



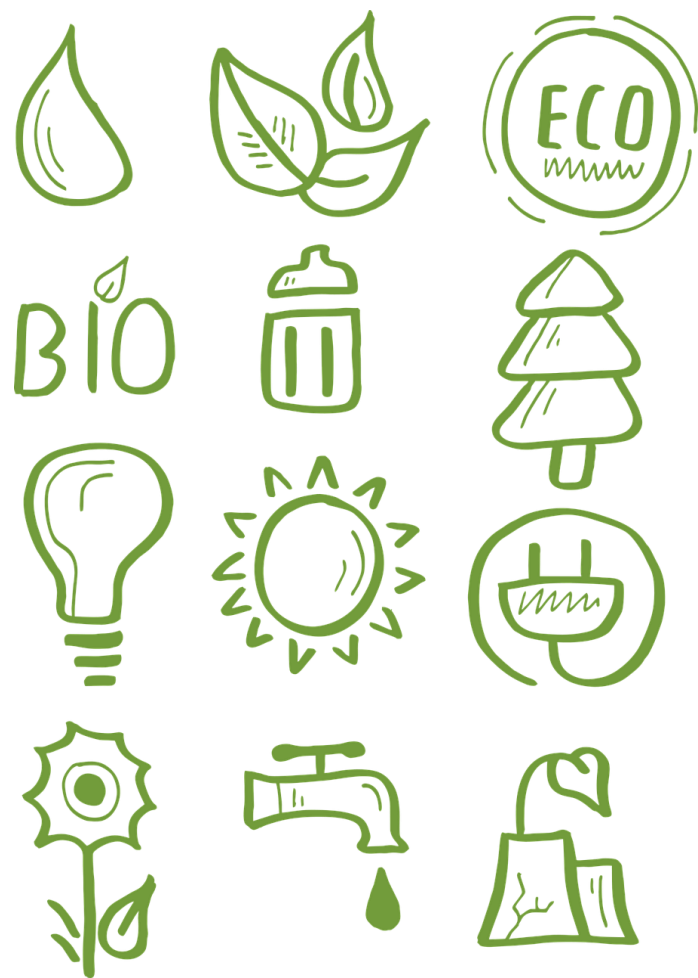
# Digital tools for climate and mental health action

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# What do we want to create?

- ▶ An accessible, quick-to-use digital tool to address psychological impacts of climate change
- ▶ Learning from the model of the successful brief [Zero Suicide Alliance Training](#) (also see the 'gateway' training [here](#))
- ▶ Focus on building resilience and community engagement
- ▶ We want to develop a tool aimed at Londoners that addresses three core areas:
  - ▶ Climate change
  - ▶ Mental health
  - ▶ Community action





# What's already out there? (1)

## Self-guided digital resources

- ▶ Apps and websites offering short exercises and meditations
- ▶ Educational content on managing eco-anxiety.
  - ▶ [Headspace Climate Anxiety Collection](#)
  - ▶ [Hold This Space](#) (only intervention covering all three areas: climate, mental health, and community action)

## Workshops and community sessions

- ▶ Virtual or in-person group sessions
- ▶ Focus on emotional processing and community support
- ▶ Activities often involve peer discussions.
  - ▶ [Climate Cafés](#)
  - ▶ [Force of Nature](#)

# What's already out there? (2)

## Interactive and immersive experiences

- ▶ Apps combining storytelling, science, and sensory engagement
- ▶ Aimed at fostering environmental awareness and well-being
  - ▶ [Deep Time Walk](#)
  - ▶ [Breathing with the Forest](#)

## Common Themes

- ▶ Eco-anxiety management
- ▶ Fostering resilience
- ▶ Emotional processing
- ▶ Community connection
- ▶ Environmental awareness through digital tools and resources.



# What do we want from our digital tool?

**Objective:** Build psychological and community resilience

**Focus:** Address mental health impacts of the climate crisis

**Approach:** Both reflective and action-oriented

Quick yet meaningful experience

Helps users understand emotional responses to climate change

Connects personal emotions to broader collective action





# Our three ideas

1. **Tailored approach for vulnerable communities** less engaged with normative, dominant frameworks for climate action:
  - ▶ Help individuals recognise relevance of climate change to their lives and support them to take small, practical steps towards building resilience.
2. **‘Deep dive’ into eco-anxiety and action**
  - ▶ Guide users through focused reflection on feelings; suggest practical step they can take towards climate resilience.
3. **Cover a broader range of topics**
  - ▶ Increase awareness of emotional & psychological climate impacts
  - ▶ Foster sense of agency and collectivism
  - ▶ Promote quick, actionable steps to build individual & community resilience.

# Simple persona template

## 1. Name & role

- ▶ **Name:** [e.g., Emma, The Concerned Student]
- ▶ **Role:** [e.g., University student, Eco-conscious individual, etc.].

## 2. Demographics

- ▶ **Age:** [e.g., 22]
- ▶ **Gender:** [e.g., Female]
- ▶ **Location:** [e.g., Inner London]
- ▶ **Background:** [e.g., Studies environmental science, involved in local climate action groups].

## 3. Key Motivations for using tool

- ▶ Reduce eco-anxiety
- ▶ Engage in meaningful climate action
- ▶ Learn about the intersection of mental health and climate change.

## 4. Challenges

- ▶ Feels overwhelmed by scale of climate crisis
- ▶ Lacks mental health support specifically addressing eco-anxiety
- ▶ Difficulty finding community-based action opportunities.

## 5. Desired goals/ outcomes

- ▶ Gain skills to manage emotional responses to climate change
- ▶ Engage in community-led climate action
- ▶ Improve mental health resilience.

## 6. Digital habits

- ▶ **Preferred Platforms:** [e.g., Instagram, YouTube, or mobile apps]
- ▶ **Engagement:** [e.g., Frequently uses meditation apps, seeks peer support online].

