

Mental Health and How It Can Be Intertwined With The Environment: A Resource Guide



Feel free to contact The Community Check-Up at thecommunitycheckup@gmail.com for inquiries

Dear Community Members,

There has been an ongoing issue of mental health concerns in our communities. One in every four people in the entire world have been affected with these health issues. 5% of adults experience some sort of mental illness in one year which can be equivalent to almost 44 million people. As a community we all need to come together and tackle this issue to cause awareness.

The Community Check-Up is an organization focusing on environmental issues that can directly impact us by informing community members of these problems. We want to introduce this resource guide that will talk about all issues concerning topics such as how environmental and mental health are connected, how particle matters can influence our mental health, and how the increase of green spaces are a necessity in order to increase the wellbeing of our minds.

This resource guide includes more than just information on the subject, it also includes resources and details about the most common mental illnesses. It contains data on experiments that were conducted on the relevance of environment health to mental health. It will be an asset to people who need or want to become educated towards this discussion. Yet again, we hope this resource guide will educate others, acknowledge that there is a problem, and create conversations about it. If you have any questions or concerns regarding this guide feel free to contact us through our email (thecommuitycheckup@gmail.com). We all need to unite in order to recognize that there is an issue that needs to be solved!

Best wishes,

The Community Check-Up



Introduction

This guide is a source for educating people on the details of how mental and environmental health are interconnected. It goes in depth of all the things that are in our environment such as our air or the ocean and how the many problems (such as plastic in the ocean) has affected our mental health through the mistreatment of our environment. Knowing all information on all the things that we are doing in our daily lives that impact us could save us and our home, Earth. That is why this resource guide can be a wonderful tool to not only educate us but to also take the information and incorporate the healthy suggestions from multiple sources.

Environmental Health is a type of health that is mainly based on how the environment can affect our health. The many issues such as air pollution is one of the issues we talk about in our guide. Disparities can be represented in poorer communities due to the low quality of the environment. Poverty is another topic discussed in this resource guide, and so is social injustices because social injustices are a part of disparities in our environmental health.

Other topics discussed can be about lighting in our environment, how green spaces are beneficial for us and the environment, and also how plastic (which has become a worldwide problem) is in our oceans and what we can do about it. There are so many more topics on this discussion and in each topic, I have listed articles and other resources to help aid in all these issues. Please take the time to check out each study and source to educate yourselves on the issues of mental and environmental health.

PM 2.5

PM 2.5 is particulate matter that is an air pollutant. When it becomes high, it can be a concern for the health of society. There are many projects done highlighting how PM 2.5 can impact mental health. According to [Ecowatch](#), PM 2.5 can contain aerodynamic diameter due to its composition. The ability to induce stress in PM 2.5 can also affect our nervous system (which can create neuroinflammation). The neuroinflammation then in fact can lead to anxiety and cognition. Fossil fuel-powered vehicles, power plants, and cooking are all sources of PM 2.5 that can be easily directed into our lungs. This particulate matter can then end up in our bloodstream, causing swelling in our brains.

- [Ecowatch](#) has created an entire guide on PM 2.5 and its relation to our mental health. It talks about one of the experiments that has been done by [Environmental Health Perspectives](#) that has found PM 2.5 to be linked with the increase of psychiatric visits for 2 days after the initial check-in point. Within those days, they have found that the visits were linked to anxiety, suicidal thoughts, and same-day visits were associated with higher rates of schizophrenia.
- Researchers indicate that the increase of air pollution can be directly intertwined to the increased risk of being in the hospital for suicidal thoughts within 44%. Children in more rural areas can be affected by double the risks and these children were also more likely to need treatment for anxiety by 39%.
- [Harvard School Of Public Health](#) recently conducted a study led by the [BMJ](#) regarding PM 2.5. The project included 71,271 women, who

were enrolled into their nurse health study. Those nurses were exposed to concentrations of PM 2.5. One of the outcomes of the experiment was that 15% of the subjects had experienced some sort of fearfulness and a tendency to become more worried. Other studies similar to this have proven that women who are more exposed to air pollution had an increase in anxiety.

- Research funded by the Ochsner Clinic Foundation also highlighted how PM 2.5 impacts depression rates. A 2018 study by Naureen A. Ali and Adeel Khoja showed the relation between PM 2.5 and our mental health. The researchers found that depression rates increase due to increased stress caused by inflammation . The study also states that PM 2.5 can increase the chances of depression by 6.67%, which amounts to over 22.88 billion dollars in medication in the industry. Because of the study, it can even be found that for every 10 $\mu\text{g}/\text{m}^3$ increase in the level of nitric oxide, depression rates increase two-fold.

These experiments and studies show that this is an ongoing problem in areas that contain air pollution, especially particulate matter like PM 2.5. We need to become more aware of this problem so we can shape policy action. Below are some sources that can also help decrease the amount of air pollution:

- The EPA has created [AirNow](#) that shows the air quality across the United States. They have collected the data through different sources from all around the nation to form this resource. It is easily accessible and user friendly, and it can easily tell us the air quality of the communities we live in.
- According to [HealthLinkBC](#), some ways we can help reduce the amount of PM 2.5 in our areas is by reducing smoking in our

communities, limiting the use of fireplaces or wooden stoves, and taking action to reduce wildfires.

- [NoTv Food](#) indicates six ways we can actually help reduce air pollution directly from our homes. The methods include increasing ventilation and using products such as beeswax candles, salt lamps, activated charcoal, houseplants, and essential oils. These can be great air purifiers, and in the case of the essential oils, they can help reduce viruses, bacteria, mold, and fungi.

Social Injustice

Social Injustice is all the unfair measures that are committed in our society. Examples of social injustice include sexism, racism, and homophobia. The field of environmentalism and environmental health is not limited to simply the biological environment and physical topography we live on. Rather, most environmentalists and environmental health advocates include social injustice as a part of the environmentalism movement; this comprehensive definition has often been coined with the term 'environmental justice'.

- **Racism** can significantly impact the mental health of community members. Racism is the belief that one race thinks they are racially superior to other races due to qualities or abilities. This ideology may take many forms such as modern racism, aversive racism, and more. For this reason, racism is a significant issue in this country to this day. The prevalence of racism can actually cause stigma in outgroups and cause more issues like depression in certain minorities. [The Robert Wood Johnson Foundation](#) has conducted extensive research indicating how discrimination in our communities and within the social environment of one's upbringing can lead to higher levels of stress and mental health disorders.

- For more information regarding racism, we encourage you to take it upon yourself to understand the socio economic struggles of community members around you. The NAACP has several resources and has done extensive work surrounding race-related issues.

Some websites to help tackle this issue:

https://secure.actblue.com/donate/ms_blm_homepage_2019

<https://earthjustice.org/give/donate-today>

<https://www.timeout.com/things-to-do/how-to-support-black-lives-matter>

<https://time.com/5849721/how-to-help-black-lives-matter-protests/>

- **Sexism** has also been shown to impact individuals' mental health. Sexism is the discrimination against someone based on their gender identity. Sexism has been an issue for a very long time and has been molded by society's standards. Discrimination towards certain genders can be faced in our social environment through our interactions with several institutions. These institutions may present in our workplaces, schools, and more. This can cause individuals to feel higher degrees of stress and anxiety. It also creates a negative space for us to live in, which often impacts community morale and several other facets.

Ways we can create awareness:

1. <https://helloflo.com/4-ways-we-can-all-stop-everyday-sexism-in-its-tracks/>
2. <https://www.weforum.org/agenda/2017/03/23-things-companies-can-do-right-now-to-fight-sexism/>
3. <https://www.coe.int/en/web/human-rights-channel/stop-sexism>

4. <https://www.forbes.com/sites/nextavenue/2019/04/04/closing-the-gender-pay-gap-what-women-employers-and-government-can-do/#4cc2ace46c73>

- Homophobia is the fear, mistrust, and hatred towards someone who is a part of the LGBTQ+ community. Oftentimes people in this community face homophobia on a regular basis; this ultimately leads to many mental illnesses. They can face discrimination in workplaces, school, and even grocery stores. The stigma towards the topic can cause much fear in communities. [This article](#) shares that people who are a part of the LGBTQ+ community can have a greater chance of developing anxiety or depression. In order to try to combat this situation, one of the things that we need to do is have those conversations with our family members/friends, going to support groups, and even therapy.

Some ways we can help:

1. <https://safezone.uncc.edu/allies/homophobia>
2. https://www.lambdalegal.org/know-your-rights?gclid=CjwKCAjwrvv3BRAJEiwAhwOdM-6_HjTWl8slqNzJSAdhORLj2ufrSD9FHplRNaMuB78bya6XoEanhoCbh4QAvD_BwE#lgbtq-teens-amp-young-adults
3. <https://www.everyaction.com/blog/10-awesome-lgbtq-organizations-you-should-support-pride-month>
4. https://www.arcusfoundation.org/blog/social-justice-lgbt/resources-for-lgbtq-communities-and-advocates-navigating-covid-19/?gclid=CjwKCAjwrvv3BRAJEiwAhwOdMozzZ_ro_pVglc1hKm_hzi_x43fkAC7oC5PAVYPiZtv_SUP8WHUvRoC6owQAvD_BwE

- Classism- It is the discrimination towards a certain social class solely based on their social class. This problem exists and sometimes we don't even know it. Certain cities are close together that detail the contrast between a more wealthier city and a city that is less fortunate. We don't realize how close these issues are to home and we need to address them. We should not make assumptions of people because of what they wear or how much money they make. They are still human and we need to treat everyone with the same level of respect rather than judging someone based on their income or employment.

How we can help:

1. http://d3n8a8pro7vhmx.cloudfront.net/endowmentethics/pages/39/attachments/original/1381950315/How_to_Reduce_Classism.pdf?1381950315#:~:text=Challenge%20classism%20in%20your%20own,are%20a%20%22living%20wage.%22
2. <https://classism.org/about/what-we-do/>
3. <https://thebodyisnotanapology.com/magazine/10-ways-to-check-your-privilege-around-poor-and-working-class-friends/>
4. <http://www.classmatters.org/>

As a community, we all need to come together and help people who face discriminations. All these issues can directly impact our environment Not only can this affect the atmosphere of our home, but it can greatly impact the people who face these issues on a day-to-day basis. As stated before it impacts their moods, anxiety levels, and makes them more prone to depression and even suicide.

Poverty

Poverty affects millions of people every single day and can lead to certain chronic illnesses. While poverty can put you at a higher risk for cardiovascular disease, it can also have negative mental illness problems. The stress that poverty strings along can cause diabetes, cancer, and strokes. Adults who are in poverty can face lack of motivation and decreased productivity which are two of the key signs of depression.

Mental Disorders are actually twice more likely to happen to people who are in poverty. People who have the lowest SES have 8 times more of a risk of getting schizophrenia. In fact, people who are living in poorer areas are more likely to be unemployed which is linked to stress. The stressful living condition puts the people at a higher level of risk of developing a mental illness. In addition, the lack of unemployment directs people into the line of poverty, which in fact makes them unable to pay for their treatment regarding their illness(s).

According to the [Urban Institute](#), kids who live in poverty develop more stress which leads them to absorb their cognitive function. In short, if their cognitive function is being occupied, there are less cognitive resources for them to use for education. It's been scientifically proven that being hungry, stressed, and/or tired can cause the child to not fully use their full potential and be the best student they can be.

According to the [NIH](#), mental illnesses are more prevalent in low and middle income countries. It has been found that housing and lack of financial stability shows that there is a strong connection with CMD (Common Mental Disorders) and income/employment.

Ways that we can help:

- We can start by volunteering our time at local homeless shelters or donate to organizations UNICEF. UNICEF is an organization that provides the type of aid for kids in countries all around the world. Children are more likely to live in poverty than adults and with UNICEF they can help battle some of the issues.
- This [list](#) includes 45 different organizations that can help fight poverty. Many of these organizations we can donate to, some we can volunteer, and some we can help by creating more awareness for them. Fig Tree Foundation, Red Cross, and Energy For all are some of the organizations on the list.
- The [World Vision](#) is an organization that can help educate others on poverty. It is very well written and filled with details and facts about poverty that can help educate all over the globe. You can also help donate to their organization and/or sponsor a child. They have volunteer sites and a tab for news which can really help spread the word and educate others on how current day poverty is in our lives.
- [Raising Of America](#) has an article on how we can help based on our economy. Suggestions like creating more jobs and having more healthcare options are just some of the things in the article.
- The United Nations also works to have peace in the world and they also work to help fight poverty. There are many articles on their website that can show how we can donate or help in general.

Poverty is a huge problem across the globe. In fact, 3 billion people live on less than 3 dollars in the world globally. 45% of child deaths around the world are related to malnutrition due to poverty ([Global Poverty and Hunger](#)). Countries like Yeman are facing these issues today and thousands are dying. The lack of salary and lack of food leads families in Yeman to

drive themselves into poverty. The importance of understanding this issue and raising awareness for it combats the relation about how it is interconnected with environmental health. Poverty can cause so much strain not only in our physical life but also our mental state. Poverty is a social inequality that can be very prominent in our communities. Social inequality and environmental health are intertwined considering social inequality are types of imbalances in our environmental health.

The Environment In Relation To Your Mood & Mental State

The way that we live and what surrounds us can impact our moods and mental state greatly. The sunlight and the ambiance are both examples of how the things that are in our environment can impact our mood/mental health. Our environment is the surroundings in which we live in: your home, work, or school environment.

Many studies have been done to show that the light or architecture in a room can change a patient's mental well-being. According to [Health Design](#), hospitals are designed in order to decrease patient stress. Without the designs, it can heighten an individual's stress and challenge staff productivity.

One thing that will always be a constant in big cities is noise pollution. Noise pollution is harmful noises like traffic. Research has actually been done on how they can be really harmful to our mental and physical health. Noise pollution can increase our anxiety, cause a spike in our blood pressure, and increase heart disease. According to the [NIH](#), the 10 decibel increase for aircrafts has been in relation to the increased usage of anxiety medication. Other studies show that the noise of traffic can cause a spike in

rates of [depression](#). This happens because when the brain hears an uncomfortable noise, the amygdala, which is an area in the brain that helps with our emotional processes, sends a signal into our hypothalamus. The hypothalamus then sends its signal to our adrenaline glands to pump adrenaline. Adrenaline can cause changes that can drastically affect our heart. Eventually, our bodies will become weaker to this and can even result in health issues.

What we can do:

1. <https://www.rjacoustics.com/how-to-reduce-noise-pollution/>
2. <https://www.conserve-energy-future.com/easy-and-practical-ways-to-reduce-noise-pollution.php>

Even the way that the light fluctuates in our environment can affect our mood and mental state. Some of the findings in studies have shown that bright lights can impact our emotions. In fact, researchers have found that blue light makes us more energetic. People who have been exposed to the short wavelengths of the blue light during the day may be more productive. However, there is also a major downside to exposure to blue light regarding sleep cycles. Our phones and laptops release blue light and can overpower our body's production of a hormone, called melatonin, for sleep. The blue light can cause our sleep patterns to be disorganized which can affect the way our bodies create melatonin. The lack of sleep can also affect our bodies by making us less productive and making us more tired throughout the day, overall. We also seem to have a lack of motivation throughout the day when we lack sleep. Inventions such as blue light glasses have been invented to help conquer the situation, but the best way we can help is to not be on our phones for too long before we go to sleep.

Ways to improve:

1. <https://www.bettervisionguide.com/blue-light-eye-damage/>
2. <https://vsiionline.org/protect-eyes-electronic-devices/>
3. Put down your phone an hour or two before bed and don't look at it.

Sunlight or natural light can actually make us feel happier. [A study](#) had been done to show that people who had their windows down had better sleep quality, more exercise in their day, and had a greater sense of themselves. Natural light also has a way of decreasing signs of depression. Results from [certain studies](#) have even shown that time spent outside in natural light may have better effects than the effects of antidepressants. It is very important for the wellbeing of our bodies and mental state that we spend some of our time outdoors, so we should all try to spend at least 30-45 minutes a day.

Although light can impact our happiness, certain designs in our environment also have been associated with higher degrees of socialization and happiness. A more organized space has the effect of making us more focused and getting us to be more productive. A messy space can have the conclusion of making us feel more stressed. Uncomfortable temperatures and unpleasant smells can also have an effect on our moods. It can cause us to be out of focus and more stressed. In the end, a clean, well-lit space has a better influence on our moods rather than a messy, smelly area.

There have been several studies that point to how a clean environment can influence our perception and lead to better mental health. Green and blue spaces, such as parks or lakes, are actually supposed to lower our stress levels and make us more calm. [The Washington Post](#) reports how the environment through oceans and other bodies of water can have a positive impact on our mental health.

[Psych Central](#) has findings about how the minerals in the air can decrease our levels of stress. In fact, the article discusses several interesting points regarding water salinity and how that salinity impacts the uptake of serotonin and tryptamine, which leads to a decrease in depression rates. The temperature of water can also play a key role in our nerves. Depending on if it is hot or cold, it gives some people a sense of calmness. Issues like pollution in our oceans are very prominent in the country and can be a factor in our environment overall. As Americans, we use up to 2.2 billions pounds of pesticide every single year that ends up being dumped into lakes. The effect of that can end up destroying some of the lakes. Global warming has also been a factor in how it can affect not only our environment, but also our mental health. Global warming is how there is a rise in our temperature for the Earth's climate system. [A study](#) shows how 90% of the excess heat trapped by human emission from the greenhouses affects the ocean due to the ocean absorbing all of the excess heat. This can also highly impact other organisms in bodies of water. If temperature plays a role in our oceans and our mental health, then having a warm temperature in bodies of water puts a strain on our mental mind. The stress of having to deal with so many issues concerning our planet can lead to anxiety, depression, and PTSD. [This website](#) explains exactly how climate change can affect our mental health.

What we can do:

1. <http://thebrightquest.com/how-to-keep-the-environment-clean>
2. <https://www.everydayhealth.com/green-health-photos/ways-to-protect-the-environment-and-your-health.aspx>
3. <https://www.fastweb.com/student-life/articles/eight-simple-ways-to-help-the-environment>

Urbanization

Urbanization is how the population goes from rural areas to more urban areas. Urbanization affects our environment through many positive and negative outcomes. One of the negative outcomes could be more air pollution due to the overpopulation in the urban cities. The use of transportation services such as cars or buses and the trash filled water are other examples of things that can be found in urban cities due to the population status. Some positive aspects of urbanization can be all the employment opportunities created because of the large corporations in the big cities. The quality of education and also medical facilities like hospitals are another great outcome of urbanization. They are constantly being improved because of the advancement of technology.

Urbanization can have many ways of helping or worsening our environment but Urbanization can also have a major impact on our mental health. Urbanization can cause us to lose touch with nature which can negatively impact our minds due to connecting with nature being a very helpful stress reliever. The stressful atmosphere of constant business can also be another reason how urbanization impacts our mental health. Always being surrounded by the urban atmosphere can cause us to feel less connected with other people. [The American Psychological Association](#) has an article on where they discuss how the lack of social interaction can negatively influence us. Chronic loneliness is one of the consequences of lack of interaction and is a major problem all across the world. The lack of interactions among other people can also lead to other problems like depression because the lack of being social is actually a sign of depression.

[This article](#) shows how living in an urban or larger city can actually be a very unhappy city to live in. The way the high living cost goes, traffic problems, and crime rates are all valid reasons for why a lot of people are not satisfied with their living situation in populated areas. There are some positive aspects to living in an urbanized area such as more recreation opportunities like gyms to keep us feeling better mentally and physically.

The [CDC](#) has a report on one of the tragic repercussions of urbanization. Trends of suicide and trends of urbanization are very much intertwined with each other. The factors in urban cities such as financial burdens or the constant stress of living in those areas. Research from the CDC website above shows the data on different types of experiments and research conducted to come to the conclusion of the trends.

Some ways we can help with preserving nature:

1. <https://www.euronews.com/2020/03/30/how-to-harmonise-urban-growth-with-quality-of-life-and-protecting-the-environment>
2. <https://www.nature.org/media/northamerica/field-guide-conservation-in-cities.pdf>
3. <https://www.nature.org/en-us/what-we-do/our-insights/perspectives/to-protect-nature-cities-cannot-be-an-afterthought/>
4. <https://www.itreetools.org/>

Some ways we can help with pollution in large cities:

1. <https://www.dw.com/en/five-ways-to-improve-air-quality-in-our-cities/a-37149216>
2. <https://www.worldgbc.org/news-media/improving-air-quality-high-density-cities>
3. <https://www.aqi.in/blog/10-best-ways-to-reduce-air-pollution/>
4. <https://greentumble.com/10-ways-to-prevent-air-pollution/>

Urbanization may have a positive side, but all the negative points are there. We cannot just ignore it and decide it is irrelevant. It affects each and every one of us even if we don't necessarily see it in our daily lives. Our mental health is something that we might have to sacrifice if we choose to be careless of the situation. Cultural change and having the feeling of being uncertain about the future can cause a lot of anxiety within oneself and that can all be a result of urbanization. These concerns are not small ones and since more and more people are moving to urban cities from rural cities, this problem becomes very projecting.

Green Spaces

Green spaces are recreational areas that include grass and trees in an urban setting. Green spaces provide so many health benefits like promoting exercise and decreasing the pollution in the air. The space also provides a reason to increase socializing which can be very beneficial towards our mental health. [Build Healthy Places Network](#) has an article on all the social benefits of visiting or having a green space in your community. One of the benefits includes how it gives people a sense of community and connects us to engage more with our community. Even if we are currently going through a pandemic right now, going to our neighborhood park may help us feel less anxious and more in touch with the world.

[Earth Observatory](#) has studies that show how green spaces improve our mental health. It shows that time spent in parks has resulted in a decrease of depression and issues that include stress. Living in a city has been proven to cause us more physiological disorders and with a green space in an urban setting, it helps provide a balance from the hectic city life to a more calm, relaxed life.

[This article](#) helps explain the advantages of green spaces in our communities. One of the facts in the article includes how as humans, we have an urge to connect with nature. That connection can ultimately lead to us improving our emotional state. As a study was conducted from the article, it showed the participants to be less anxious and a higher self esteem level when they were surrounded by nature. The article also states how having a visual of the green spaces can help reduce our stress and help our mental state. Spending time in the outdoors can not only aid the mental state of an adult, but also help with children. Generations now do not spend as much time outdoors as the past generation due to the rapid incense of technology. Although this is a donside, we need to encourage children and families to spend some time outdoors as it helps child development. [This study](#) shows how the exposure to green spaces has helped many children and adolescent teens and that there is a very strong connection between the two.

[Healio](#) provides facts on how the visualization of green spaces helps restore some of our empty cognitive spaces and also helps us relieve some of our psychosocial stress. There are so many benefits in having green spaces in our country and it has become a priority for many countries. Green spaces are very important to our country because as the years go by, more urbanization can hurt people and our environment.

Green spaces have also been proven to help us live longer. [Medical News Today](#) has an article on the topic. Increasing green spaces has the effect of helping carbon sequestration. Due to all the health benefits of that, it helps reduce the premature deaths in certain areas.

Ways to help green spaces:

1. <https://www.earthday.org/actions/call-for-green-spaces/>

2. <https://www.therenewalproject.com/want-more-green-space-in-your-community-heres-where-to-start/>
3. <https://www.marksdailyapple.com/16-ways-green-space-improves-our-life/>
4. <https://wc3design.com/protecting-green-spaces/>
5. <https://smartgrowth.org/6-urban-green-space-projects-that-are-revitalizing-u-s-cities/>
6. <https://www.urbanespora.com/en/5-solutions-to-increase-green-space-in-todays-cities/>

Plastic In Our Home

Having Plastic in bodies of water has increasingly become a global issue. Our water bottles, food containers, and plastic bags are all contributors to pollution. This has been going for a very long time however, if it continues there will be irreversible effects.

One of the largest issues regarding pollution in water is how it can decrease the biodiversity in ocean ecosystems. An example of an animal that is endangered due to polluted waters is sea turtles. Sea turtles often mistake plastic for food. This is incredibly dangerous for them; in fact, plastic kills one in four sea turtles. The main cause for the excess amount of plastic in oceans is humans carelessly leaving plastic on beaches. We often don't think of the ramifications of our actions. However, our actions greatly impact the ocean ecosystem. If we don't start taking care of our waters, many species will go extinct. Furthermore, by 2050 if this continues we will have more plastic in the ocean than fishes.

Ways we can help:

1. https://plasticoceans.ca/?matchtype=b&network=g&device=c&adposition&keyword=ocean%20pollution&gclid=CjoKCQjw3s_4BRDPAR

[IsAJsyoLNiYItAQNf6v5uOJfdR6RBe8e6YmaNbNM2FqWumc3Dqfc
oNJsou17AaAmmgEALw_wcB](https://www.ourlaststraw.org/about?gclid=CjoKCQjw3s_4BRDPARIsAJsyoLN9wo1gdoJsX2XOGgLj5Gw9PQgMXposNl5P3mX-QZC_LQhZWfpK8WQaAhrEEALw_wcB)

2. https://www.ourlaststraw.org/about?gclid=CjoKCQjw3s_4BRDPARIsAJsyoLN9wo1gdoJsX2XOGgLj5Gw9PQgMXposNl5P3mX-QZC_LQhZWfpK8WQaAhrEEALw_wcB
3. https://www.biologicaldiversity.org/campaigns/ocean_plastics/
4. https://www.globalanimal.org/2018/06/05/beat-plastic-pollution-the-world-environment-day/149291/?gclid=CjoKCQjw3s_4BRDPARIsAJsyoLMH8byvRSNDDnBl-EV3G3g2FeePlZJmmLoJp2qoj38L62efKteU4gkaAutwEALw_wcB
5. https://betterworldcampaign.org/blog/un-family-un-environment/?gclid=CjoKCQjw3s_4BRDPARIsAJsyoLNSRmhaFMLRDhuTochZLHpxvBW7y_q-yMoC7GhaCz82cCRwnc6B9OMaAsiHEALw_wcB
6. [https://plasticoceans.ca/?matchtype=b&network=g&device=c&adposition&keyword=ocean%20pollution&gclid=CjoKCQjw3s_4BRDPARIsAJsyoLNiYItAQNf6v5uOJfdR6RBe8e6YmaNbNM2FqWumc3Dqfc
oNJsou17AaAmmgEALw_wcB](https://plasticoceans.ca/?matchtype=b&network=g&device=c&adposition&keyword=ocean%20pollution&gclid=CjoKCQjw3s_4BRDPARIsAJsyoLNiYItAQNf6v5uOJfdR6RBe8e6YmaNbNM2FqWumc3Dqfc
oNJsou17AaAmmgEALw_wcB)

Due to the issues pollution has created, countries like Bangladesh have actually completely banned all plastic from their country. They want to help beat this global issue and are trying to do their part. In the past, California has tried to use single plastic bags in grocery stores. According to the [Mercury News](#), California has the strictest pollution laws. Recently, they have actually started to enforce these laws even more. This is a great way to help decrease the amount of plastic in the oceans. It would be advisable for other states to follow their footsteps. California is hoping to ban all single use plastic by the year 2030. Many other states such as Oregon and New York have done the same ,but only 8 states altogether approved this bill.

Conclusion

This resource guide is for everyone who wants to be educated in the field of environmental health. I encourage everyone to take a look at all the articles because they are very interesting. All these resources entail the different issues within our environment that impact our mental states. If we work together, we can help find solutions for these issues and make our planet cleaner and healthier.

We need to take these issues seriously and work on finding the right solutions for us. We need to take the time to find other solutions so that these complications are irrelevant. The main purpose of this resource guide was to spread awareness for environmental and mental health and provide resources. We as a community should advocate for more mental health.

This resource guide is in collaboration with The Community Check-Up to ensure that mental health issues can be heard. Please visit thecommunitycheckup.org for more information.