

The Scale of Hope: What's Next

The Climate Crisis

We are in the midst of a climate crisis. As we learn more and more about how climate change will affect our planet and the countless ways we need to address the problem, it becomes incredibly overwhelming. It feels nearly impossible to be able to tackle a major problem like this, thus diminishing our hope that anything can be done.

The Mental Health Crisis

Similarly to climate change, mental health problems can overtake a person's thoughts and actions. Nearly [1 in 5 American adults](#) will have a diagnosable mental health condition in any given year, affecting an estimated total of [59.3 million U.S. adults](#). Navigating mental health issues can be daunting and finding systems to balance one's mental health can be another mountain climb. Trial and error is necessary to handle one's mental health and must be accepted to move forward.

Changing Your Mindset

Molly Kawahata reminds us that no problem is too big to handle. If we think of it as taking one step at a time, we can accomplish anything. We need to change our focus to make the problem surmountable and we will continue to move forward. Kawahata showed us that it is okay to fail along the way to be able to accomplish your goals, so it is not something we need to fear. Understanding failure is common is the first step in the right direction. It can be as simple as changing your mindset to be able to climb a mountain and accomplish everything you set out to do.

What You Can Do to Support These Challenges

- Get involved to help fight **climate change** locally!
 - Volunteer with Walking Mountains as a [Zero Waste Volunteer](#) (paid opportunities also available) or a [Community Science Volunteer](#)
 - Learn about how you can do zero waste at home using [Walking Mountains' Waste Wizard App](#)
- Know your local resources for **mental health**!

- [Speak Up Reach Out](#) offers training sessions related to common mental health issues we face in our mountain community. Join their upcoming FREE training on November 14th to learn more about Question, Persuade and Refer (QPR), an award-winning, evidenced-based, early-intervention approach to suicide prevention
- [Olivia's Fund](#) provides up to six free therapy sessions per year for youth and uninsured adults in Eagle County who demonstrate a basic financial need.
- [Mountain Strong Peer Support](#) Vail Health and Eagle Valley Behavioral Health (EVBH) have launched a new FREE Behavioral Health Peer Support Program. Our Peer Support Group program offers ongoing group-oriented care with a qualified and vetted group leader.

To learn more about the film, visit: [The Scale of Hope](#)