

Heat Waves and Mental Health

Date: Thursday, April 24, 2025

Time: 12–1 pm (Eastern Time)



In recognition of Earth Day, this talk will explore the mental health impacts of extreme heat driven by climate change, including increased stress, anxiety, sleep disruption, and heightened risks for vulnerable populations. It will cover what individuals need to know about the psychological effects of heat and how to recognize warning signs. Practical strategies to build resilience and prepare for extreme heat will also be shared.



Featured Speaker: James McKowen, PhD

Dr. McKowen is a clinical psychologist working as clinical director of the MGH Youth and Youth Adult Addiction Program (ARMS) and an assistant professor of psychiatry at Harvard Medical School. He is also the co-chair of the MGH Psychiatry Climate Change and Mental Health Committee and an associate at the MGH Center for Environment and Health. Dr. McKowen has clinical and research interests in the impacts of climate change on youth, specifically the mental health consequences. He is focused on solutions and interested in nature-based engagement for youth climate distress.

- This program is free and open to Mass General patients, families, staff, and the general public.
- To attend this program, click on the link or scan the QR code:

<https://partners.zoom.us/j/89022134286>



For more information, call 617-724-7352 or email PFLC@partners.org



Blum Center Program Schedule

Scan this QR code with your phone's camera to see our program schedule online

