

Tools & Resources

Climate Change and Well-being: Building Resilience Through Social Connectedness

PlanH & BC Healthy Communities Resources

Paxton, C. (2018). Four ways local governments can support mental health through community design. PlanH. <https://planh.ca/news/four-ways-local-governments-can-support-mental-health-through-community-design>

PlanH. (2016). Parks & Greenspace. <https://planh.ca/take-action/healthy-environments/natural-environments/page/parks-greenspace>

PlanH. (2018). Social Connectedness Action Guide. https://planh.ca/sites/default/files/tools-resources/socialconnectedness_ag_v2_1_web.pdf

PlanH. (2020). Healthy Natural Environments Action Guide. https://planh.ca/sites/default/files/tools-resources/hne_guide_web.pdf

PlanH. (2021). Social Connectedness. <https://planh.ca/take-action/healthy-society/inclusive-communities/page/social-connectedness>

Previous PlanH Healthy Public Policy Webinars: https://www.youtube.com/playlist?list=PLZSilj_OcVmYtngulzjucnih7nnu-MeEQ

Mental Health & Climate Change Resources

American Psychological Association. (2021). Mental health and our changing climate: Impacts, inequities, responses. <https://www.apa.org/news/press/releases/mental-health-climate-change.pdf>

BC Children's Hospital. (2019). Mental Health and Wellbeing: considerations for the built environment. Vancouver, BC. Provincial Health Services Authority. <https://planh.ca/resources/publications/mental-health-and-well-being-considerations-built-environment>

Baussion, D. (2015). Social Cohesion: The secret weapon in the fight for equitable climate resilience. Centre for American Progress. <https://www.americanprogress.org/article/social-cohesion-the-secret-weapon-in-the-fight-for-equitable-climate-resilience/>

Card, K. (2022). Got Climate Change Anxiety? You're Not Alone. The Narwal. <https://thenarwhal.ca/climate-change-anxiety-mental-health/>

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Lein, J., P. (2022). The toll of climate change on mental health. UC Davis Veterinary Medicine: Lein Laboratory. <https://edition.pagesuite-professional.co.uk/html5/reader/production/default.aspx?pubname=&edid=bce94c6e-5490-4e4b-ae57-f6c4421508e7>

Mental Health and Climate Change Alliance. <https://mhcca.ca/>

UBC Climate Hub. (n.d.) Climate Doom to Messy Hope: Climate Healing & Resilience: A Practical Handbook for Climate Educators and Community. <https://ubccclimatehub.ca/project/climate-doom-to-messy-hope-climate-healing-and-resilience/>

World Health Organization. (2022). Mental health and climate change: Policy brief. <https://www.who.int/publications/i/item/9789240045125>

World Health Organization. (2022). Why mental health is a priority for action on climate change. <https://www.who.int/news/item/03-06-2022-why-mental-health-is-a-priority-for-action-on-climate-change>

Mental Health Resources

First Nations Health Authority. (n.d.) Mental Health and Wellness Supports. <https://www.fnha.ca/what-we-do/mental-wellness-and-substance-use/mental-health-and-wellness-supports#:~:text=Support%20Availab%E2%80%8B%E2%80%8Ble%2024%20Hours%20a%20Day&text=Call%20toll%2Dfree%201%2D866,%2D800%2D588%2D8717.>

Mental Health Commission of Canada. (n.d.) Creating Mentally Healthy Cities and Communities. https://www.mentalhealthcommission.ca/wp-content/uploads/drupal/MHCC_FCM_Brochure_ENG_0.pdf

National Collaborating Centre for Healthy Public Policy. (2014). Framework for healthy public policies favouring Mental Health. https://www.ncchpp.ca/docs/PPFSM_EN_Gabarit.pdf

Pathways Community Service Directory. <https://pathwaysbc.ca/community>

Pica-Alfano, L. (n.d.) 7 ways cities are actively improving citizens' mental health. <https://govlaunch.com/stories/7-ways-cities-are-actively-improving-citizens-mental-health>

State of Victoria, Department of Health. (2010). Using policy to promote mental health and wellbeing: An introduction for policy makers. <https://vgls.sdp.sirsidynix.net.au/client/search/asset/1161389>

The Centre for Urban Design and Mental Health. (n.d.) How Urban Design Can Impact Mental Health. <https://www.urbandesignmentalhealth.com/how-urban-design-can-impact-mental-health.html>

Healthy Public Policy Resources

National Collaborating Centre for Healthy Public Policy. (2017). Online Course – A Framework for Analyzing Public Policies. <https://ccnpps-ncchpp.ca/online-course-a-framework-for-analyzing-public-policies/>