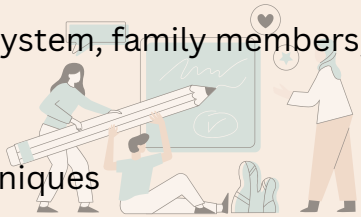


AFTER

What can people/individuals do?

1. Draft a recovery plan (include family, care partners, & friends)
 - i. check in with HCP. Get help where needed
 - ii. join local mental health networks
 - iii. caregivers: monitor for changes in health/behaviour
2. Check in with buddy system, family members, & support groups
3. Practice calming techniques
4. Check in with employer or health insurance for assistance
5. Prioritize actions, & focus on physical & mental wellbeing. Listen to your body.



What can the community do?

1. Assess the current situation for safety before mobilizing
2. Plan reopening of essential services
3. Discuss adaptation strategies to the new norms among peers
4. Conduct community debriefs
5. Advocate for establishing “psychological first aid” training
6. Create risk communication strategies for communities
7. Advocate for the inclusion of mental health considerations in all climate change mitigation strategies



BUILDING RESILIENCE:

maintaining mental wellness
before, during and after
climate events.



BEFORE

What can people/individuals do?

Information:

1. Gather factual information; avoid bad media
2. Create and know your emergency plan
 - i. secure personal records and finances
 - ii. know evacuation routes to safe zones
 - iii. prepare emergency contact list
 - vi. plan for family separation
 - v. create a buddy system (info sharing)
3. Know your national emergency plan
4. Stay tuned to weather updates (Sahara dust, UV index alerts)

Medical:

1. Know yourself. Check in often with your healthcare provider (HCP). Don't be self-conscious in sharing about your mental state
2. Maintain & secure an adequate supply of medication for transport
 - a. Carry medical ID bracelets/cards that show bio and health data.
3. Be attentive to community-level plans about available health services
 - a. check community bulletins
 - b. know routes to health services
4. Share knowledge of the effects of climate change on mental health



What can the community do?

Information:

1. Establish central locations to receive accurate, updated info.
2. Activate emergency community hotlines for mental health
3. Have a backup community communication plan
4. Know the vulnerable populations in your neighborhood & assist with preparation and evacuation (if needed) measures
5. Institutions at the community level
 - i. test clear & direct key messages well in advance for persons with diverse abilities
 - ii. publicize service locations
 - iii. determine the ability & capacity to adapt & respond to climate change
6. Regular maintenance of care facilities & shelters
7. Put a plan in place to ensure the safety of the residents at the emergency shelters

Advocacy:

1. Advocate climate action & the connection with mental health
2. Accessible accommodations for all (equipped with ramps, lifts, & rails etc.)

DURING

What can people/individuals do?

1. Share clear, truthful, & time-sensitive information
2. Know your calming techniques (meditation, yoga, art, music, etc.)
3. Limit information intake: reduce time spent online, & listening to radio updates
4. Monitor your day-to-day symptoms; recognize worsening symptoms
5. Seek/join community support groups that focus on physical, spiritual & mental health
6. Resist the urge to isolate; keep in contact where possible
7. Maintain normal routines where possible
8. Avoid banks & ATMs—many services may be cash only and increase the risk of robbery and stress

What can the community do?

1. Activate mental health hotlines, buddy systems
2. Institutions: publicize emergency operations
3. Maintain safe operations at community shelters or at service centers (safeguard the vulnerable)

