

Dear Fellow Psychologists,

Although psychology is a broad and varied discipline, psychologists share a desire to understand the way we think, feel and behave in order to help understand and improve individual and collective wellbeing, health and effectiveness.

We understand that the climate and ecological emergency is caused by complex human choices and behaviours with massive implications not just for us as individuals but for all humans and all other life on earth.

We see the impact that this crisis is already having on our work, families, communities, and the wider world. There is of course no simple fix. But as national and international governments fail to push forward with meaningful, timely, concrete actions - psychologists are taking a stand and joining this movement for change.

Early in 2020 over 1000 practitioner psychologists, registered with the UK Health and Care Professions Council (HCPC) signed an open letter supporting action to address the climate and ecological emergency. Signatories included the chairs of the Division of Clinical Psychology (DCP) and of the Association of Clinical Psychologists (ACP-UK). Media coverage of this letter can be found here:

<https://www.theguardian.com/environment/2020/feb/10/overwhelming-and-terrifying-impact-of-climate-crisis-on-mental-health>.

To read more about why and how other psychologists have joined XR and engaged in earlier rebellions, do read this interview with Dr Rosie Jones in The Psychologist (the official monthly publication of The British Psychological Society [<https://thepsychologist.bps.org.uk/i-took-my-turn-friday-be-arrested>]).

XR Psychologists is an XR community group (<https://rebellion.earth/act-now/resources/communities/community-groups/>). Community Groups build an XR presence based around common factors such as profession, skills, faith or other shared interests. Community groups support each other through actions, education and conversations about the climate and ecological crisis.

XR Psychologists believe that taking part in peaceful protest and action to demand that those in power swiftly address the current climate and ecological emergency is in accord with the aims, purpose and values of the psychological professions. If you are a psychologist and you care about the climate and ecological emergency – please consider joining XR Psychologists and your XR local group.

Thank you.

Love & courage  
On behalf of XR Psychologists

**XR Psychologists contact details:**

Twitter: @XRPpsychologists <https://twitter.com/XRPpsychologists>

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