

'ECO-ANXIETY': YOUR MENTAL HEALTH AT WORK



'Eco-anxiety' is a term used to describe the psychological impacts of climate change and extreme weather, but the impacts of climate change on workers mental health goes well beyond anxiety.



Climate-related disasters can lead to various mental health issues; including post-traumatic stress disorder, anxiety, depression, grief, survivor guilt, vicarious trauma, recovery fatigue, substance abuse, and suicidal ideation. While the gradual effects of climate change can lead to stress, anxiety, depression, and hopelessness.



Climate activism can have positive mental health outcomes. Particularly when mental health is systemically supported, when action is meaningful, and when activism is informed by the knowledges and wisdoms of First Nations peoples and grounded on Country.



Speak to your Health & Safety Representative (HSR) and ASU delegate for information and action.

