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Ausschuss für Gesundheit

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Mental health and Climate Change

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**A Global
perspective**



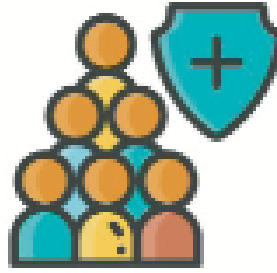
**World Health
Organization**



Only 13
The median number of mental health workers for every 100 000 persons



25%
of years lived with disability are caused by mental (14.6%), neurological (7.6%) and substance use (2.7%) disorders



1 billion
The number of people worldwide living with a mental disorder



\$ 1 trillion
The annual cost of common mental disorders

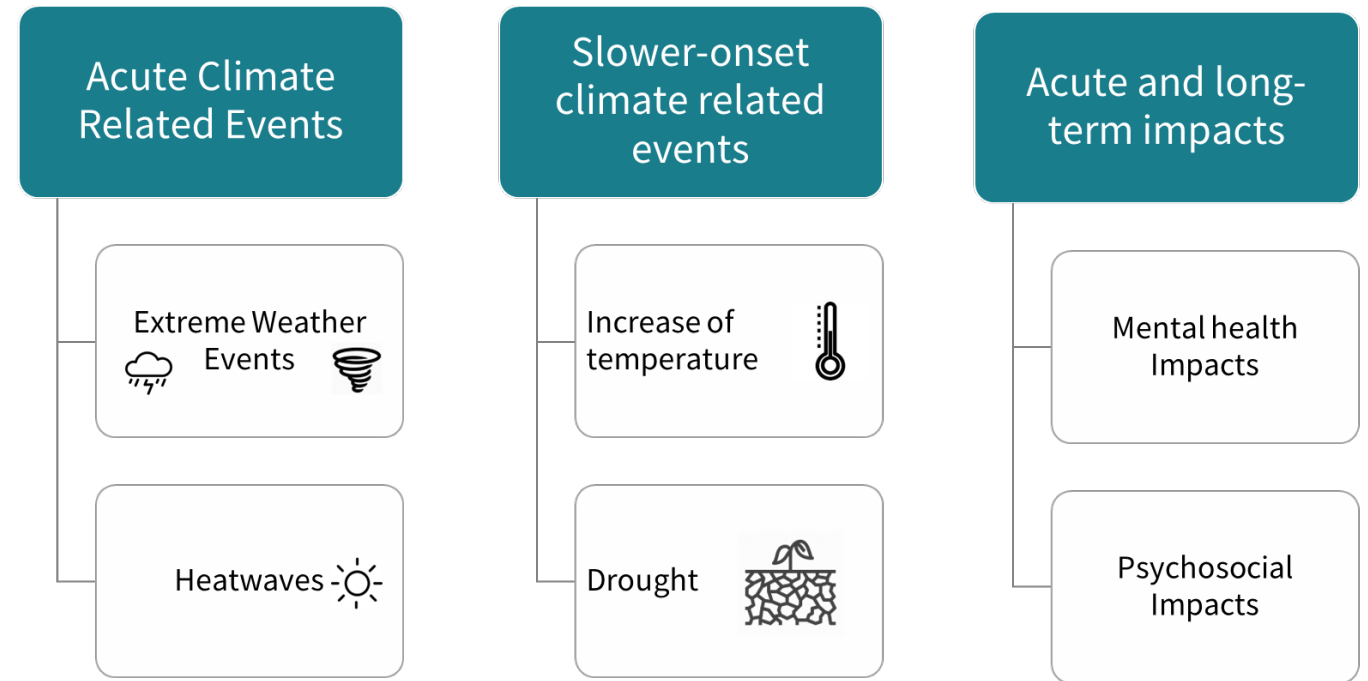


Only 2%
of Governments health budget are spent on mental health



Mental health conditions already represent a **significant burden** worldwide

Climate change **compounds this already dire situation for mental health** globally, through both direct and indirect impacts



Additional cost of Mental, Neurological and Substance use conditions resulting from climate-related hazards estimated to be nearly **US\$ 47 Billion** per year by 2030

Certain groups will be **disproportionately at risk** due to climate change, depending on existing vulnerabilities and inequalities



Communities in low- and middle-income countries



Indigenous people



Children and adolescents



Women and girls

WHO's Work on Climate Change, Health and Mental Health



Leadership

Raising political ambition

Mobilizing health voices for climate action

Achieving a low carbon sustainable WHO

Evidence & Monitoring

Making knowledge accessible

Tracking our global progress

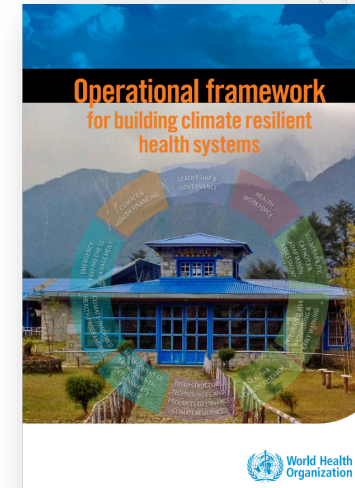
Setting research agenda

Capacity building & country support

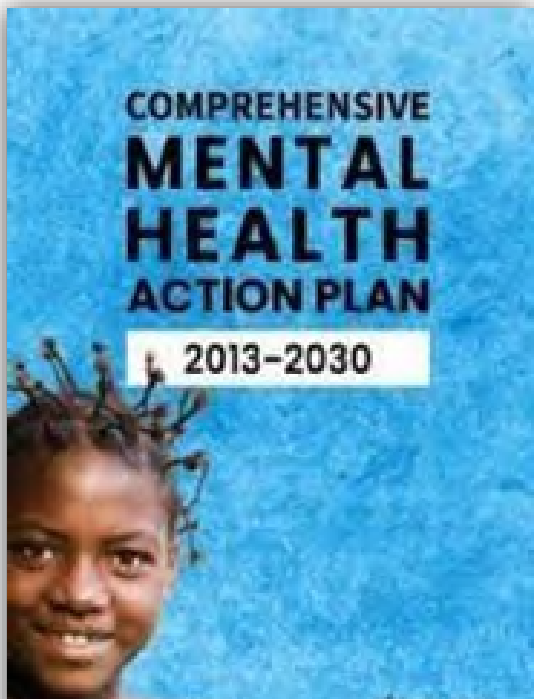
Living guidance and training

Country delivery

Mobilizing resources and partnerships



WHO's Work on Climate Change, Health and Mental Health



New Target:
By 2030, 80% of countries will have programmes integrating MHPSS and disaster risk reduction



MENTAL HEALTH AND CLIMATE CHANGE: POLICY BRIEF

In the 5 decades between 1970 and 2020, climate-related hazards have increased, with 50% of all events occurring since 2003 and nearly 5 billion people in total affected (1).

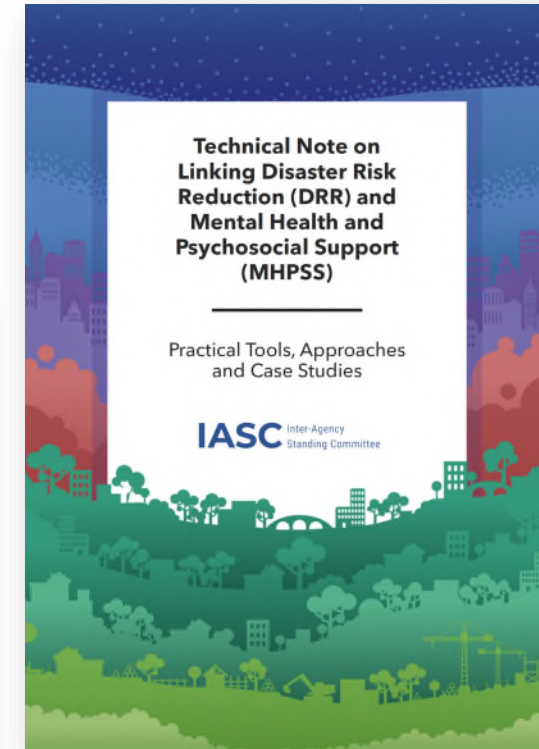
Key points

- Climate change is increasingly having stronger and longer-lasting impacts on people, which can directly and indirectly affect their mental health and psychosocial well-being.
- Several environmental, social and economic determinants of mental health are negatively affected by climate change.
- Certain groups are disproportionately at risk from climate change-related hazards, including people with pre-existing mental health conditions.
- The World Health Organization (WHO) recommends five key approaches to address these impacts:
 - Integrate climate change considerations into policies and programmes for mental health, including MHPSS, to better prepare for and respond to the climate crisis.
 - Integrate MHPSS within policies and programmes dealing with climate change and health.
 - Build upon global commitments.
 - Implement multibational and community-based approaches to reduce vulnerabilities and address the mental health and psychosocial impacts of climate change.
 - Address the large gaps that exist in funding both for mental health and for responding to the health impacts of climate change.

We need to be concerned about mental health in the context of climate change

Climate change is a growing global crisis. Its scale is already massive, and with inaction it continues to grow. It results in both acute hazards, such as hurricanes, floods and wildfires, and slower-onset threats, such as ecosystem changes, food and water insecurity and loss of place and culture. Climate change is one of a number of global environmental threats. The effects of unsustainable human activities, such as deforestation, ecosystem degradation and depletion and loss of biodiversity, and economies that are reliant on fossil fuels are leading to water and food insecurity, air pollution and contamination of land, rivers and oceans. All of these are having a measurable adverse impact on human health, mental health, and well-being and further exacerbating the climate emergency.

Not only is nature essential for human existence, but many of its functions and contributions are irreplaceable. Studying the impact of these changes on individuals and communities, researchers and public health officials, have largely focused on physical health. However, climate change also exacerbates many social and environmental risk factors for mental health and psychosocial problems, and can lead to emotional distress, the development of new mental health conditions and a worsening situation for people already living with these conditions. Therefore, in preparing for and responding to this growing emergency, there is an increasing need for the provision of mental health and psychosocial support (MHPSS).



Technical Note on Linking Disaster Risk Reduction (DRR) and Mental Health and Psychosocial Support (MHPSS)

Practical Tools, Approaches and Case Studies

IASC Inter-Agency Standing Committee

Ongoing WHO initiative: Build Better Before: Scaling up capacities for MHPSS Preparedness and Disaster Risk Management



- Development of **'R.E.A.D.Y.' MHPSS preparedness and risk reduction training package**
- Development of **tools and resources** (e.g., risk assessment, high risk hazards)
- Implementation in 4-day **global capacity building events**
 - **Days 1-2 theoretical and practical skills**
Using the MHPSS Preparedness 'R.E.A.D.Y.' package
 - **Days 3-4 emergency simulation exercise** Multisectoral and field-based: School, health facility, psychiatric facility visits, actors, simulated social media and online aspects



Build Better Before events to date

1. Tunis, Tunisia (19 agencies)
2. Tunis, Tunisia (21 agencies)
3. Tallin, Estonia (35 agencies)

Build Better Before evaluations

- 9.0/10.0 rating across the three workshops & simulations
- 57% pre-test scores to 78% post-test average increase

In Focus: Build Better Before Workshop and Simulation

Tallinn, Estonia 19-22 September



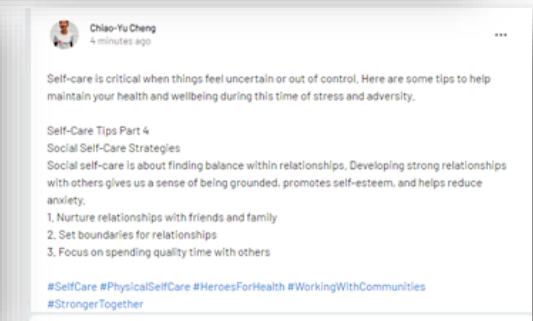
High-level engagement

- Co-organized with Estonian MoSA
- Commitment in Estonia government to strengthen national and regional MHPSS preparedness efforts
- Global example for other Member States



Wide reach

- Overwhelming interest (6:1 applications)
- 78 participants from 35 countries, such as:
 - Latvian Republic Centre of Emergency and Disaster
 - MoH Austria, Poland, Kenya, Paraguay, Thailand
 - Finnish Institute of Health



Ongoing implementation of MHPSS preparedness and risk reduction in countries

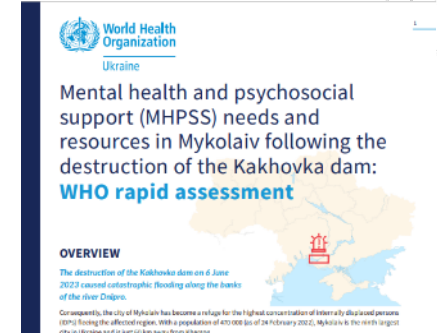
Ukraine



Odesa | 8-9 May | 60+ actors



Kyiv | 18-20 May | 60+ actors



Dam destruction on 6 June



Kyiv | 11-13 Oct | Oblast Coord.

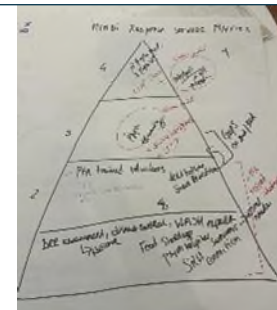
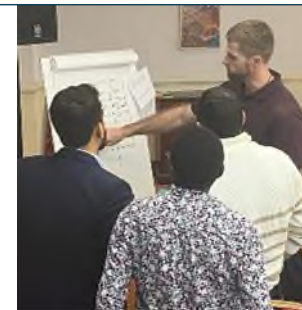
Türkiye



Ankara | 31 Oct – 1 Nov | 50+ actors



Interagency Surge Mechanism Roster Training



Tunis | 4 – 7 Dec | 28 Roster Members

The Way Forward: WHO recommendations for policy and practice in

climate change and mental health

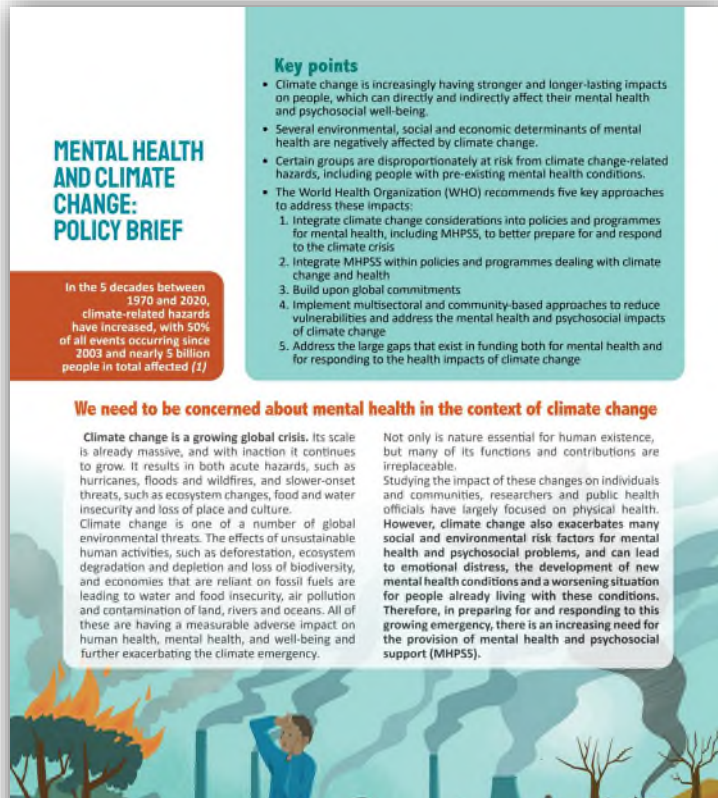
Support global, regional and national initiatives to **Integrate MHPSS within disaster risk reduction** and emergency preparedness

Integrate **MHPSS within policies and programmes** dealing with climate change and health

Build upon **global commitments: SDGs, the Paris Agreement, the Sendai Framework for Disaster Risk Reduction**

Develop and implement **comprehensive, multisectoral and community-based mental health systems** to address existing and future needs

Address the large gaps that exist in funding both for mental health and for responding to the health impacts of climate change



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Only 28% of WHO Member States report having programmes integrating MHPSS and disaster risk reduction to address emergencies, including climate-related hazards

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