

AMERICAN CLIMATE LEADERSHIP AWARDS

Celebrating Action from Local to National

Runner
Up



[Watch Video](#)

HOW-TO GUIDE

Protecting Mental Health and Emotional Well-being In the Climate Crisis

[Britt Wray, PhD](#) - Director, CIRCLE at Stanford Psychiatry

Dr. Wray's work aims to help individuals and communities protect their mental health and emotional well-being in the climate crisis.

CIRCLE is a research and action initiative focused on climate change and mental health at the Stanford School of Medicine. CIRCLE develops and delivers tested methods to support youth struggling with climate anxiety and frontline communities dealing with climate-related traumas. Their work incorporates climate action, community building, emotion regulation skills, resilience-building strategies, and self-care. They also

train mental health professionals on "climate-aware" methods for their clinical work.

CIRCLE is designing a peer support program for youth struggling with climate anxiety.

Through their partnership with allcove, a state-wide network of integrated youth wellness hubs, the youth climate advocacy organization One Up Action, which supports the leadership capacities of young changemakers of color, and schools, this program will reach 50,000 youth in California and 100,000 youth nationally.

Replicate This!

How To Get Started

1. Start conversations in your community about the mental health impacts of climate change. Use existing tools to foster coping, care, and connection.
2. Invite therapists, counselors, or social workers to explore climate-aware practices and offer local workshops or listening sessions.
3. Distribute newsletters, videos, or tools (like Gen Dread or Unthinkable's hub) that help people understand and respond to climate distress together.