

Supporting young people with eco-anxiety around climate change



We know that children and young people in particular are concerned about climate change and the world they will inherit. Awareness on the part of the adults in their lives, ensuring that they are not overwhelmed by their thoughts and emotions, is important.

Some tips to help support them:

- 1** Find time to read trusted sources of information and good resources about climate change and potential associated concerns and impacts
- 2** Provide opportunities to discuss issues that may be worrying children and young people. Don't overwhelm them with information
- 3** Listen to children and young people, and indeed adults in our lives, when they express their concerns, so that they feel heard and understood. Just talking about something can alleviate stress and anxiety
- 4** Assist them in developing awareness, without overwhelming them, promote life-skills they can utilise to help them develop resilience
- 5** Importantly, look after your own mental health and wellbeing, don't overwhelm yourself with information, keep a balance between any concerns you may have personally about climate change and any actions you decide to take, and seek support if you find you are struggling.

If you need support, please visit www.giveuashout.org/get-help or text SHOUT to 85258 to speak to a trained volunteer