Mental health impacts of climate change and climate induced disasters

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About me

• Christian, Wife
• Ecofeminist
• Founder, SustyVibes
• Alumnus, Institute of Development Studies, UK
• Alumnus, Covenant University (Biochemistry, 2011)
• Alumnus, Cambridge Institute of Sustainability Leadership
• Alumnus, Lagos Business School
• 2021 Ashoka Fellow
• 2018 Mandela Washington Fellow
• 2022 Queens Commonwealth Trust Fellow
• 2019 Chevening Scholar
• Board member/trustee: ONCA UK, GIVO
• 2018 Bill and Melinda Gates Foundation SDG Goalkeeper
• Co-Author, A Guide to Business Sustainability in Nigeria
• Featured on CNN, BBC, Aljazeera, etc.
• Ex, Heineken, Unilever, Jumia, LASG.
About sustyvibes

Our Mission
sustyvibes is a community where young people with a passion for a just world come together to connect and design new ways of living, for ourselves, our planet and the world at large.

Our Vision
Our vision is to build a platform for young people to believe in their abilities to transform our world. Guided by the principles of gender equality and environmental justice; we strive to co-create a sustainable future within a thriving planet.

We make Sustainability actionable and relatable for young people

Sustyvibes initially begun as a sustainability blog by our founder, Jennifer Uchendu in 2016.

We have now evolved into an organisation that inspires young people to act on key environmental issues to create a world we want through simple, creative ideas.
Our focus areas

Art and Sustainable Development
We use art and storytelling in our advocacy with and for young people. We are always seeking ways to increase conversation around sustainability through multiple, creative expressions.

Reducing Plastic Culture
Through advocacy and partnership, we increase awareness on the impacts of plastic pollution on our health and wellbeing. We take on the streets with passion and energy to converse with citizens about their unhealthy relationships with plastic.

Women and the environment
Women and girls are disproportionately impacted by environmental degradation. We work with an eco-feminist theory of change to develop projects that simultaneously enables planet protection and women's prosperity.

Climate Change and Mental Health
The climate crisis has a direct impact on our mental health. We work to safeguard the complex, environmental-related emotions experienced by Africans. By validating these emotions, we usher a pathway of re-thinking climate adaptation for at-risk populations.

Get Involved
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Climate Change & Mental Health

• Climate change is negatively affecting the mental health and emotional wellbeing of people around the world.

• Climate change exacerbates mental distress, particularly among young people with direct and indirect exposure (e.g. ‘eco-anxiety’).

• The impacts of climate change on mental health are ‘hidden costs’ typically unaccounted for in policy and planning.

• There are win-win opportunities for improving mental health and emotional wellbeing associated with taking actions to reduce greenhouse gas emissions and adapt to a warming climate.
The Physical and Mental Health threats resulting from current and anticipated climate change impacts. Adapted from the World Innovative Summit for Health Report: Health in the Climate Crisis: A guide for Health Leaders.
What we know so far:

- Rising temperatures, frequent and severe extreme weather events are resulting in more suicides.
- Experiencing the effects of climate change first-hand, e.g., in a flooding event, directly raises the risk of experiencing post-traumatic stress disorder (PTSD), depression or low mood, and extreme distress.
- Damage to infrastructure and supply chains arising from climate change impacts also risk disrupting the provision of mental healthcare.
What needs to be done?

• Prioritise successful climate mitigation and adaptation strategies that have co-benefits for mental health and reducing social inequalities.

• Invest in robust, interdisciplinary and collaborative research to fully understand the true impact of climate change on mental health and emotional wellbeing.

• Ensure that the cost of climate change on mental health as well as the multiple benefits of climate action are fully considered in the decision-making process.

• Collective knowledge on climate change and mental health must improve as Knowledge can be used to amplify awareness and action.
• Community action
• Space making: webinars Poetry, yoga etc
• Research
• Region Specific (Africa)

www.teap.sustyvibes.org
“We must change how we think, act and measure success. A vision and action plan for a mentally healthy world must recognise that wellbeing depends on enabling every person to lead a life of dignity and opportunity, while safeguarding the integrity of Earth’s life-supporting systems”.

- Dasgupta Report on the Economics of Biodiversity (2021)
Thank you for listening