

Act Now for Our Future:

Understanding the Vital Connection Between Climate Change, Our Youth's Mental Health + the Power of Your Vote

Who: Youth at the Forefront

Marginalized communities, including children from low-income backgrounds, indigenous communities, and those with pre-existing mental health conditions, face the most significant risks. Ensuring equitable access to resources and support is essential.

What: The Intersection of Climate Change + Mental Health

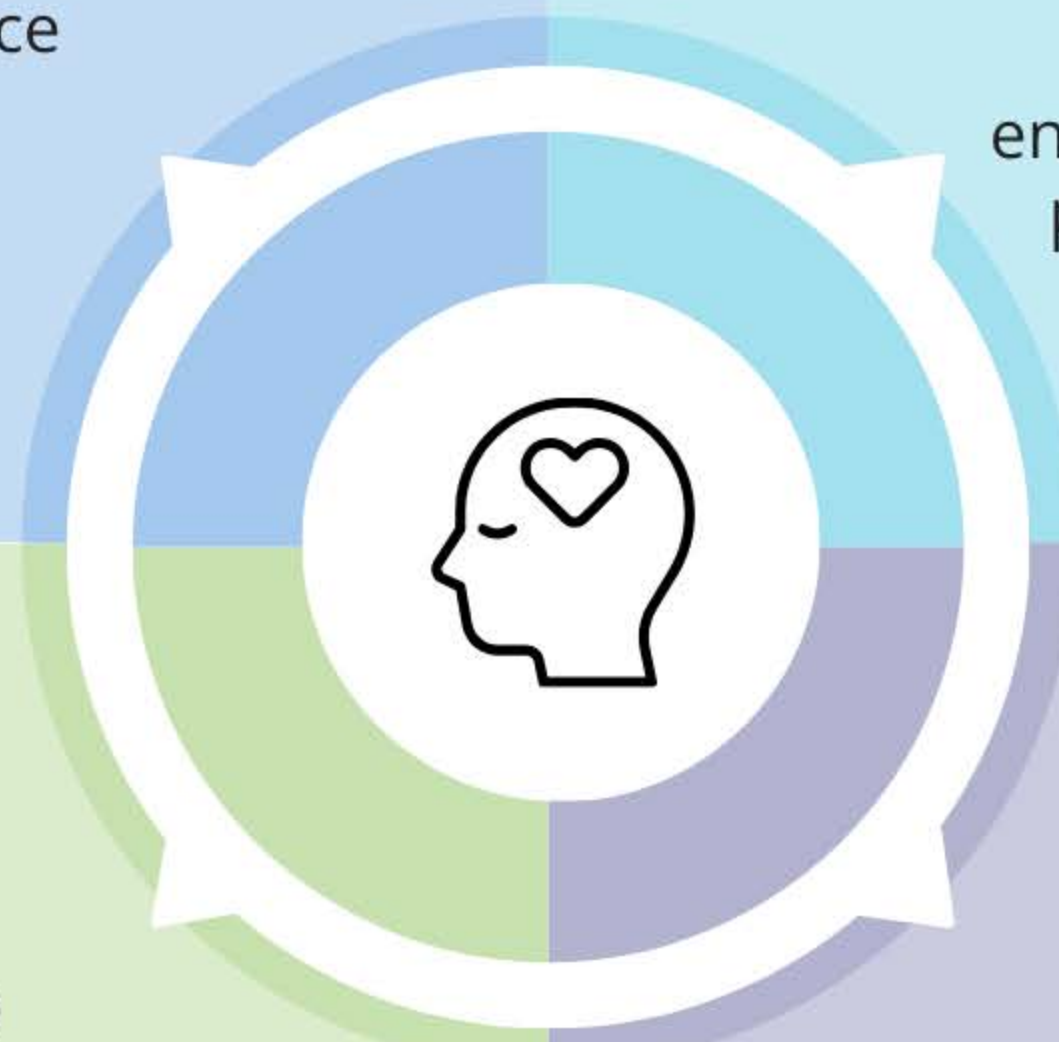
More frequent and severe weather disasters can cause trauma and stress disorders. Climate related heatwaves, pollution, and environmental harm directly affect children's physical and mental health, contributing to higher rates of anxiety, depression, and other mental health issues.

Why: The Need for Action

The effects of climate change on our planet and our youth's mental health demand immediate action. It is critical to cut greenhouse gas emissions, scale clean energy, and boost climate-resiliency. Informed voting can shape the implementation of these actions.

How: Empowering Change Through Mindful Voting

This election year brings a heightened responsibility to make our voices heard. By voting mindfully, we can bring forth policies and elect leaders committed to tackling climate change and supporting mental health initiatives.



Our children inherit the world we shape today. By connecting the dots between climate change, mental health, and the act of mindful voting, we can forge a future that is thriving. The time to act is now. We need everyone—healthcare professionals, policymakers, community leaders, people of faith, parents and individuals like you—to unite in this goal. Your voice and vote are powerful tools for change. Let's spur progress together for the well-being of our youth and their future.

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