



WORKSHOP»

MENTAL HEALTH & CLIMATE JUSTICE

DATE: Saturday, September 21, 2019
TIME: 4:00PM – 5:30PM (support group following)
LOCATION: 4W43 Building, Aqua Room
4 West 43rd Street, New York, NY 10036
Between 5th and 6th Avenues

Facing the reality of the climate emergency can be emotionally challenging for everyone. We need places to address this for ourselves and we need to improve our communication with people who have difficulty facing this crisis. Mental health oppression enforces conformity and can make people less likely to act against authority or resist oppression. It targets those who look upset, labels them, and promotes psychiatric drugs as solutions to their difficulties instead of natural emotional healing. This suppresses people's emotions and their ability to think freely. In this workshop we will:

- ★ Provide information about the mechanisms of mental health oppression and ways to counter them.
- ★ Create safe spaces to talk, listen and support each other.
- ★ Build skills and capacity to be able to assist others to do the same.



Sustaining All Life



SustainingAllLife.org



UnitedToEndRacism.org



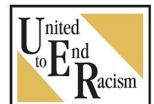
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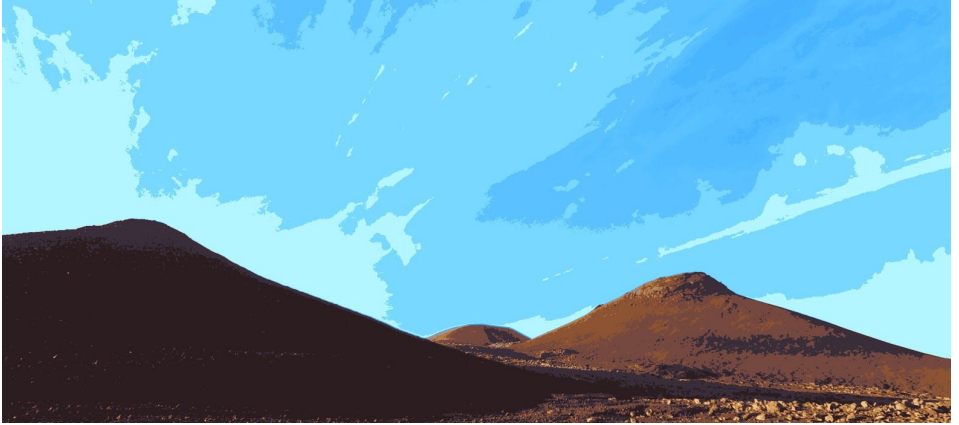


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THE WORK OF SAL & UER

It is possible to limit the effects of human-caused climate change and restore the environment, but some very large changes in our economy and the lives we live are needed for this to happen.

Sustaining All Life (SAL) and United to End Racism (UER) believe the environmental crisis cannot be resolved without ending racism, genocide toward Indigenous peoples, classism, sexism, and other oppressions.

We believe that the barriers to building a large and powerful movement sufficient to make the needed changes include (1) longstanding divisions (caused by oppression, and especially racism and classism) between nations and between groups of people, (2) widespread feelings of discouragement and powerlessness, (3) denial of or failure to engage with the escalating damage to the earth's climate, and (4) difficulties in effectively addressing the connections between the environmental crisis and the failures of our economic system.

The mental and emotional harm done to us by oppression and other hurtful experiences interferes with our ability to think clearly and sets groups of people against each other. In SAL and UER we have learned that it is possible to free ourselves from these hurts and address barriers to effective organizing. By taking turns listening to each other and encouraging emotional release, people can heal from the mental and emotional harm and become better able to think, speak out, and organize and lead others in building a sustainable world. SAL and UER are projects of and use the tools of Re-evaluation Counseling, which currently exists in 95 countries.



Sustaining All Life

For more information, see:

www.sustainingalllife.org or www.unitedtoendracism.org

or write: Sustaining All Life/United to End Racism

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