



AMERICAN
PSYCHOLOGICAL
ASSOCIATION

CLIMATE CHANGE AND BEHAVIORAL HEALTH

(APRIL 21, 2025)

SESSION DESCRIPTION

The April 2025 issue of *Health Psychology* features a [Call to Action statement](#) from the Behavioral Medicine Research Council on the connection between behavioral health, climate change, and sustainability. Join us for a discussion with the authors and other experts to learn about how we can work with our communities and institutions for change and discover practical steps we can take to improve both our health and the environment.

Any opinions, findings, and conclusions or recommendations expressed by the presenters in Essential Science Conversations do not necessarily reflect the views, policies or positions of the American Psychological Association.

RELATED RESOURCES

During the discussion, panelists referenced the following resources:

Epel, E. S., White, K. E., Brownell, K. D., Rodin, J., Hollis, A. L., Diefenbach, M. A., Alegria, K. E., Fromer, E., Czajkowski, S. M., Bacon, S. L., Revenson, T. A., Ruiz, J., Maibach, E., & The Behavioral Medicine Research Council (2025). Transforming health psychology and behavioral medicine to address the climate crisis: A call for strategic research and advocacy. *Health Psychology*. Advance online publication. <https://dx.doi.org/10.1037/hea0001431>

Speiser, M. (2023). Mental Health and Our Changing Climate: Children and Youth Report 2023. Washington, D.C.: American Psychological Association and ecoAmerica. <https://www.apa.org/pubs/reports/climate-change-mental-health-children-2023>

Clayton, S., Manning, C. M., Speiser, M., & Hill, A. N. (2021). Mental Health and Our Changing Climate: Impacts, Inequities, Responses. Washington, D.C.: American Psychological Association and ecoAmerica. <https://www.apa.org/news/press/releases/mental-health-climate-change.pdf>

DeAngelis, T. (2024, October 1). Climate change disasters contribute to mental health issues in teens. *Monitor on Psychology*, 55(7). <https://www.apa.org/monitor/2024/10/climate-change-mental-health-adolescents>

Pappas, S. (2024, June 1). How heat affects the mind. *Monitor on Psychology*, 55(4). <https://www.apa.org/monitor/2024/06/heat-affects-mental-health>

Sustainability, Climate, and the Natural Environment

<https://www.apa.org/topics/climate-change>

A how to guide for getting started as a health professional advocate for climate policy solutions from Healthcare Without Harm:

https://us.noharm.org/sites/default/files/HealthProfessionalAdvocate_2020.pdf

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The Medical Society Consortium on Climate & Health
<https://medsocietiesforclimatehealth.org/>

Health Care Without Harm
<https://www.apa.org/topics/climate-change>

University of California Climate Resilience Initiative
<https://www.climate resilience.online/>