



CLIMATE GRIEF & WELLBEING RESOURCES



On-campus support

[Campus Wellness Website](#)

[Alleviating Anxiety Seminars](#)

[Anxiety Studies at Waterloo](#)

Online support

[Honoring Our Pain for the World](#)

[Eco-Anxious Resources](#)

[The Eco Hub \(theecohub.ca\)](#)

[Resources for Managing Eco-Anxiety](#)

Want to take action on Campus?

Check out these groups:

[The WUSA Sustainability Project](#)

[UW Campus Compost](#)

[Climate Students](#)

[Impact Alliance](#)

[Racial Advocacy for Inclusion, Solidarity and Equity \(RAISE\)](#)