



# Climate change and mental health

## Child and Youth at the Forefront

ECOSOC YOUTH FORUM 2025 | SIDE EVENT REPORT



# Summary

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# Introduction

“Climate Change and Mental Health: Children and Youth at the Forefront” was organized by [ASEc+ Brazil \(ECOSOC\)](#), in collaboration with the [Global Mental Health Action Network](#) and the [Vertentes Mental Health Ecosystem](#). The event was held in a hybrid format: online via the Zoom platform and in person through a partnership with the [Brazil Foundation](#) office in New York City.

At a time when mental health and climate justice demand urgent attention, this side event created a much-needed space for youth voices and local perspectives to be heard at the global level. Through hybrid collaboration, the event bridged continents, brought forward lived experiences, and amplified grassroots knowledge that too often remains overlooked in traditional policy making arenas.

It’s important to highlight the role of ECOSOC Youth Forum side events as dynamic spaces that connect specialized audiences, bring together worldwide perspectives aligned by specific shared interests, and explore innovative solutions to global challenges. These events also allow youth-led initiatives to gain visibility, raise intergenerational dialogue, and build strategic partnerships that extend beyond the Forum itself.

During the event, people were connected, partnerships were formed, grassroots knowledge was shared, and this could only have happened thanks to the visibility and support provided by the ECOSOC.

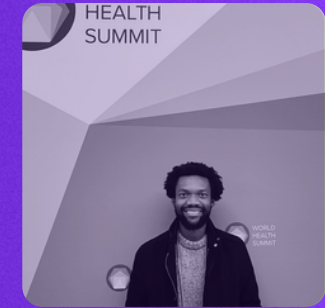
## Speakers



Omnia El Omrani, MD



Don Zane Muwanguzi



Dr. Victor Ugo



Muskan Lamba



Vanessa Santini Gomes



Murilo Slomka



Marcele Oliveira

# Executive summary

## Background

Climate change has profound impacts not only on our environment but also on the mental health of vulnerable populations, particularly children and youth. Climate change has been linked to increasing PTSD, depression, anxiety, substance abuse, and domestic violence (Miles-Novelo & Anderson, 2019; Morganstein & Ursano, 2020). As the world faces rising temperatures, more frequent and intense extreme weather events, and environmental degradation, young people are experiencing heightened levels of anxiety, stress, and trauma, due to both direct and indirect consequences of climate change. What was once primarily recognized as a harm to our physical health, climate change is now also deeply impacting our mental and emotional well-being (Tschakert, 2019; Cianconi et al., 2020; Pihkala, 2022). From displacement and loss of homes to witnessing environmental destruction, the mental health burden of climate change is growing.

Additionally, the social and psychological effects of climate change are exacerbated by inequality, with marginalized groups often bearing the brunt of these impacts. Children and youth, who are often at the forefront of activism and awareness around climate change, are also facing unique challenges in coping with the rapid changes happening around them.

Aligned with the global agenda of COY20 and COP30, both set to take place in Brazil this November, the hybrid event brought together young people to explore the intersection of climate change and mental health, with a special focus on the experiences of children and youth. Through an interdisciplinary lens, the event emphasized the importance of social inclusion, science-based solutions, and collaboration to strengthen the resilience of the younger generation. Sustainable development and mental well-being are

inextricably linked, and addressing both is essential to building equitable, resilient communities and capturing youth contributions for an advocacy paper to be released ahead of these global gatherings.

“

*Through an interdisciplinary lens, the event emphasized the importance of social inclusion, science-based solutions, and collaboration to strengthen the resilience of the younger generation.*

”

# Key goals and objectives

## A. Raise awareness

Highlight the growing mental health challenges faced by children and youth due to climate change, reinforcing mental health as a human right and integrating it into climate education and global forums like ECOSOC, COY20, and COP30. [SDG 3 & SDG 4](#)

## B. Policy advocacy and Youth Engagement

To advocate for the integration of mental health into climate change policies and programs (e.g., nationally determined contributions(NDC), national adaptation plans (NAP) etc.), and for the inclusion of youth voices in climate and mental health decision-making processes. [SDG 13](#)

## C. Highlight intersectionality

Address how climate change, mental health, and social inclusion intersect, especially in vulnerable communities, impacting education, employment, and economic resilience. [SDG 8](#)

## D. Promote resilience and partnerships:

Promote collaborative approaches to build resilience among children, youth, and organizations through multisectoral partnerships. [SDG 17](#)

## E. Prepare for Global Engagement

Ensure meaningful, effective, and safe youth participation in upcoming global events such as COY 20, COP 30 and the 4th UN High-level meeting on NCDs.

## F. Promote Science-Based solutions

Discuss evidence-based responses to the mental health impacts of climate change on young people, grounded in scientific data. [SDG 13](#)

## G. Support locally Led Research

Encourage culturally relevant research from LMICs that reflects local vulnerabilities and lived experiences, and amplify these findings globally.

# The side-event agenda

Based on the objectives and context given, we carefully selected speakers and contributors who bring diverse experiences and deep expertise across climate, mental health, and youth advocacy. We want to create a space where experiences, insights, and personal stories meet science and data, creating a safe, meaningful, and action-oriented environment for youth engagement.

In the next section, you'll find more about each speaker's background, as well as the purpose and outcomes of each panel.

\*Given the objective, this event will employ participatory methodology that would allow the participants to share their inputs and discuss

| Programme  |  |
|--|--|
| Introduction, Welcome remarks and Mentimeter by <b>Juliana Fleury, Murilo Slomka &amp; Rebecca Tavares</b> |  |
| Keynote address - <b>Omnia El Omrani</b>   |  |
| Panel I: The lived experience of the mental health impacts of climate change among young people            | Introduction + Child and Youth Advocate - <b>Vanessa Santini</b>     |
|  | Mental Health Expert - <b>Victor Ugo</b>                             |
|  | Policy-maker from a Youth-led organization - <b>Marcele Oliveira</b> |
|  | <i>Opened for discussion*</i>  |
| Panel II: Leveraging science and Social inclusion for Building Resilience                                  | Introduction + Youth Community Leader - <b>Don Zane Muwanguzi</b>    |
|  | Mental Health Advocate <b>Murilo Slomka</b>                          |
|  | Researcher in Climate Change - <b>Muskan Lamba</b>                   |
|  | <i>Opened for discussion*</i>  |
| Interactive Discussion and Q&A   |  |
| Concluding remarks & Call to action  |  |

# Programme

As presented on the executive summary, the programme is split in 5 moments: the Introduction, the Keynote address, the first & second panel, and the Conclusion.

## Introduction

To begin the event, [Juliana Fleury](#), co-organizer and ECOSOC civil society representative, opened the floor with a warm welcome. She provided an introductory overview to situate participants on the meeting's objectives and the flow of the upcoming panels. Her remarks also included institutional acknowledgments to Brazil Foundation, the ASEc+ team, Vertentes, and the Global Mental Health Action Network, recognizing their support and collaboration in making the event possible.

Following her, [Rebecca Tavares](#), CEO of Brazil Foundation, took the floor to share additional institutional acknowledgments. As the host of the event, she expressed her pleasure in welcoming a discussion on such a timely and real topic. She also offered a broader overview of Brazil Foundation's mission: mobilizing resources to invest in actions that transform Brazil. The Foundation connects leaders and civil society organizations with global support networks that promote equity, socio-environmental justice, and opportunities across the country.

To conclude the introduction, [Murilo Slomka](#), moderator and co-organizer, created a smooth transition from the opening remarks to the first segment of the session: the keynote address by Omnia El Omrani.



# Omnia El Omrani: Keynote address

## I. Purpose

The purpose of the keynote was to open the session by grounding the discussion in personal experience and a global perspective. The idea was to demonstrate how individual journeys could generate collective reflection and drive systemic change. Through the story, the speaker aimed to invite the audience to consider how the intersection between climate and mental health affected young people, and how youth-led, intergenerational, and evidence-based approaches could build resilience and shape public policies.

### Speaker's mini bio



Dr Omnia El Omrani is the Vice-Chair of the Global Climate and Health Alliance and an Egyptian medical doctor. She was the first official Youth Envoy to the Egyptian Minister of Foreign Affairs and COP27 President facilitating the participation of thousands of youth in the climate negotiations. She was then appointed as the Health Envoy and works as a Climate and Health Policy Fellow at Imperial College London. She is an MPP candidate at the Blavatnik School of Government at the University of Oxford. She serves as the co-lead to the Equity Group of the Lancet Commission on Prevention of Viral Spillover. She also serves on two other Lancet Commissions on Sustainable Healthcare and Global Governance on Health and on Our Common Air Commission.

## II. Takeaways and Insights

Dr. Omnia El Omrani opened the session by reflecting on the importance of meaningfully integrating children's and youth's voices into climate negotiations. She shared her experience as the first Youth Envoy appointed by the COP27 President, marking a historic first after 27 years of climate talks without this type of representation.

“  
*That was the first time the Youth Envoy position was established after 27 years of climate negotiations.*  
”

Omnia emphasized that while it is critical to understand the mental health impacts of climate change on young people, it is even more urgent to focus on solutions. She spoke about her work on a global Wellcome-funded project at Imperial College London, which convened over 900 experts from 90 countries, and across seven regions. through 21 cross-sectoral dialogues with Indigenous communities, young people, farmers, fisherfolk, and mental health professionals a shared agenda of lived experiences to address climate-related mental health challenges was created.

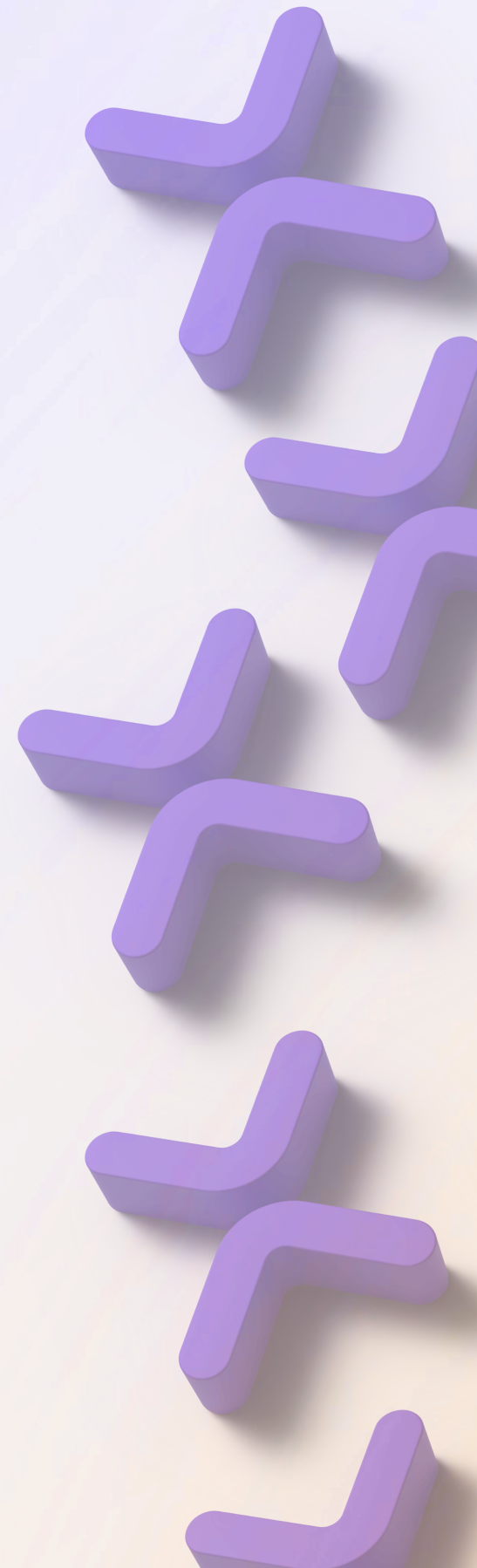
She highlighted two powerful case studies from the research:

- 1 A woman in Kenya who, after witnessing the psychological toll of drought on local farmers, became a psychologist and returned to offer mental health services in her village;
- 2 A research initiative in Australia that used art and storytelling to help Indigenous youth process climate emotions and co-develop community-based solutions.

Looking ahead to COP30, Omnia urged young people in Brazil and globally to seize the opportunity to co-design interventions that strengthen their resilience. She stressed the importance of centering mental health, especially for youth, within both climate adaptation and mitigation strategies. Concluding, she called for collective reflection and individual care to ensure that those working toward climate justice are also protecting their own well-being.

“  
*Many are experiencing climate grief and difficult climate emotions, and investing in our own mental health and resilience while doing the climate work, especially for children and young people, must be a priority.*

”



# Panel I: The lived experience of the mental health impacts of climate change among young people

## I. Purpose

The purpose was to center the voices of children and youth who directly experienced the emotional and psychological impacts of the climate crisis, while also highlighting the remarkable work they are doing in response. The panel brought together emotional narratives and expert commentary, showing the real-world impact of climate change from multiple perspectives. It also:

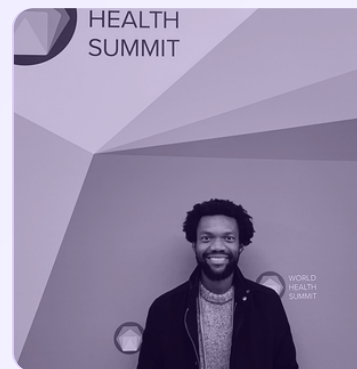
- Humanized data by highlighting personal stories and lived experiences.
- Explored how children and adolescents are coping with anxiety, eco-grief, climate-related trauma, and other mental health effects of environmental changes

For this panel, we brought together [Vanessa Santini](#), [Victor Ugo](#) and [Marcele Oliveira](#), references on their working sector.

### Speaker's mini bio



[Vanessa Santini](#) is a climate activist from a small community in inner Brazil. She is currently a student of political science and environmental policy at Duke University in North Carolina and has been working with the UNFCCC for almost 2 years. She is active within the children and youth movement within the space, but has also worked with the WWF climate negotiations team during COP29, supporting within the thematic of Loss and Damage. Vanessa has been an advocate for children and youth voices and space within the decision-making process.



[Dr. Victor Ugo](#) is a medical doctor and a global leader on child, adolescent, and youth mental health. Currently Senior Technical Advisor at The MHPSS Collaborative, he is deeply committed to, and expert in, ensuring meaningful youth engagement and participation is central to addressing global challenges, including the intersection of climate change and mental health.

## Speaker's mini bio



**Marcele Oliveira** is a cultural, communicator, and climate activist from Brazil. She is the Master of Ceremonies at Circo Voador and the current Executive Director of Perifalab.

Marcele is also the co-founder of the coalition O Clima é de Mudança and a Youth Climate Negotiator for the Rio de Janeiro Secretariat for Environment and Climate.

Her work focuses on the intersection between cultural practices and the fight against the impacts of climate change in underserved communities, with an emphasis on adaptation and climate education. Marcele has attended the last three international Climate Conferences (COPs) and is on the shortlist for the Presidency Youth Climate Champion at COP30.

## II. Takeaways and Insights

### A. Vanessa Santini

Vanessa started describing how many negotiators still hold the misconception that young people should be “playing and studying” instead of participating in high-level spaces, dismissing youth engagement

as unnecessary or symbolic. These spaces, filled with acronyms, technical jargon, and complex dynamics, are rarely designed in a child- or youth-friendly way. This contributes to the lack of protocols and support systems to ensure youth can participate safely and sustainably.

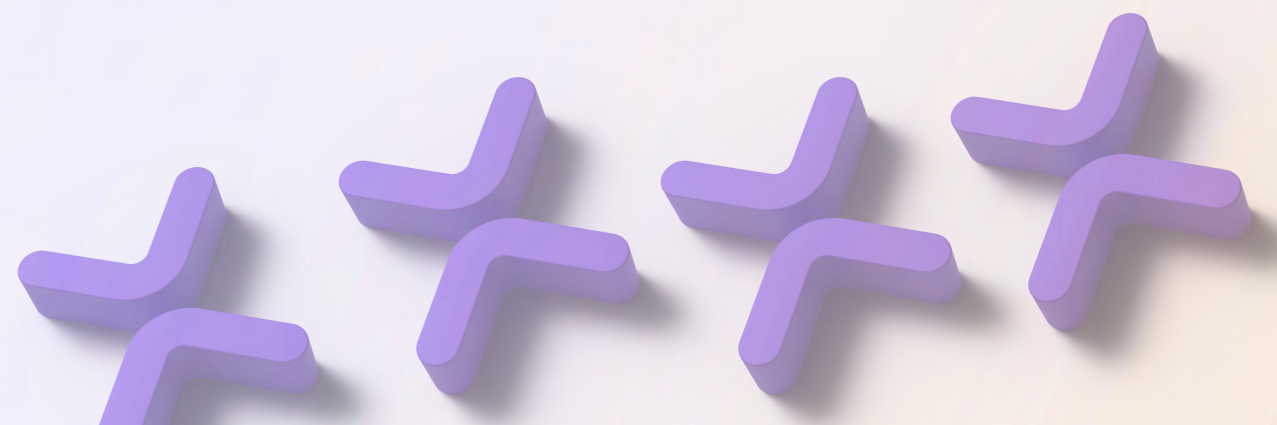
She stressed that this perception undermines the very real and urgent concerns youth have about their futures.

“

*We are here not just because we want to be.  
We're here because climate change is an  
emergency that directly affects us.*

”

She emphasized that youth are urging negotiators to treat the issue with the urgency it demands. However, engagement remains incredibly difficult due to a lack of capacity building, limited youth representation, and consultations that often feel performative rather than meaningful. Vanessa also spoke candidly about the mental health toll this work takes. She recounted her own feelings of powerlessness growing up in a resource-scarce region of Brazil, close to nature but far from decision-making.



““

*“Negotiations are slow, partners are resistant, and there's little space to talk about how all of this affects us emotionally,” she explained.*

””

She expressed concern that young people are often expected to support each other emotionally without having the training or professional resources to do so.

““

*“Who is taking care of us?” she asked.  
“Because we cannot be the only ones taking care of each other.”*

””

Vanessa concluded by underscoring the need for trained mental health professionals to be present in these spaces, not only to support youth but to acknowledge that their participation matters and their well-being must be protected.

## B. Dr. Victor Ugo

Dr. Victor Ugo shared insights into youth engagement in addressing climate change and mental health during the panel discussion. Victor emphasized the importance of meaningful and safe youth participation, moving beyond the rights-based approach to one that acknowledges how young people wish to be involved. He discussed the need for safe spaces that are not only physically secure but also psychologically, socially, and culturally safe, particularly when dealing with sensitive topics like climate anxiety and trauma.

““

*“Safe engagement isn't just about physical security, it's about creating environments where young people feel seen, heard, and validated without the pressure to perform trauma.”*

””

Dr. Victor pointed out common misconceptions, such as assuming that experience working with young people automatically ensures their engagement is meaningful and safe, or that young people are inherently equipped to navigate complex adult-dominated spaces.

““

*“Meaningful engagement must be sustained, non-tokenistic, and not just a one-off consultation. Young people's inputs should genuinely influence decisions, policies, and outcomes.”*

””

To truly create meaningful engagement, Victor proposed the need for sustained involvement, transparency in how youth inputs influence outcomes, and co-creation of initiatives. He argued that youth leadership should go beyond tokenism and that young people should have opportunities to lead projects themselves.

“  
*Don't just invite young people in. Pay them, train them, and value them like any other expert.*  
”

For Dr. Victor, meaningful youth involvement must begin with internal reflection followed by intentional planning. He challenged organizations to go beyond symbolic gestures like youth advisory boards and instead create robust, written youth engagement strategies. With clear goals, principles, and inclusive processes, especially for those most impacted and often unheard.

Dr. Victor used the metaphor of a building to describe this work:

First, you need to invest in the **space for engagement**: skilled facilitators, accessible  
**1** formats, and inclusive environments that allow young people to show up as their authentic selves.

Then, invest in the **furniture**: mentorship, training, and capacity building. He  
**2** pointed to evidence-based peer support models that are already being piloted and scaled.

“  
*Youth engagement isn't a checkbox. It's a process of reflection, investment, and humility – and it's worth doing well.*  
”

Finally, he underscored the need for compensation, calling on organizations to establish clear policies to value young people's time and expertise just as they would any other consultant. And if monetary compensation isn't possible, they must be transparent and offer non-monetary value such as mentorship, access to networks, and public recognition.

### C. Marcele Oliveira

Marcele shared how she began her journey with local movements, and today, she is dedicated to mobilizing her community around environmental protection and mental health, focusing on the intersection of these issues.

She takes pride in the impact of a movement that began with small actions, such as mobilizations for green parks in the city, and evolved into the creation of public policies. For Marcele, the concept of “well-being” goes beyond living a good life

with opportunities and is directly linked to the idea of caring for the environment around us, recognizing nature as essential to our physical and emotional well-being.

Marcele emphasizes the importance of adopting a new perspective on the environment and mental health, particularly in the context of climate change. The disconnection of urban communities from nature and the conditions necessary for well-being are critical issues. According to her, art is a powerful means to bridge this gap.

“

*I believe that culture and art are vital tools for communication, especially within underserved communities. They allow us to connect different generations and perspectives, creating a space where creativity can thrive.*

*In urban contexts, we often forget about rivers, green areas, and the way food reaches our tables. This project focuses precisely on that connection, emphasizing how we need to rethink our relationship with the environment in the face of climate change.*

”

Marcele's climate activism also extends to a broader conversation about social technologies, highlighting the importance of emotional and social skills (soft skills) to face environmental and social challenges collectively. She believes that youth mobilization is a key driver for changing the future, with a particular focus on ensuring that the voices of peripheral communities are heard, both in international climate negotiations and in local policies.

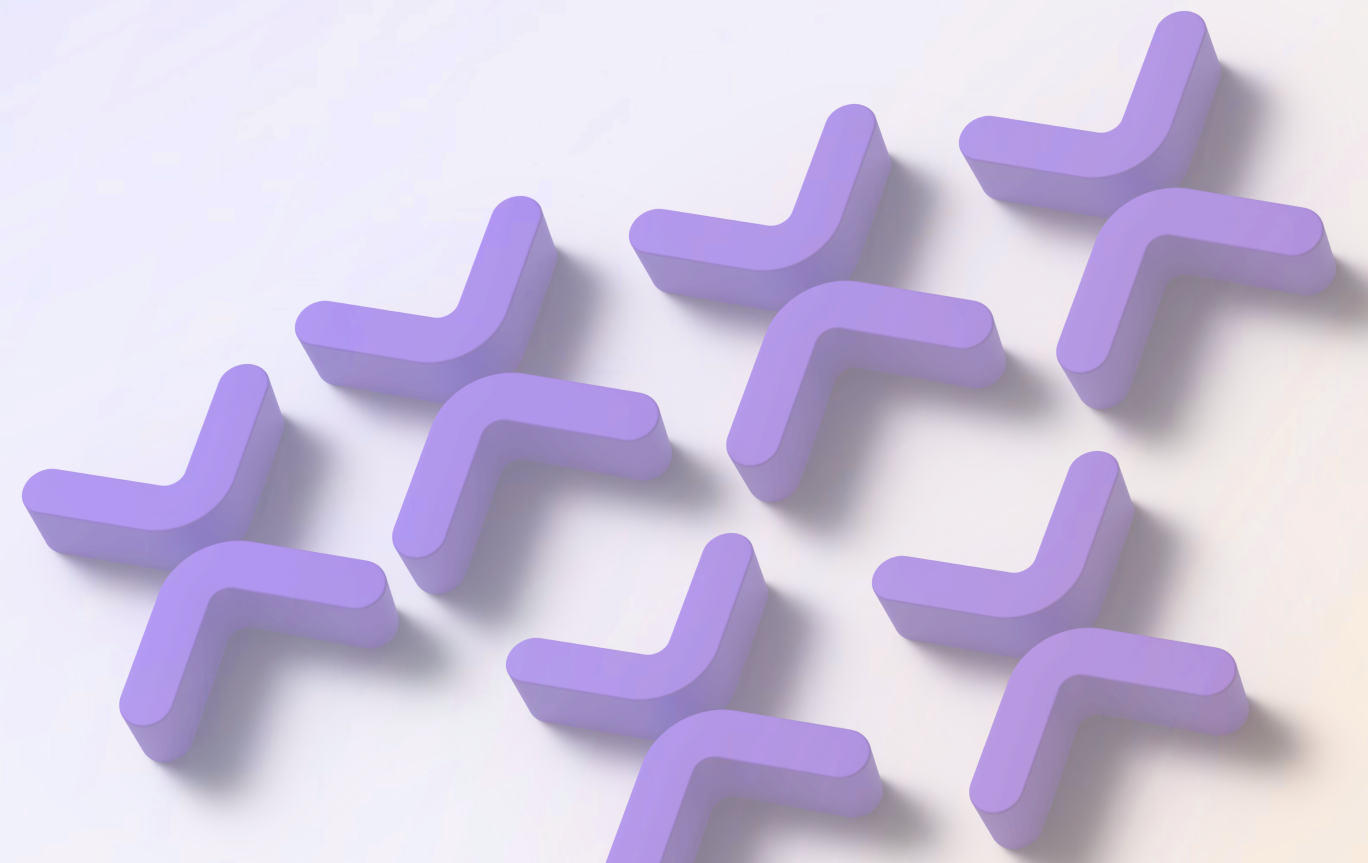
Concluding, Marcelle explained that:

“

*The importance of a river is not the same for someone who lives near it compared to someone who lives far away.*

”

She used this as a metaphor to emphasize that environmental solutions shouldn't be decided completely by those who are distant from the actual issues.



# Panel II: Leveraging science and Social inclusion for Building Resilience

## I. Purpose

The purpose was to explore how science, equity, and culturally grounded approaches could help build mental health resilience among children and youth in the face of climate change. The panel created a dialogue between science and social inclusion, emphasizing the power of youth-driven, evidence-based, and community-informed solutions to strengthen resilience. It also uplifted perspectives from the Global South, advocating for more locally led research and collaboration.

For this panel, we brought together [Muskan Lamba](#), [Don Zane Muwanguzi](#) and [Murilo Slomka](#), co-chairs at the Global Mental Health Action Network Child And Youth Working Group.

### Speaker's mini bio



[Muskan Lamba](#) (she/her) is an Economics graduate and a climate–mental health advocate from India, having worked with organizations like the Good Grief Network, Resilience Project UK, World Ocean Day, WWF India, and UNESCO. She serves as a Youth Advisor for the Being Initiative and as Co-Chair of the Child and Youth Working Group at the Global Mental Health Action Network. For her Master's thesis, she has been studying how climate emotions show up for young people in South Asia—one of the first studies on this in the region. She's leading a peer support community for women in their 20s to nurture emotional health through shared experiences. She's also part of the proposed Lancet Commission on Climate Change and Mental Health.



[Don Zane Muwanguzi](#) (he/him) is a Ugandan mental health advocate and Co-Chair of the Global Mental Health Action Network's Child and Youth Working Group. He is the founder of Awesome Mind Speaks (AMS), a youth-led organization that has reached over 5,000 young people in Uganda with mental health information, peer support, and referrals. Zane works at the intersection of mental health, youth engagement, and systems change—driving community-centered solutions that amplify the voices and needs of young people. Emerging as a global mental health leader, Zane actively contributes to the Global Mental Health Action Network to ensure young people are at the forefront of shaping mental health priorities. As a youth representative on the UN Joint Program on Adolescents and Youth, he champions the integration of mental health across all development outcomes, ensuring youth voices are heard in both national and global mental health agendas.

## Speaker's mini bio



**Murilo Slomka** (he/him) is a Brazilian mental health advocate from a small town in São Paulo, Brazil. As an incoming freshman at Northwestern University, he

plans to major in Human Development in Context and Economics. He believes in the power of safe and meaningful youth engagement in mental health and has dedicated the past four years to this cause. Murilo is currently the co-chair of the Child and Youth Working Group at the Global Mental Health Action Network, where he co-leads a community of over 1,520 members worldwide, amplifying young people's voices in local, national, and international contexts and also Youth Advisor at the Born This Way Foundation. He co-founded Blossom, a youth-led initiative that has engaged more than 60 teens since 2021, advocating for mental health from their schools to decision-making spaces.

## II. Takeaways and Insights

**Zane** opened the panel by highlighting the growing connection between climate change and mental health, particularly among vulnerable

populations. He cited data from the Manafwa district, where 65% of adolescents face mental health challenges and 44% report anxiety. Frequent natural disasters, such as floods and landslides in areas like Bududa and Butaleja, worsen these conditions.

Zane emphasized the urgency of evidence-based, locally adapted interventions and the importance of multi-stakeholder collaboration to build resilient infrastructure, integrate mental health into school curricula, and strengthen community-based support systems. On language and culture, Zane underscored the role of traditional wisdom and everyday expressions in shaping community responses.

“

*The cultural emphasis on hard work, mutual assistance, and perseverance not only provides comfort in times of crisis but also informs local mental health interventions.*

”

**Muskan** reflected on the reality in South Asian countries such as India, Nepal, and Bangladesh, where climate anxiety is still an emerging topic in academic research, yet widely experienced by youth. She advocated for community-informed, youth-led research as a way to surface emotional truths often overlooked by Western mental health frameworks. Spirituality, ecological grief, community bonds, and intergenerational trauma all shape how young people experience and respond to climate-related stress.

She emphasized the quiet power of naming, which helps reduce stigma and creates pathways for collective care. Language, in this context, becomes a powerful tool for emotional survival.

“

*When young people encounter the term "climate anxiety" for the first time, it helps them make sense of years of unspoken emotions.*

”

Murilo presented the Brazilian context. A recent Fiocruz study found that over 60% of adolescents in climate-affected areas report symptoms of anxiety and depression, especially where schools are disrupted or infrastructure collapses. He highlighted youth-led responses across Brazil, such as school-based listening circles and community practices that combine Indigenous knowledge with psychosocial care, treating nature itself as a source of healing. These are not mere coping mechanisms, they are culturally rooted tools for climate adaptation. On the importance of language, Murilo also emphasized the political dimension

of care, quoting a common expression in Portuguese: “Cuidar é um ato político” (to care is a political act.).

“

*Investing in youth mental health is not charity but strategy.*

”

He concluded with an invitation to the upcoming side event: “Investing in Children and Youth Resilience, Mental Health and Psychosocial Support: From FfD4 and the UN High-Level Meeting on Mental Health to COP30.” The event aims to promote a child-lens investing model that integrates mental health into national budgets, sustainable development financing, and climate adaptation mechanisms such as loss and damage funds, framing mental well-being as an investment in long-term resilience, productivity, and peace.

## Additional contributions

Robert, a 12-year-old and creator of the [YouTube channel Children's Climate Championship](#). He shared his journey as a young environmental communicator. He interviews children, scientists, and organizations about the role youth can play in tackling biodiversity loss and climate change. His involvement began three years ago, driven by climate anxiety and frustration at seeing many adults shift from outright denial to a defeated acceptance, without taking concrete action.



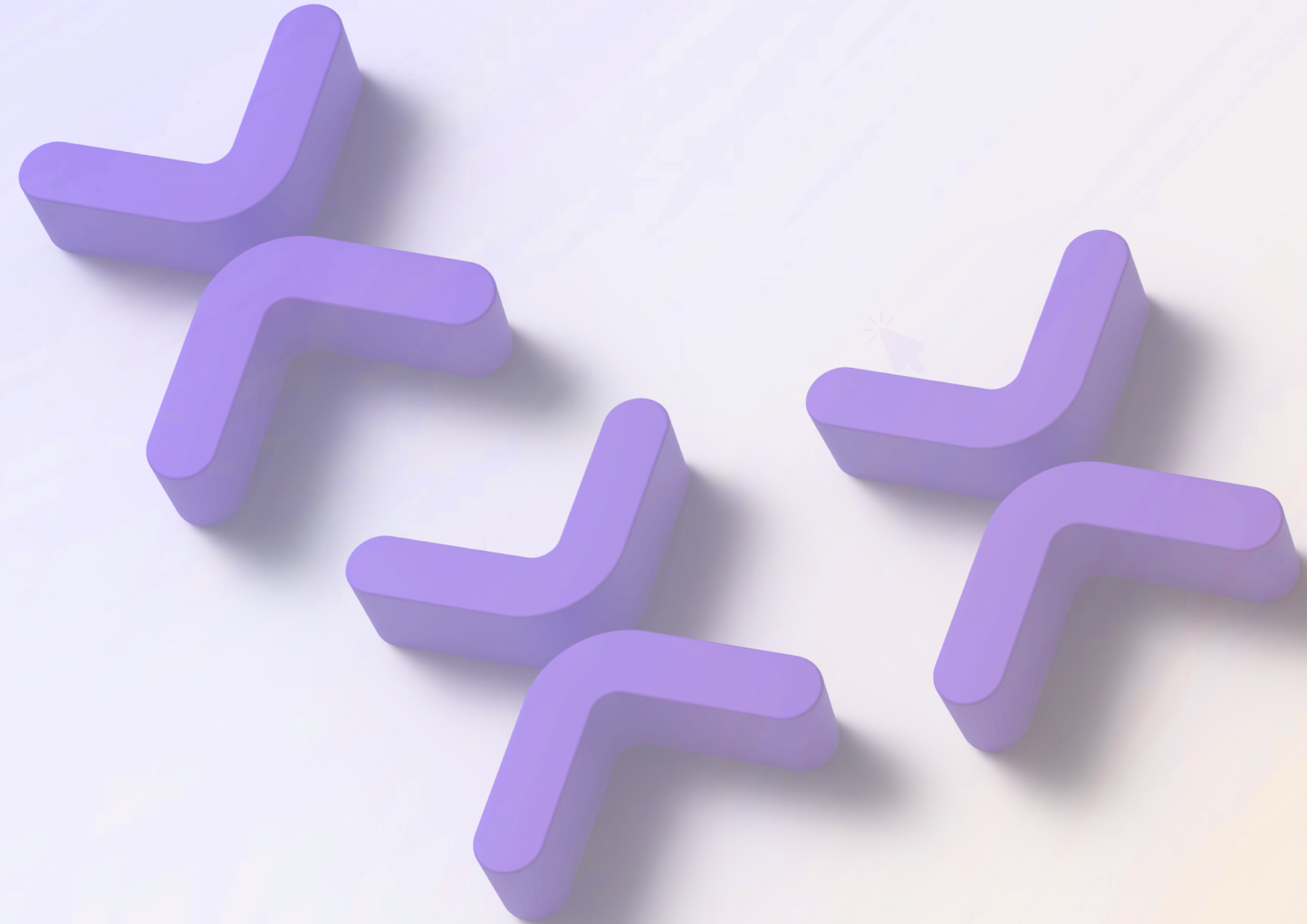
*"There were so many people who said climate change isn't a thing, and I thought when they started feeling the effects... they would start taking action, but that didn't happen"*



Robert emphasized the importance of supporting children's mental health in the face of environmental crises and offered to share one of his [videos alongside Dr. Lise Van Susteren](#), which provides valuable tips on the topic. In his remarks, he also expressed the pressure many young people feel when they are seen as the main source of hope, even when the adults around them are unwilling to take action.



YouTube channel  
[Children's Climate Championship](#)



# Conclusion

Throughout the event, we explored various perspectives, from which we derived essential recommendations and insights that should guide our future actions. In this final section, we are highlighting these core lessons.

## II. Takeaways and Insights

- + Youth need safer, more supportive spaces in climate negotiations. International climate processes aren't usually designed with young people in mind, lacking safety protocols and mental health support to ensure sustainable youth participation.
- + Safe engagement isn't just about security, but about ensuring youth can express themselves without the pressure of performing trauma.
- + Emotional toll is a barrier to sustained youth engagement. Feelings of powerlessness and burnout affect

young people involved in climate work, especially when they are expected to care for one another without professional support.

- + Youth involvement often feels symbolic, not impactful. Youth are included in negotiations, but often without the tools, training, or actual influence needed.
- + Meaningful youth involvement requires sustained participation and transparent processes where youth can clearly see how their contributions impact the results.
- + Well-being and nature are deeply interconnected. Environmental and mental health must be addressed together. Urban disconnection from nature is a key issue in both crises.
- + Art and culture bridge generations and foster climate dialogue. Creative expression is a powerful way to connect communities, especially

marginalized ones, around environmental awareness and healing.

- + Meaningful youth engagement begins with organizations reflecting internally and then creating clear, intentional plans for youth involvement. This goes beyond symbolic gestures like youth advisory boards and ensures inclusive, well-structured processes that genuinely include young voices.
- + Mental health impacts of climate change are deeply contextual. Climate-related mental health challenges and also solutions can be shaped by cultural beliefs, spiritual practices, infrastructure collapse, and exposure to repeated disasters.
- + Local knowledge and language are powerful tools for healing. Cultural values, traditional expressions, and the act of naming emotions (like "climate anxiety") play a key role in how

communities process trauma and foster resilience.

- + Youth-Led, community-informed approaches are essential. Young people are already developing innovative responses, from listening circles in Brazilian schools to youth-led research in South Asia. These responses often blend psychosocial care with community knowledge.
- + Mental health must be framed as a strategic investment. Addressing mental health is not just a social priority, it's a strategic economic investment. Mental well-being improves educational outcomes, productivity, and civic engagement

# Recommendations

## For the youth

- 1 Prioritize collective care and mental health in activism**
  - a) Create peer-support systems and advocate for professional mental health support in advocacy spaces.
  - b) Encourage practices that protect emotional well-being while sustaining long-term engagement.
- 2 Seize opportunities for co-design and leadership**
  - a) We, young people should actively engage in processes like COP30 to co-create interventions that reflect our lived experiences and strengthen our communities' climate resilience.
- 3 Use art and culture to strengthen climate engagement**
  - a) Promote creative tools as a means to connect generations, raise awareness, and foster emotional resilience, especially in underserved or urban communities disconnected from nature.
- 4 Acknowledge and leverage cultural and linguistic tools**
  - a) Use local language, expressions, and cultural values to reduce stigma, validate emotional experiences, and foster collective healing in ways that resonate deeply with affected communities.

## For authorities

### 1 Design inclusive and youth-safe negotiation spaces

- a) Ensure that international climate spaces include trained mental health professionals, clear safety protocols, and non-performative youth participation that values lived experience and proximity to environmental issues.

### 2 Decentralize climate decision-making

- a) Prioritize local voices, especially from marginalized and frontline communities, when shaping environmental policies.
- b) Proximity to nature brings insights that distant stakeholders may miss.

### 3 Invest in Youth Capacity

- a) Provide training, mentorship, and access to inclusive formats. Build structures that support young people as full participants, not just guests.

### 4 Ensure Fair Compensation

- a) Value youth time and expertise.
- b) If financial compensation isn't possible, offer alternatives such as mentorship, access to networks, and visible recognition.

### 5 Develop written youth engagement strategies.

- a) Move beyond symbolic inclusion. Establish documented, transparent strategies outlining how young people are engaged, how their input shapes decisions, and how those most impacted are prioritized.

### 6 Support community-based, youth-Led mental health interventions

- a) Fund and scale locally developed initiatives that combine traditional knowledge and youth leadership in responding to climate-related stress.

### 7 Frame Youth Mental Health as an Economic Priority

- a) Advocate for national and global financing mechanisms (e.g., loss and damage funds) to include youth mental health as a core investment area, recognizing its role in enhancing productivity, stability, and climate resilience.

Let's make sure these voices shape the solutions ahead, carrying them into policies, projects, and everyday decisions.

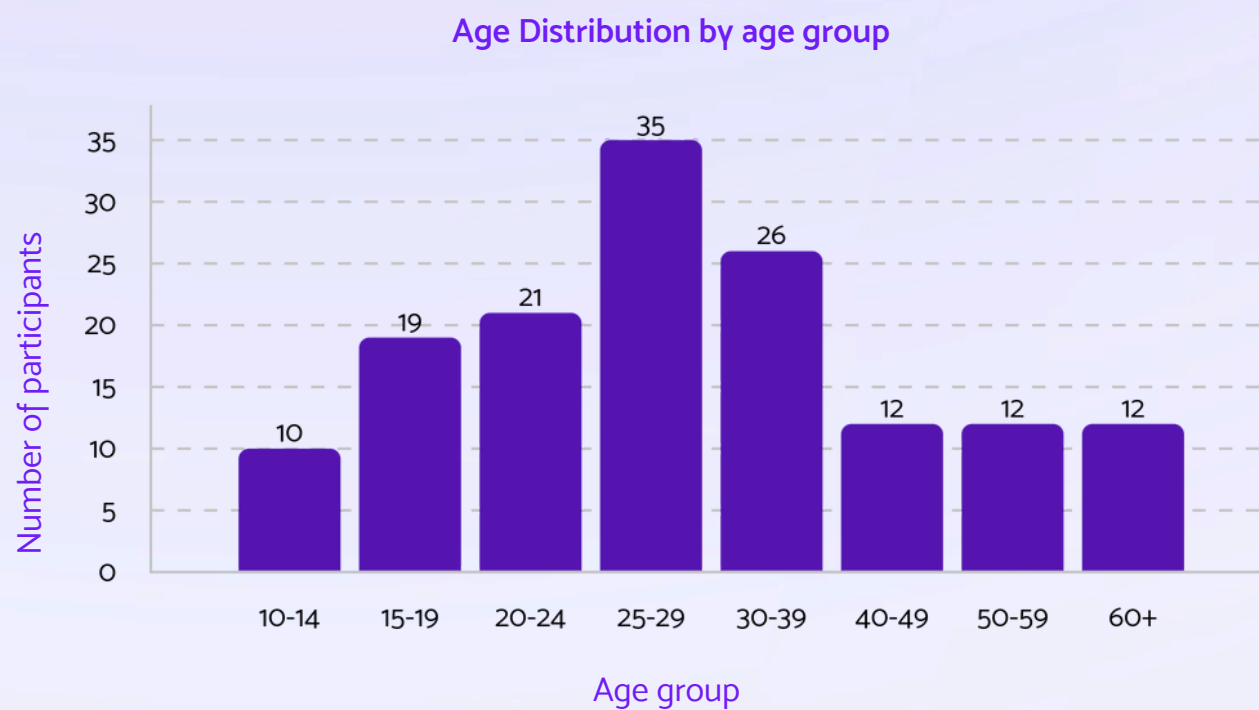
# Audience Demographics

The event brought together a total of 42 participants attending both in person and online simultaneously. In addition, 147 registered individuals expressed interest and will receive follow-up materials, including summaries of the discussions, commitment letters, the meeting recording, the official event report, and additional supporting resources for further engagement.

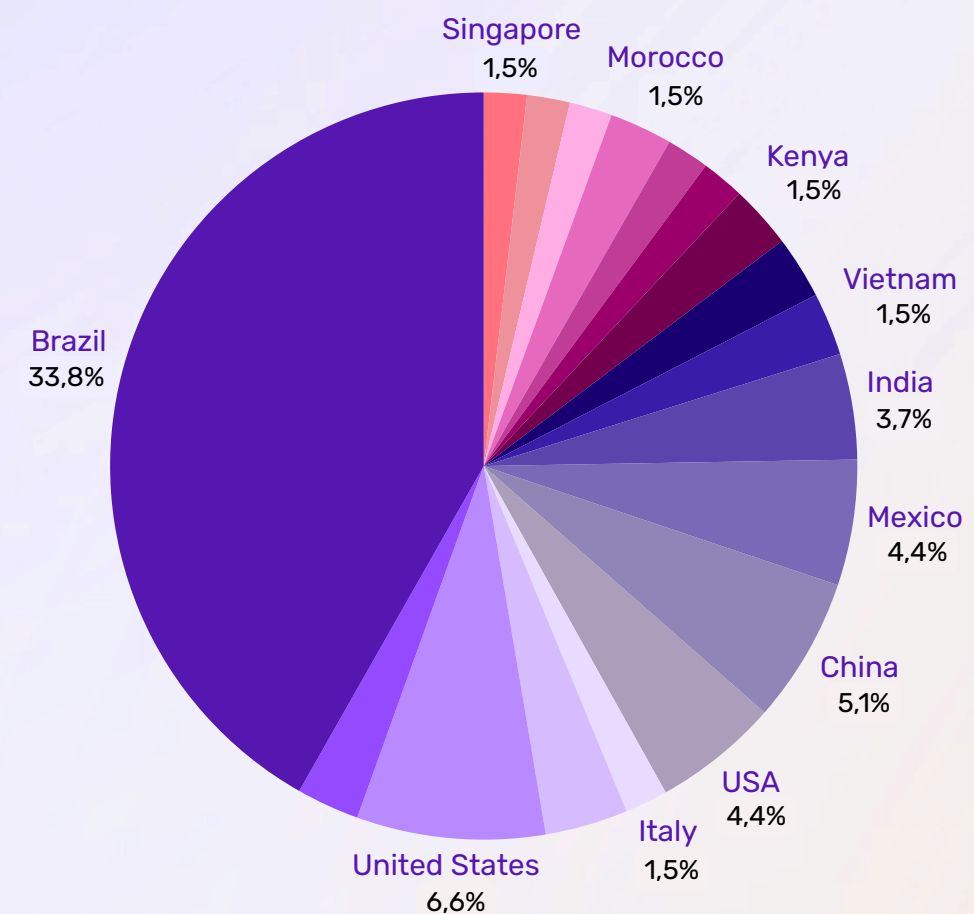
This section provides a breakdown of the event's attendees based on key demographic characteristics. Understanding the audience is crucial for evaluating the effectiveness of the event, tailoring future content, and ensuring that the event reaches the intended target group.

## I. Age Distribution

The attendees' age range is critical in understanding the relevance of the event's content for different age groups. The distribution is as follows:



## II. Geographic Distribution



# Supporting Materials

This section brings together visual and documentary records that support the discussions and outcomes of the event.

## I. Relevant links



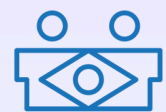
**ASEc+**

[asecbrasil.org.br](http://asecbrasil.org.br)



Video indicated by Robert at Children's Climate Championship Mental health channel on Kids mental health & climate change:

Kids Mental Health & Climate Change with Dr. Lise Van Susteren



**Brazil Foundation**

**Brazil Foundation**  
[brazilfoundation.org/en](http://brazilfoundation.org/en)



Global Mental Health Action Network

**Global Mental Health Action Network**

[gmhan.org/child-and-youth-mental-health](http://gmhan.org/child-and-youth-mental-health)



**The MHPSS Collaborative website (Youth engagement & climate guides, mental health support and related initiatives)**  
[mhpscollaborative.org/areas-of-work/adolescents-and-youth](http://mhpscollaborative.org/areas-of-work/adolescents-and-youth)



**Vertentes**  
Ecosistema de saúde mental

**Vertentes: Mental Health Ecosystem\_**  
[vertentes.org](http://vertentes.org)

## I. Media from the event

The attendees' age range is critical in understanding the relevance of the event's content for different age groups. The distribution is as follows:



**Event Flyer**

Speakers announcement



**Event Flyer**

Date and Placement



**Juliana Fleury, Vanessa Santini,  
Muskan Lamba and Murilo Slomka**

**Beto Carvalho, Rebecca Tavares,  
Juliana Fleury and Murilo Slomka**



**Murilo Slomka, Muskan Lamba, Juliana  
Fleury and Don Zane Muwanguzi**



**Vanessa Santini, Murilo Slomka and  
Victor Ugo [Online]**



**Vanessa Santini, Murilo Slomka and  
Victor Ugo [Online]**



## ECOSOC YOUTH FORUM SIDE EVENT REPORT

ORGANIZED BY ASEC+ BRAZIL (ECOSOC) WITH GLOBAL MENTAL HEALTH ACTION NETWORK, AND VERTENTES MENTAL HEALTH ECOSYSTEM

[APRIL 16TH AT 8:00 A.M - 10:00 A.M,  
NY TIME/EST]. BRAZIL FOUNDATION -  
216 E 45TH ST #1106, NEW YORK,  
NY 10017.