

# Climate Well-being Resources

*This document has been compiled by Wil Brunner of Soft Pine Wellness, with help from a variety of Nova Scotian mental health experts. They are offered here as sources of support, validation and inspiration. They do not replace professional medical and mental health services.*

*Created in October 2024. Some resources may have changed or become unavailable.*

***If you are in immediate need of help, call 911.***

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## Crisis Contacts

- *Kids Help Phone*
  - General crisis support for people of all ages.
  - Website: <https://kidshelpphone.ca/>
  - Phone: 1-800-668-6868 or Text 686868 (24h)
  - Live Chat Counseling: <https://kidshelpphone.ca/live-chat-counselling/> (8:00pm-1:00am AST)
- *Provincial Mental Health Crisis Line*
  - Website: <https://novascotia.ca/mental-health-and-wellbeing/>
  - Phone: 1-888-429-8167 (24h)
- *Talk Suicide Canada*
  - Website: <https://talksuicide.ca/>
  - Call or text: 988 (24h)
- *Trans Lifeline Canada*
  - Suicide crisis line for all transgender people in Canada.
  - Phone: 877-330-6366 (6:00pm-2:00am AST)
- *Hope For Wellness*
  - *Support line for all First Nations, Metis, and Inuit people in Canada. Services available in English, French, Cree, Ojibway, and Inuktitut.*
  - Website and online chat: <https://www.hopeforwellness.ca/> (24h)
  - Phone: 1-855-242-3310 (24h)

## Programs and Tools

- *Togetherall*
  - Website: [www.togetherall.com/en-us](http://www.togetherall.com/en-us)
  - Togetherall is a safe and anonymous online community where people can share what's troubling them. The service is free to all youth and young adults aged 16 – 29 in Nova Scotia and allows people to get support, take control and feel better-

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all in a way that is most comfortable to the individual. Peer support is moderated by trained counselors.

- *BounceBack*
  - Website: <https://novascotia.cmha.ca/bounceback/>
  - BounceBack is a free, guided self-help program that helps adults and youth 15+ learn to manage low mood, mild to moderate depression, anxiety, stress or worry
- *Our Well-being in a Changing Climate: A Wellness Tool*
  - Website: <https://view.genially.com/664ce3eff4f71200140c7d52>
  - A climate emotion resource created by Wil Brunner, Clean Foundation, Canadian Mental Health Association-NS and Nova Scotia Department of Education
- *Climate Psychology Alliance North America*
  - Website: <https://www.climatepsychology.us/>
  - CPA-NS addresses the urgent psychological dimensions of the climate and ecological crisis and promotes cultural shifts toward human resilience, regeneration, and equity. Education, resources and support including Climate Café hosting and participation.
- *One Resilient Earth*
  - Website: <https://oneresilientearth.org/>
  - Our mission is to grow the resilience of individuals and communities to the impacts of climate change, so that we can enhance our agency despite climate instability and are equipped to respond to the crisis through transformation and regeneration. One Resilient Earth hosts regular climate sharing circles for youth and climate workers.
- Mindfulness Apps
  - *MindShift CBT, Anxiety Canada:* <https://www.anxietycanada.com/resources/mindshift-cbt/>
  - *Headspace:* <https://www.headspace.com/headspace-meditation-app>
  - *Calm:* <https://www.calm.com/>
  - *Smiling Mind:* <https://www.smilingmind.com.au/smiling-mind-app>

## Engaging Resources

- *Mental Health Commission of Canada, eco-anxiety*
  - <https://mentalhealthcommission.ca/resource/understanding-and-coping-with-eco-anxiety/>

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- *Mental Health and Climate Change Alliance, resources*
  - <https://mhcca.ca/resources>
- *Climate Mental Health Network, climate emotions wheel and resources*
  - <https://www.climatementalhealth.net/resources>
- *Gen Dread – a newsletter about staying sane in the climate crisis*
  - <https://gendread.substack.com/>
- *UBC Climate Change and Mental Health Toolkit*
  - <https://ubccclimatehub.ca/project/climate-wellbeing-resource-kit/>
- *Hold This Space – an interactive exploration of climate emotions*
  - <https://holdthis.space/survey-panel/introduction/>

## Climate Change

- *Nova Scotia 2022 climate change impacts report*
  - <https://climatechange.novascotia.ca/sites/default/files/uploads/climate-change-risk-report.pdf>
- *Nova Scotia 2023 environmental and climate change progress report*
  - <https://novascotia.ca/nse/progress-report/docs/ns-climate-change-plan-progress-report-2023.pdf>
- *Climate Atlas of Canada – science, storytelling and Indigenous knowledge*
  - <https://climateatlas.ca/>