

Submission by The Climate Cares Centre and United for Global Mental Health to the Expert Dialogue on Children and Climate Change

In response to Decision 1/CMA.5, para 182 to hold an “expert dialogue on children and climate change”, the Climate Cares Centre, Imperial College London and United for Global Mental Health welcome the opportunity to share our experience and examples of the disproportionate impacts of climate change on children, alongside relevant policy solutions.

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Introduction

“Healthy psychological development underpins the future capital of society and, thus, its capacity to evolve quickly and intelligently. Climate change is undermining this capital.”

[Vergunst & Berry, 2022; Climate Change and Children’s Mental Health: A Developmental Perspective]

Young people aged 0-24 years make up 41% of all people alive in the world today.¹ Of these, 89% live in low- and middle-income countries that are disproportionately vulnerable to the impacts of climate change.² According to UNICEF, 13% of children and young people aged 10-19 years old live with diagnosed mental health disorders. This represents 80 million young people aged 10-14.³ The annual loss in human capital arising from mental health conditions in children aged 0-19 is estimated to be US\$387.2 billion.⁴

However, according to the World Health Organization, no country is sufficiently protecting children’s health, their environment and their futures.⁵ This upcoming first expert dialogue on children and climate change should thus address the most relevant and pressing climate impacts on children’s health including their mental health and well-being. This is in line with the best available science as, according to the IPCC AR6 2022 report, there is very high confidence that climate change has already negatively impacted mental health globally, with children and young people identified as populations at higher risk.⁶ Further, when COP28 hosted the first-ever Health

¹ [World Population Prospects - Population Division - United Nations](#)

² [World Population Prospects - Population Division - United Nations](#)

³ [On My Mind – Promoting, protecting and caring for children's mental health | UNICEF](#)

⁴ [On My Mind – Promoting, protecting and caring for children's mental health | UNICEF](#)

⁵ [World failing to provide children with a healthy life and a climate fit for their future: WHO-UNICEF-Lancet](#)

⁶ [Climate Change 2022: Impacts, Adaptation and Vulnerability](#)

Day, mental health was integrated into the first section of the UAE Declaration on Climate and Health that was adopted by 149 countries among various other acknowledgements of its significance.⁷

Additionally, the importance of this topic is further substantiated by the calls by young people themselves to focus more attention on the intersection between climate change and mental health. For example, a recent Mental Health Toolkit developed by the African Union's office of the Youth Envoy identified the link between climate change and mental health as 1 out of 5 crucial themes across the African region.⁸ Furthermore, childhood represents one of the most critical developmental stages for mental health marked by various risk and protective factors, which is especially important given that 75% of psychiatric disorders first arise before the age of 24.^{9,10} As a result, it's essential that the protection and safeguarding of children's mental health in the face of climate change is prioritised.

Impacts of climate change on children's mental health and wellbeing

There is growing evidence concerning how climate change is negatively impacting children's mental health and wellbeing across the life course.^{11,12} This is happening through direct and indirect pathways including psychological, social, and biological mechanisms which are outlined below (see Annex 1 for a figure summarising some of these different pathways taken from Vergunst and Berry, forthcoming).

Climate change is leading to more intense and frequent extreme weather events such as floods and storms. In Australia, for example, a recent UNICEF report highlighted that more than 1.4 million children and young people experience at least one climate disaster or extreme weather event every year. That is equivalent to one in six children and that number is on the rise.¹³ These events can impact the mental health of children directly by exposing children to potentially traumatic events such as serious injury or the loss of caregivers. The current unprecedented flood event in Rio Grande do Sul, Brazil, which took place at the beginning of May 2024, as a result of climate change combined with the El Niño/Southern Oscillation (ENSO), led to displacement of 662,000 people with reported cases of unaccompanied and separated children.¹⁴

⁷ [COP28 UAE Declaration On Climate And Health](#)

⁸ [Youth Mental Health Toolkit On 5 Emerging Issues in Africa](#)

⁹ [Age at onset of mental disorders worldwide: large-scale meta-analysis of 192 epidemiological studies](#)

¹⁰ [Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication - PubMed \(nih.gov\)](#)

¹¹ [Climate Change and Children's Mental Health: A Developmental Perspective](#)

¹² [Report of the intergovernmental panel on climate change: implications for the mental health policy of children and adolescents in Europe—a scoping review](#)

¹³ [Three ways climate change is changing childhood in Australia](#)

¹⁴ [UNICEF supports Brazilian Government in response to rains in Rio Grande do Sul - Brazil | ReliefWeb](#)

Most children, while experiencing psychological distress in the aftermath of the event, recover naturally and are resilient in the face of such events in the long term.¹⁵ However, for a minority, symptoms can persist as children exposed to disasters can be at higher risk of developing a range of mental health problems, including symptoms of depression, anxiety and other stress-related disorders such as post-traumatic stress disorder, suicidal ideation and self-harm, aggression, memory impairment, isolation, persistent worry, sleep and behavioural and social connectedness problems.^{16,17,18} These problems can often persist in the long term, as experiencing natural hazards during childhood can increase the risk of developing mental health problems in adulthood.¹⁹ Similarly, exposure to natural hazards while in utero has been found to be associated with higher rates of mental health problems during childhood.²⁰

Exposure to extreme weather events can also have significant impacts on mental health indirectly by worsening known **social determinants** of child mental health such as schooling, livelihoods, and housing.^{21,22} For example, increased pressures within the family and weakened child protection systems can lead to higher rates of **child abuse and violence** during and in the aftermath of extreme weather events.²³ It also can negatively impact **food security** which can expose children to chronic levels of stress as well as deficiency of important nutrients, with negative consequences on children's cognitive and emotional development.²⁴ Anecdotal evidence provided as part of this submission by colleagues based in Brazil has highlighted how significant droughts experienced in 2022-2023 in the lower Tapajòs region of Brazil and floods experienced in the southern regions of Brazil have led to significant food insecurity with negative consequences for the mental health of children. Similarly, anecdotal evidence from partners in Azerbaijan has highlighted the detrimental physical and mental health consequences on children due to food and water insecurity driven by decreased precipitation across the region, especially among vulnerable populations such as farming communities. There are diverse other pathways via which climate change is likely to disrupt the conditions needed for good mental health and can lead to poorer mental health outcomes, including poor housing, financial strain on families, issues with access to care, forced migration, and increased conflict.

¹⁵ [Posttraumatic Stress Symptom Trajectories Among Children After Disaster Exposure: A Review - PMC](#)

¹⁶ [Report of the intergovernmental panel on climate change: implications for the mental health policy of children and adolescents in Europe—a scoping review](#)

¹⁷ [Children and natural disasters](#)

¹⁸ [A Meta-Analysis of the Impact of Natural Disasters on Internalizing and Externalizing Problems in Youth](#)

¹⁹ [Are natural disasters in early childhood associated with mental health and substance use disorders as an adult? - ScienceDirect](#)

²⁰ [Prenatal exposure to a natural disaster and early development of psychiatric disorders during the preschool years: stress in pregnancy study - Nomura - 2023 - Journal of Child Psychology and Psychiatry](#)

²¹ [Impact of Extreme Weather Events on Young People](#)

²² https://ci.uct.ac.za/sites/default/files/content_migration/health_uct_ac_za/533/files/environment%2520matters.pdf

²³ [Child Abuse in Natural Disasters and Conflicts: A Systematic Review](#)

²⁴ [Systematic evidence and gap map of research linking food security and nutrition to mental health | Nature Communications](#)

There is also growing evidence highlighting the **impacts of extreme heat and hotter average temperatures** on children's mental health, as highlighted by UNICEF.²⁵ Children born in 2020 will be exposed to 7 times the number of heatwaves as their grandparents, even if emissions meet the 2015 Paris Agreement reduction pledges.²⁶ In Afghanistan alone, children could face up to 18 times as many heatwaves as their elders. Children are more vulnerable to extreme heat due to a variety of social and biological factors (e.g., their smaller bodies heat up more quickly and have less capacity to release heat via sweating).²⁷ In adult populations, heat has been associated with a variety of negative mental health outcomes, from higher rates of hospital admissions and mortality for people with mental health problems to increased rates of suicide and suicidal behaviour.²⁸ Evidence specifically on children is sparse, but one study found a significant positive association between the high minimum and maximum temperatures and mental health crisis help-seeking behaviour in the US.²⁹ There are many possible ways in which extreme heat may negatively impact children's mental health. In certain settings, heatwaves may disrupt children's routines, not allowing them to go out and play and socialize.³⁰ This was reported anecdotally in various countries in Northern Africa and Western Asia as part of the Connecting Climate Minds project.³¹ Heat can also negatively impact children's mental health as a result of school closures. In recent months, this has happened in various regions of the world, from South Sudan to the Philippines. This issue was highlighted in a recent research priority-setting exercise on youth mental health and climate change.³² Additionally, heat can negatively impact children's mental health by affecting their cognitive abilities i.e. their ability to concentrate at school and low educational attainment has been associated with an increased risk of mental health problems.^{33,34} Finally, emerging evidence is highlighting how extreme heat can have significant negative consequences on children's development and health by impacting the perinatal and infancy periods, e.g., via obstetric complications, a risk factor for some neurodevelopmental and psychiatric disorders.³⁵

Further, climate change has been associated with a variety of negative physical health outcomes by increasing the spread of vector-borne diseases such as dengue and malaria.³⁶ These physical health impacts can have significant mental health implications for children and interact in complex

²⁵ [The coldest year of the rest of their lives | UNICEF](#)

²⁶ [Children to face seven times more heatwaves than their grandparents \(savethechildren.org.uk\)](#)

²⁷ [Extreme Heat Affects Early Childhood Development and Health](#)

²⁸ [Ambient temperature and mental health: a systematic review and meta-analysis - The Lancet Planetary Health](#)

²⁹ [Crisis support-seeking behavior and temperature in the United States: Is there an association in young adults and adolescents? - ScienceDirect](#)

³⁰ [Ambient Temperature Increases and Preschoolers' Outdoor Physical Activity - PMC](#)

³¹ [Connecting Climate Minds: Climate and Mental Health Agenda of Northern Africa and Western Asia](#)

³² [Full TRAA youth 18-03.pdf \(nbswmzwquzluimynqnsf.supabase.co\)](#)

³³ [Education outcomes in the era of global climate change](#)

³⁴ [Evaluating the causal relationship between educational attainment and mental health - PMC \(nih.gov\)](#)

³⁵ [Extreme Heat Affects Early Childhood Development and Health](#)

³⁶ [The 2023 report of the Lancet Countdown on health and climate change: the imperative for a health-centred response in a world facing irreversible harms](#)

ways.³⁷ There are also other relevant environmental stressors connected to climate change, such as air pollution, which can have detrimental impacts on children's cognitive development,³⁸ and exposure to polluted air during the perinatal period and/or childhood may be associated with a greater risk of neurodevelopmental disorders.³⁹

Finally, the mental health and wellbeing of children can be affected due to awareness of the **existential nature of the threat of climate change**. Indeed, children across the world have been shown to be particularly concerned about the threat of climate change and to experience multiple negative emotions and distress which have been variously defined as **climate anxiety, eco-anxiety, solastalgia, and climate distress**⁴⁰, although it is worth noting that there is substantial heterogeneity in terms of how these constructs are conceptualised and operationalized in research and across different contexts. One study of 10,000 children and young people across 10 countries found that 59% of participants were very or extremely worried about climate change and 45% of participants reported that their feelings about climate change negatively affected their daily life and functioning.⁴¹ In this study, climate anxiety and distress were correlated with perceived inadequate government response and associated feelings of betrayal. It is important to highlight that these emotions are likely to be adaptive responses to the climate crisis and *not* pathological. These emotions have also been found to be associated with pro-environmental behaviours in some cases, even though they can still be experienced as subjectively distressing and in some cases lead to maladaptive responses.⁴² In most cases, young people do not want their climate distress to go away. It is a sign they are awake to the crisis and care - and yet desire support to safeguard their mental health in a changing climate.⁴³ The impacts of climate change on mental health, and climate anxiety in particular, have recently been used as part of the argument of the Youth4ClimateJustice lawsuit, which 6 young Portuguese people filed to the European Court of Human Rights (ECHR) against 32 European governments for violating their human rights due to not taking urgent climate action (the lawsuit was deemed inadmissible by the ECHR due to technical reasons).⁴⁴

Besides the negative impacts of climate change on children's mental health, there are also substantial **co-benefits for children's mental health coming from climate action**. For example, increasing access to green and blue spaces can function both as a mitigation and

³⁷ [Climate Change and Children's Mental Health: A Developmental Perspective](#)

³⁸ [Children and air pollution](#)

³⁹ [How does the macroenvironment influence brain and behaviour—a review of current status and future perspectives | Molecular Psychiatry \(nature.com\)](#)

⁴⁰ [A social-ecological perspective on climate anxiety in children and adolescents](#)

⁴¹ [Climate anxiety in children and young people and their beliefs about government responses to climate change: a global survey - The Lancet Planetary Health](#)

⁴² [Climate anxiety: Psychological responses to climate change](#)

⁴³ [Full article: "Not about us without us" – the feelings and hopes of climate-concerned young people around the world \(tandfonline.com\)](#)

⁴⁴ [Case Documents \(youth4climatejustice.org\)](#)

adaptation strategy as well as a way to improve the mental wellbeing of children by increasing their interactions with nature.⁴⁵ Other examples of areas of potential co-benefits of climate action with child mental health include shifts to more active modes of transport such as walking and cycling, more sustainable diets, reductions in air pollution, and more energy-efficient housing.⁴⁶ Implementing mitigation and adaptation strategies during childhood is likely to have much larger effects on the long-term psychological health of children than programs implemented later in life when mental health problems may have already developed, highlighting how childhood also represents a key window of opportunity for integrating climate action as a mental health preventative strategy.⁴⁷

An important limitation of the above-mentioned evidence is that it often comes mainly from high-income countries. We urgently need more research on the impacts on children's mental health of climate change in low- and middle-income countries and the current expert dialogue can represent an opportunity to call for more global and equitable research on the impacts of climate change on children.

Policy solutions to address climate-related mental health impacts on children

Mental health remains a neglected priority receiving little attention and investment from national governments, international development organisations, and United Nations (UN) agencies. A 2020 WHO survey of 171 Parties revealed that public expenditure on mental health remains low, accounting for only around 2.1% of government health expenditure, despite mental disorders representing 4.9% of the global burden of DALYs.^{48,49} This is also the case in the context of climate policy, with only 3% of Nationally Determined Contributions including a reference to mental health⁵⁰ and only 5% of National Adaptation Plans⁵¹. There is a pressing need to thus address this under-prioritisation, especially for the provision of mental health and psychosocial support services, which remain insufficient to meet the needs of children affected by the impacts of climate change.⁵² In addition, 85% of children live in low- and middle-income countries that lack adequate mental healthcare infrastructure to effectively respond to the mental health

⁴⁵ [Mental health benefits of interactions with nature in children and teenagers: a systematic review - PMC](#)

⁴⁶ [Pathways to a healthy net-zero future: report of the Lancet Pathfinder Commission - The Lancet](#)

⁴⁷ [Climate Change and Children's Mental Health: A Developmental Perspective](#)

⁴⁸ [WHO Mental Health Atlas 2020](#)

⁴⁹ [Global, regional, and national burden of 12 mental disorders in 204 countries and territories, 1990–2019: a systematic analysis for the Global Burden of Disease Study 2019 - The Lancet Psychiatry](#)

⁵⁰ [2023 WHO review of health in Nationally Determined Contributions and long-term strategies: health at the heart of the Paris Agreement](#)

⁵¹ [Review of Health in National Adaptation Plans \(who.int\)](#)

⁵² [Addressing the Problem of Severe Underinvestment in Mental Health and Well-Being from a Human Rights Perspective](#)

consequences of climate-related disasters, to which these countries will become increasingly prone.^{53,54}

We propose the following policy solutions and recommendations to be discussed at the expert dialogue during the sixtieth session of the Subsidiary Bodies:

1) Mental health support for children in the context of climate adaptation

According to the IPCC AR6 Report, improving access to mental healthcare is considered a form of effective adaptation (see C.3.7).⁵⁵ It is, therefore, crucial to design climate adaptation frameworks and programmes that incorporate targeted mental health support for early childhood as this period lays the foundations for mental health throughout the life course. Such interventions play a substantially larger role in promoting long-term mental health and well-being in children compared to programs targeting adolescence or adulthood, where mental health disorders are often already established.³⁸

The UAE Framework for Global Climate Resilience outlines a series of targets to operationalise and achieve the Global Goal on Adaptation. Targets include the attainment of resilience against climate change-related health impacts, promoting climate-resilient health services, and significantly reducing climate-related morbidity and mortality, particularly in the most vulnerable communities.⁵⁶ These groups include children, especially those who live in climate-vulnerable regions or rural and socially isolated communities, those with existing mental health difficulties, and those who depend on the land directly for survival (e.g. Indigenous Peoples and local communities). To enable the effective and equitable implementation of the UAE framework and to uphold intergenerational equity as outlined in Decision 2/CMA.5 para 13, we propose engaging all relevant stakeholders to:

- Integrate **research** within adaptation finance and planning processes to understand the nature, prevalence, specific vulnerability and resilience factors for the mental health impacts of climate change on children. This will enable the identification of key areas for targeted interventions that address the specific needs of children;
- Provide **evidence-based and targeted mental health and psychosocial support services** for children, adolescents and caregivers through social services, healthcare, and educational facilities, and during disaster preparedness, response and recovery;

⁵³ [Climate Change and Children's Mental Health: A Developmental Perspective](#)

⁵⁴ [Climate change, climate-related disasters and mental disorder in low- and middle-income countries: a scoping review | BMJ Open](#)

⁵⁵ [IPCC_AR6_SYR_SPM.pdf](#)

⁵⁶ [CMA.5 Glasgow–Sharm el-Sheikh work programme on the global goal on adaptation referred to in decision 7/CMA.3](#)

- Scale up **finance** to build the climate resilience of child-responsive mental health services in adaptation planning and disaster preparedness interventions that could effectively protect children from immediate distress and anxiety while mitigating the long-term mental health consequences resulting from exposure to extreme climate events;
- Co-design **locally adapted and culturally-informed strategies** with children and young people that address mental health needs and build psychosocial resilience. This will likely include community-level support and awareness-raising programmes to build the capacities of young people and those caring for them - teachers, parents, youth workers, etc - with the psychological tools for coping and acting in the climate crisis. Co-design processes include facilitating opportunities for children to provide their insights and expertise and meaningful ways for their voices to be included in the design, implementation and evaluation of climate and mental health actions;
- Identify and/or develop **indicators** that assess the climate costs and mental health benefits of child-responsive climate action in the two-year UAE's Belém work programme on indicators for measuring progress achieved towards the targets referred to The UAE Framework for Global Climate Resilience;⁵⁷
- Incorporate **climate and mental health curricula** into medical school, residency, continuing education, and board examinations to prepare paediatricians, social workers and caregivers to adequately provide healthcare for children in the context of the climate crisis.

Box 1. 'Meera & the Disaster Rewind Machine' by The Inter-Agency Standing Committee (IASC) Reference Group on Mental Health and Psychosocial Support (MHPSS) in Emergency Settings.

Increasing attention is being paid to the integration of mental health and psychosocial support considerations into climate adaptation strategies such as disaster risk reduction interventions. The Inter-Agency Standing Committee Mental Health and Psychosocial Support Reference Group, co-chaired by the World Health Organization and the International Federation of Red Cross and Red Crescent Societies, has recently produced various technical documents on this topic.⁵⁸ This led to the development of a diversity of support tools including a video series to highlight the inextricable link and importance of mental health and psychosocial support across all phases of Disaster Risk Reduction (DRR) and Climate Change Adaptation (CCA) in contexts of climate-related hazards and crises. The series is called "Meera & the Disaster Rewind Machine" which tells the story of Meera, a young girl in a climate-vulnerable setting affected by

⁵⁷ [Report of the Conference of the Parties serving as the meeting of the Parties to the Paris Agreement on its fifth session, held in the United Arab Emirates from 30 November to 13 December 2023. Addendum. Part two](#)

⁵⁸ [Technical Note, Linking Disaster Risk Reduction \(DRR\) and Mental Health and Psychosocial Support \(MHPSS\): Practical Tools, Approaches and Case Studies | IASC](#)

severe floods who explores diverse coping strategies provided by the mental health and psychosocial support services available in her village.

2) Mental health integration into the Glasgow work programme on Action for Climate Empowerment (ACE)

Promoting mental health and wellbeing and building psychological resilience could help achieve climate education and empowerment outcomes. Overlooking these aspects could pose a significant threat to the mental wellbeing of children when learning about climate change without any coping strategies provided or opportunities to build agency, and risk leading to paralysis.⁵⁹ Creating space within ACE for children to understand and reflect on their psychological responses to climate change can enable them to act sustainably. Key actions for the promotion and protection of the mental health of children within ACE include:

- Co-design integrated climate change and mental health approaches and interventions with children, teachers, school leadership teams, parents, carers and ACE focal points that governments and schools can invest in and implement;
- Include mental health and wellbeing into ACE activities and project proposals to better achieve the important outcomes of empowering children to cope with an uncertain future and take sustainable climate action. This would hence foster wider conversations, awareness and support for mental health;
- Connect, learn from, and evaluate existing tools to support ACE focal points and educators with guidance, frameworks, professional development, and case studies, with support from mental health and climate experts;
- Scale up mental health and psychosocial support activities for children in schools and communities.

⁵⁹ [How Can Climate Change Anxiety Induce Both Pro-Environmental Behaviours and Eco-Paralysis? The Mediating Role of General Self-Efficacy](#)

Box 2. PERSIST: Climate School Educational Intervention on Youth Climate Emotions

The PERSIST project held educational sessions for 273 students at a scientific high school in Italy, focusing on the causes of the climate crisis, human contributions to it, and its health impacts. Students actively engaged with the complex material through interactive discussions, group work, and games. Pre- and post-questionnaires indicated improved climate literacy and positive attitudes among the students, without exacerbating negative emotions related to climate change.

3) Ensure meaningful participation of children in the Expert Dialogue

Not only are children among the most vulnerable when it comes to the intersecting risks of climate change for mental health, but they also have important perspectives on actions that can foster both psychological and climate resilience. Thus, the Egyptian COP27 Presidency took progressive action to listen to children and young people and to demonstrate that intergenerational equity is far from optional. For the first time in 27 years, this was exemplified by appointing the first official youth envoy to a COP President, co-organizing the first youth-led climate forum and hosting the first children and youth pavilion. The role of children and youth as agents of change in addressing and responding to climate change was recognised in Decision -/CP.27 para. 55 encouraging “Parties to include children and youth in their processes for designing and implementing climate policy and action, and, as appropriate, to consider including young representatives and negotiators into their national delegations.”⁶⁰ In the following year, COP28 marked the first ever thematic day for children at COP, and a stronger role for a Youth Climate Champion was permanently institutionalised to engage children directly in climate action and the COP process.⁶¹ Children and intergenerational equity were similarly embedded in the Global Stocktake.⁶²

Not only is involving children in the UNFCCC processes including the SB60 expert dialogue on children and climate change a critical mandate, but it is also a fundamental pathway for supporting their mental health and well-being in the context of climate change, when appropriately supported. Key priorities for the meaningful engagement of children include:

⁶⁰ [Decision -/CP.27 Sharm el-Sheikh Implementation Plan](#)

⁶¹ [Decision -CP/28 -/CMA.5 Presidency youth climate champion](#)

⁶² [Report of the Conference of the Parties serving as the meeting of the Parties to the Paris Agreement on its fifth session, held in the United Arab Emirates from 30 November to 13 December 2023](#)

- Support and advance the work led by the official youth and children constituency of the UNFCCC (YOUNGO) and broader children-led initiatives related to climate and mental health, and amplify their voices at the highest levels. This includes providing an enabling environment for children as agents of change to address the mental health challenges posed by climate change;
- Engage the newly institutionalised role of the Presidency Youth Climate Champion, Ms Leyla Hasanova, within the expert dialogue, given the potential of this role to mobilise support for ACE implementation, especially for children and to assist in monitoring the children's responsiveness to project proposals;
- Put safeguarding mechanisms in place for the mental health and wellbeing of young climate advocates and activists, ensuring their mental wellbeing is protected during and beyond their advocacy efforts.

Box 3. [Connecting Climate Minds](#): a shared vision for the climate change and mental health field

Connecting Climate Minds is a global Wellcome-funded initiative co-led by the [Climate Cares Centre](#). It aims to catalyse a connected, collaborative and transdisciplinary climate change and mental health field through an actionable research agenda on climate change and mental health. More than 870 experts from over 80 countries participated in a series of 21 dialogues during 2023. These spanned all seven global regions alongside dialogues specifically led by and for youth, Indigenous Nations and Peoples, and small farmers and fisher peoples, who shared their perspectives, firsthand experiences and efforts concerning the mental health impacts of climate change and benefits of climate action. Regional and community research and action agendas were developed through the dialogues. Lived experience networks and voices were central to the approach, which was embedded deeply in the regional communities with lived experience advisory groups and youth ambassadors co-producing the dialogues and the agenda.

The [youth agenda](#) set out research priorities to support children and youth mental health in the context of climate change, and priority actions to enact and translate that research. It was written by young people based on insights shared through a global virtual dialogue and two in-person dialogues in Nigeria and India led by [Sustyvibes](#), [Force of Nature](#) and the [Climate Mental Health Network](#).

4) Final Recommendations

- Hold a follow-up expert dialogue on children and climate change to provide a timely stocktake on progress and to convene Parties, experts, civil society, and other stakeholders to strengthen child-responsive actions and initiatives, ensuring that children's mental health and wellbeing remain at the forefront of our collective efforts;

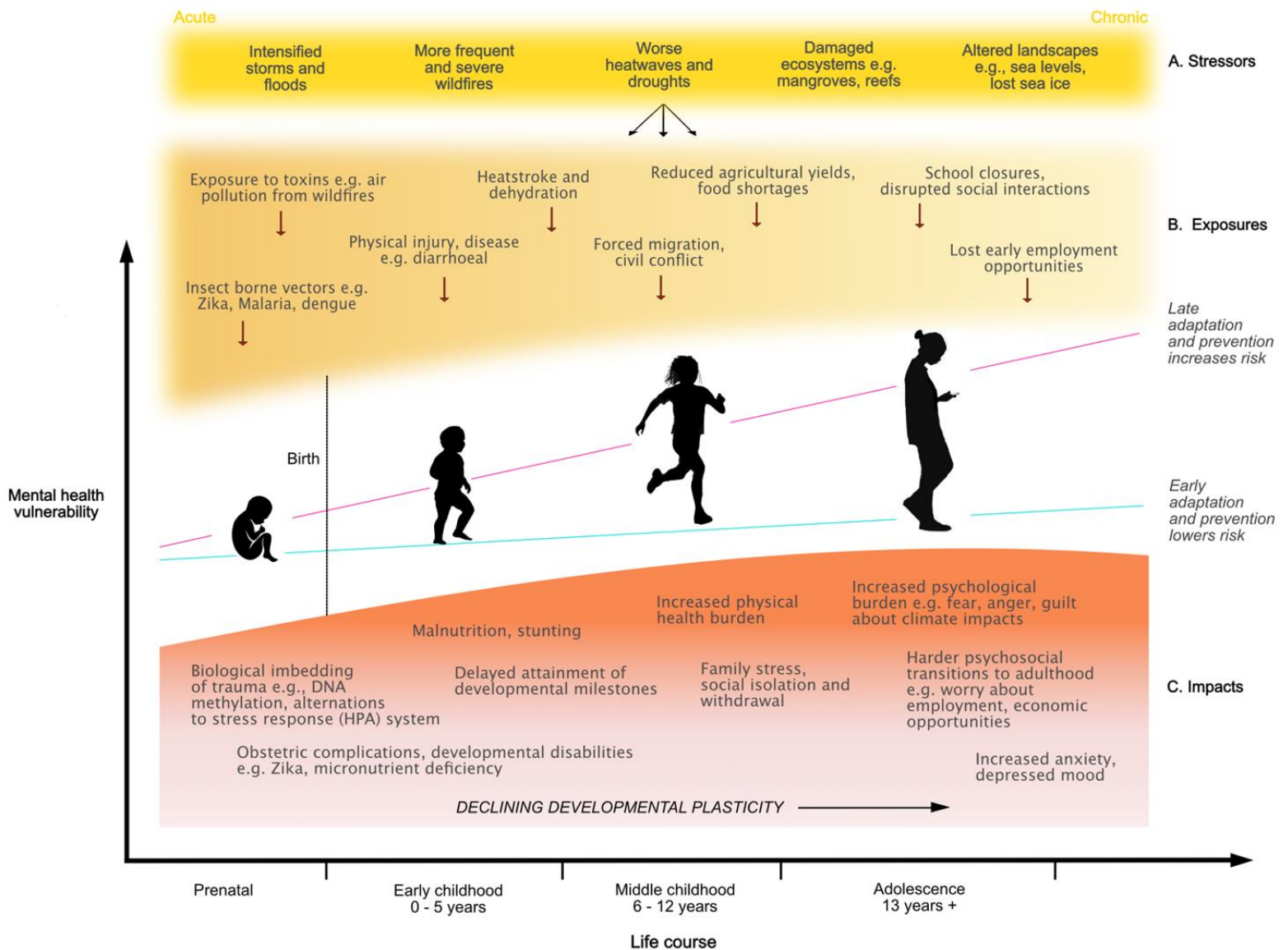


- Integrate children’s mental health and psychosocial wellbeing considerations into the new submissions for the Nationally Determined Contributions (NDCs) and National Adaptation Plans (NAPs), including multi-sectoral actions and considerations related to climate-resilient mental healthcare systems; the prevention and management of mental health conditions; and the promotion of wellbeing amid growing climate and ecological stressors.

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Annex 1

Figure outlining examples of climate change-related threats to mental health across the development course, taken from Vergunst F & Berry HL. Developmental Considerations in Understanding and Responding to the Mental Health Impacts of Climate Change, in K Hudson & E Haase (Eds), Young People's Mental Health and Climate Change: Responses from Many Disciplines. Cambridge University Press: Cambridge, UK (*forthcoming*)



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