

ADDITIONAL RESOURCES

One of the core team members of Climate Emergency Manchester, Calum McFarlane, has compiled [a list of resources](#) for parents who are worried about climate change. Although he includes the writings, ideas and groups that have enabled him and other parents to process their emotion and take timely action, the resources can be helpful for a wider audience. It includes things that you can do to change your lifestyle AND fight for systemic change (avoiding the false binary of individual vs collective action). There are also links to things you should read and think about, as well as resources to talk to children about climate change.

Another remarkable source we keep returning to is the '[Audacious Toolkit: Actions Against Climate Breakdown](#)' by Dr Julia Steinberger, and any of her blog posts, really! She conveys the urgency of the climate crisis while also highlighting actionable steps that we can take as individuals and collective groups.

Climate scientist and author Peter Kalmus has also written an excellent opinion piece on [living with the knowledge of the climate crisis](#).

We also highly recommend the following videos which focus on the psychology of climate action:

- Rosemary Randall's brilliant talk "[Climate, Psychology, Conversation: The unconscious dynamics of how we talk about climate change](#)" is a MUST-WATCH.
- Britt Way's talk "[How climate change can affect your mental health](#)"

Caroline Hickman has an excellent article on [psychotherapy and the climate and biodiversity crisis](#), and her [response to a young student](#) terrified of the climate crisis. Her Ted Talk on the [psychological barriers to climate change](#) is also worth a watch. Greenpeace have also created an [infographic](#) that references Carole Hickman's writing in a quick, concise format.

A mini-lecture by Dr Kate Jeffery, Professor of Behavioural Neuroscience at UCL on '[The Psychology of Climate Inaction](#)'

We'd also recommend this [vulnerably honest short video](#) on scientists describing grief and hope about climate change:

This isn't a resource that is climate change specific, but Alessandra Pigni's book *The Idealist's Survival Kit: 75 Simple Ways to Avoid Burnout* may be some writing that is helpful.

ADDITIONAL RESOURCES (CONTINUED)

This is another disclaimer that the authors of this handbook are not mental health professionals. If your climate grief and/or anxiety and depression is impacting your life beyond the point where you can function healthily, please seek professional help.

This is a list of both national and Manchester-specific organisations that you could contact:

SAMARITANS:

<https://www.samaritans.org/how-we-can-help/contact-samaritan/>

NHS PSYCHOLOGICAL THERAPIES SERVICE (IAPT):

<https://www.nhs.uk/service-search/find-a-psychological-therapies-service/>

MIND UK RESOURCES FOR THERAPY AND COUNSELLING:

<https://www.mind.org.uk/information-support/drugs-and-treatments/talking-therapy-and-counselling/how-to-find-a-therapist/>

UNIVERSITY OF MANCHESTER COUNSELLING SERVICE:

<https://www.counsellingservice.manchester.ac.uk/get-help/>

UNIVERSITY OF MANCHESTER SELF-HELP RESOURCES:

<https://www.counsellingservice.manchester.ac.uk/buildyourmentalhealthexpertise/>

MMU COUNSELLING SERVICE:

<https://www.mmu.ac.uk/student-life/wellbeing/counselling-and-mental-health/>

SALFORD UNIVERSITY COUNSELLING SERVICE:

<https://www.salford.ac.uk/askus/our-services/wellbeing-and-counselling/counselling>