

“It's time to break the taboo”: to measure the impact of climate change on the mental health of Puerto Ricans ^[1]

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The idea arose after the participants of the Coastal Map, developed by Amigxs del M.A.R., mentioned feelings of frustration and anxiety regarding the impact they saw in their communities due to the climate crisis (Ramon “Tonito” Zayas).

From heavy rains and hurricanes to prolonged droughts and extreme heat, the effects of climate change in Puerto Rico are becoming increasingly evident. For many, these alterations are of great concern, but there is still no study detailing their impact on the mental and emotional health of the island's population.

Faced with this reality, the organization Amigxs del M.A.R. launched “Enraizando ante la Crisis Climática,” a research project aimed at learning about the effects of environmental phenomena and government management on the thoughts, feelings and behavior of residents.

“You can’t address what you don’t name. There is no study that can name the consequences of these phenomena on the emotional and mental health of Puerto Ricans, of the people who live in this country,” explained Vanessa Uriarte, co-director of the environmental organization with almost three decades of experience.



You can access the “Rooting for Climate Crisis” project questionnaire by scanning the QR code or by going to crisisclimaticapr.com. (Supplied)

This is a summary, to view the full article please visit our website in Spanish or [click here](#) [3].

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