

## Climate Anxiety Hotline Added to Climate Clocks Worldwide for Mental Health Awareness Month

- To mark Mental Health Awareness Month, Climate Clock has added a virtual hotline to its clock face in Union Square and its 100s of handheld clocks globally.
  - Landmark study finds 62% of young people feel anxious about climate change.
- Recognizing the scale of climate anxiety, Senator Markey (MA) and Representative Tonko (NY-20) introduce the Community Mental Wellness and Resilience Act during Mental Health Awareness Month.



*Climate Mental Health Hotline on the Climate Clock in Union Square, NYC. © Greg Schwedock*

**New York, US, Thursday 04 May 2023:** To mark [Mental Health Awareness Month](#) this May, [The Climate Clock](#) will swap its traditional messaging on its eighty-foot wide digital clock face in Union Square, New York City and its 100s of handheld clocks around the world to a virtual hotline – [www.MentalHealthHotline.earth](http://www.MentalHealthHotline.earth) – providing support for millions experiencing **climate anxiety**.

Climate change, a grave threat to our planet and civilization, is causing increasing numbers of people to feel overwhelmed and anxious. A 2021 study in [The Lancet](#) revealed that:

- **62% of young people feel anxious** about climate change [\[source\]](#)
- Respondents across all countries are worried about climate change (**59% are very or extremely worried and 84% are at least moderately worried**).
- More than **45% of respondents said their feelings about climate change negatively affected their daily life** and functioning.

- Respondents reported “greater feelings of betrayal than of reassurance,” with 83% feeling the powers-that-be have failed to take care of the planet. “Climate anxiety and distress were correlated with perceived inadequate government response and associated feelings of betrayal.”

By swapping its traditional deadline and lifeline figures for a virtual “hotline” offering support for those experiencing climate anxiety, the Climate Clock hopes to highlight the importance of mental health and provide resources to those who need them.

“Eco-anxiety among young people is at epidemic proportions. To help us take care of ourselves and each other, we are turning the Climate Clock into a Climate Mental Health Hotline for the month of May. But to really address the growing mental health crisis amongst our youth, leaders must take the Climate Emergency seriously, and #ActInTime.” **said Andrew Boyd, co-creator of Climate Clock.**

“The best remedy for climate anxiety is climate *action*. The greatest cause of climate anxiety is not confronting climate truth, but the lack of action on that truth. It is not coming those who are highlighting our shrinking window for taking decisive action who are triggering so much anguish among our population, especially young people; it is those who are denying the facts, delaying action and distracting us from pursuing the solutions we need. ” **said Gan Golan, co-creator of Climate Clock.**

The new virtual hotline will provide links to support resources such as **helplines, climate cafes, online forums, and other mental health services** that specialise in climate-related issues, from organisations across the world including **Climate Psychology Alliance, Force of Nature, Good Grief Network, Climate Awakening, Gen Dread, and Psychologists for the Future**. These resources will be easily accessible via the Climate Clock website at [www.MentalHealthHotline.earth](http://www.MentalHealthHotline.earth), ensuring that youth, parents, teachers, and others who need support can find it quickly and easily.

The launch of the hotline is happening in concert with the introduction of the [Community Mental Wellness and Resilience Act](#) (CMWRA) by Senator Markey (MA) and Representative Tonko (NY-20). The CMWRA will establish a first-of-its-kind \$30 million pilot grant program through the Centers for Disease Control (CDC) to provide funding to community-based mental wellness and resilience programs designed to address the compounding systemic mental health issues faced by communities bearing the brunt of the climate crisis.



*The Climate Mental Health Hotline at Acampamento Terra Livre (Free Land Camp) Brasília, Brazil, 2023. © Raul de Lima*

“I applaud the Climate Clock for creating a virtual hotline so our families, friends, and neighbors can access resources to feel empowered to tackle the climate crisis. Environmental justice communities continue to bear the brunt of climate disasters that take a lasting toll on their mental health. We need to invest big into mental health resources that are affordable and accessible and empower communities to build resilience to climate change’s catastrophic impacts. That is why I am proud to introduce the Community Mental Wellness and Resilience Act with Representatives Tonko and Fitzpatrick. I will continue to fight for large, comprehensive funding in mental health care that uplifts individuals and families who are on the frontlines of climate disasters.” **said US Senator Ed Markey of Massachusetts.**

“The increasing number and severity of natural disasters and toxic stresses cost our communities dearly, taking lives and livelihoods—and the trauma felt from these disasters runs even further. Studies show that these impactful events can traumatize upwards of 40 percent of those who live in the affected area. That’s why I’m partnering with my colleagues to lead the way on this resilience building legislation that will help address our nation’s mental health crisis through grants and partnerships with local,

community-based initiatives. I'll continue to work to deliver science-based, evidence-informed solutions that benefit communities across our nation and offer a holistic response to the climate crisis." **said Congressman Paul D. Tonko of New York.**

"The evidence shows that the climate crisis is hurting young people's mental health worldwide. Many climate anxious youth experience moral injury from living in a system where power holders are not doing what the science says must be done to protect the future habitability of the planet. It isn't that young people are so upset because the environment "is not doing well", it's that they feel betrayed by leaders on this issue, which makes their suffering worse. The good news is that courageous climate action can change that, and if we want today's youth to enjoy a well functioning society when they're older, it must." **Dr. Britt Wray, Lead of the Special Initiative on Climate Change and Mental Health, Department of Psychiatry and Behavioral Sciences, Stanford Medicine, and author of *Generation Dread*.**

"The climate crisis impacts our minds, hearts, and bodies far more than is discussed privately and publicly. Globally, climate anxiety, depression, and trauma are all on the rise. The most vulnerable among us are the least responsible, and most impacted. Collectively, we need to change course. In order to collaboratively develop pro-social, equitable, and timely solutions to the crisis, it is essential that we address individual and community mental health needs. Caring for ourselves, each other, and the planet are mutually interdependent. Acknowledging the uncertainty of the moment helps us to move beyond hope vs doom, and find meaning and purpose in the crisis. We invite you to join us so that we can grow together towards a regenerative way of life." **Rebecca Weston, Co-President, Climate Psychology Alliance - North America.**

"Climate anxiety is the internal alarm bell that tells you something is wrong. Right now, humanity is hurtling toward a cliff of climate collapse: we need people to wake up and look in the face of this crisis. When we're honest with ourselves, when we hold space for difficult emotions, we open the door to our courage... and instead of shutting us down, climate anxiety can be the fuel that motivates us." **Clover Hogan, Climate Activist and Founder of Force of Nature.**

The climate anxiety hotline will be displayed the Climate Clock's hundreds of globally deployed handheld clocks currently being used by a diverse network – from teachers in the DRC and Italy to youth activists in Turkey and Tokyo to activist organizations in Ghana, the Netherlands, Kosovo, and Brazil – to promote climate education and spur community action and awareness.

The messaging will be on the clocks for the entire month of **May** and resources will be hosted permanently on the Climate Clock website, [www.MentalHealthHotline.earth](http://www.MentalHealthHotline.earth).

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### **Press Office Contact**

Climate Clock has a global community of voices available for comment, including many local spokespeople and youth ambassadors. Andrew Boyd from Climate Clock and Clover Hogan from Force of Nature are available for interview.

For all Climate Clock press enquiries, please contact Kibbo Kift Agency:

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Imagery is available to download: [here](#)

### **About Climate Clock**

The Climate Clock first went viral on its launch in Union Square, New York City, in September 2020. It now has a global presence, with monument-sized Clocks installed in London, Rome, Seoul and Harrisburg, PA, and portable clocks in the hands of climate leaders from Greta Thunberg to Bill McKibben to Governor Jay Inslee.

The Climate Clock exhibits a '**Deadline**' counting down the time remaining to prevent global warming from rising above 1.5°C, as well as four '**Lifelines**' tracking progress on key solution pathways, including the percentage of the world's energy from renewable sources, the amount of land protected by Indigenous peoples, the amount of Loss & Damage financing owed by the rich G20 nations to the more climate-impacted nations of the Global South, and the recently launched Gender Parity lifeline tracking the percentage of women in national parliaments, a key climate solution. The countdown is based on IPCC data, the gold standard of climate science.

On July 22, 2023, the second annual Climate Emergency Day, the Climate Clock will tick down below 6 years for the first time in history. Marking the beginning of one of the few remaining "climate years" left for decisive action. All the clocks around the world will simultaneously mark this moment with a synchronised global response from grassroots activists, cultural figures and climate leaders.

The original Climate Clock in New York was co-created by Gan Golan, Andrew Boyd, Katie Peyton Hofstadter, and Adrian Carpenter.

Climate Clock website: <https://climateclock.world/>

Climate Clock Instagram: <https://www.instagram.com/climateclock.world/>

Climate Clock TikTok: <https://www.tiktok.com/@theclimateclock>

## **About Climate Psychology Alliance**

About Climate Psychology Alliance - North America:

We offer 1) Education for therapists in the emergent field of Climate Aware Therapy. 2) Education and Support for front line activists, professionals, and the public on Climate Mental Health. 3) A directory of Climate Aware Therapists. 4) Collaborative and Community oriented support that aims to be globally scaled, accessible, and adaptable.

Climate Psychology Alliance website: <https://www.climatepsychologyalliance.org/>

## **About Force of Nature**

Force of Nature is a youth nonprofit mobilising mindsets for climate action. From students to CEOs, they're inspiring a movement of people to step up rather than shut down in the face of the climate crisis. They have counselled heads of state, consulted within the boardrooms of Fortune 50 companies, taken global stages, and run programmes with young people in 50+ countries.

Force of Nature website: <https://forceofnature.xyz>