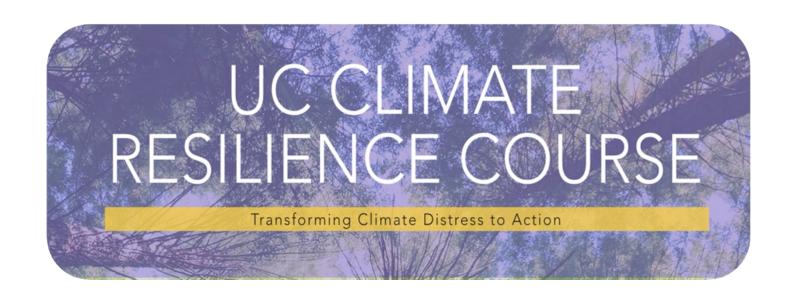


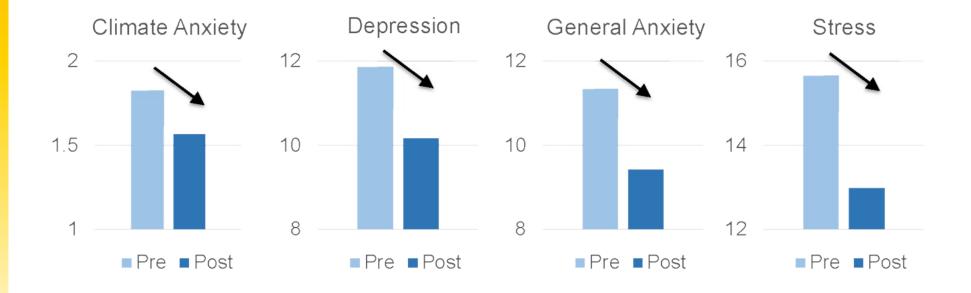


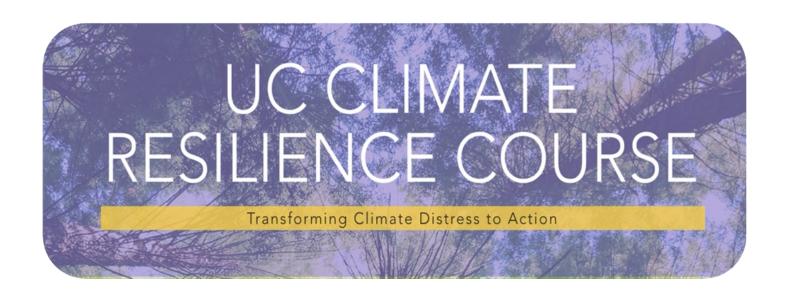


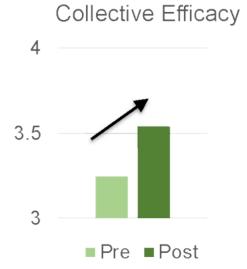


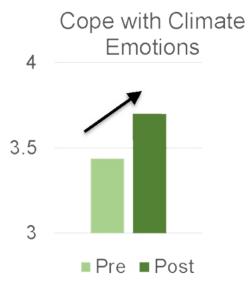


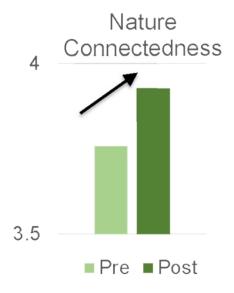


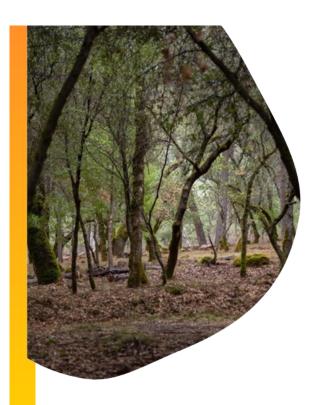






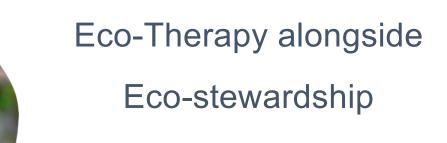






# Embedding these learnings within impacted Communities



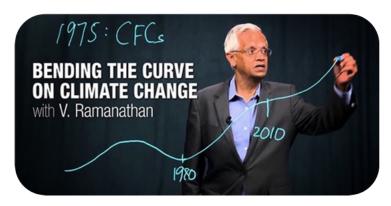




Article

### Effects of Solutions Centered Climate Education on Youth Beliefs and Behaviors: The University of California's Bending the Curve Course

Ananya R. Gupta <sup>1,2</sup>, Satish Jaiswal <sup>1</sup>, Suzanna Purpura <sup>1</sup>, Seth Dizon <sup>1</sup>, Markus Buan <sup>1</sup>, Fatima Dong <sup>1</sup>, Fonna Forman <sup>3</sup> and Jyoti Mishra <sup>1,\*</sup>







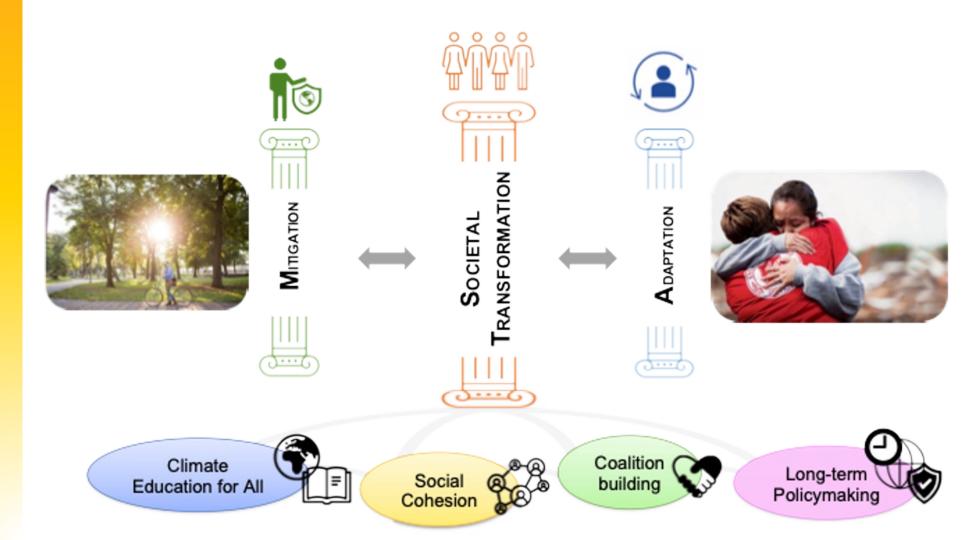


### npj | climate action

Perspective Open access | Published: 12 June 2025

### A mental health focus to amplify climate resilience actions

Jyoti Mishra ☑, Hahrie Han & Veerabhadran Ramanathan



# Building Climate Resilience is a necessity and an opportunity for Inter-generational Flourishing











#### **Thank You**