



Britt Wray

Instructor, Psychiatry and Behavioral Sciences

Bio

BIO

Dr. Wray is the Director of CIRCLE at Stanford Psychiatry, a research and action initiative focused on Community-minded Interventions for Resilience, Climate Leadership and Emotional wellbeing in the Stanford School of Medicine. Her research focuses on the mental health impacts of climate change on young people ('emerging adults') and frontline community members, community-minded psychosocial support interventions, and public engagement for improved mental and planetary health. Wray focuses on co-designing and evaluating evidence-based climate distress (climate anxiety/eco-anxiety) interventions with impacted communities and international networks of Integrated Youth Services using a health equity lens, and brings expertise in conceptual models of climate distress, different measurement modalities for climate impact exposures on mental health, community-engaged research, and co-design methods. Previously, Wray was a Human and Planetary Health Postdoctoral Fellow at the Stanford Center for Innovation in Global Health, Stanford Woods Institute for the Environment and London School of Hygiene & Tropical Medicine. She is the author of two books; her latest *Generation Dread: Finding Purpose in an Age of Climate Anxiety*, is an impassioned generational perspective on how to stay sane amid climate disruption and was a finalist for the 2022 Governor General's Award. She is the recipient of the 2025 American Climate Leadership Awards (Runner Up), 2023 Canadian Eco-Hero Award and top award winner of the National Academies Eric and Wendy Schmidt Awards for Excellence in Science Communications, given by The National Academies of Sciences, Engineering, and Medicine. Her first book is *Rise of the Necrofauna: The Science, Ethics and Risks of De-Extinction* (Greystone Books 2017) and was named a "best book of the year" by *The New Yorker*. Dr Wray holds a PhD in Science Communication from the University of Copenhagen. She has hosted and produced several science radio programs, podcasts and television programs for international broadcasters including the BBC and CBC, and she has spoken at TED and the World Economic Forum. She is the Founder of *Unthinkable* (unthinkable.substack.com), a newsletter about building courage and taking meaningful action on the far side of climate grief.

ACADEMIC APPOINTMENTS

- Instructor, Psychiatry and Behavioral Sciences

HONORS AND AWARDS

- SSHRC Doctoral Fellowship, Social Sciences and Humanities Research Council of Canada (2016-2018)
- Human and Planetary Health Postdoctoral Fellowship, Stanford Center for Innovation in Global Health, Woods Institute for the Environment; LSHTM (2021-2023)
- Finalist, Governor General's Award (2022)
- SEED Grant, Stanford Center for Innovation in Global Health (2022)
- Canadian Eco-Hero Award, Planet in Focus (2023)
- Top Award Winner, Excellence in Science Communications, National Academies of Sciences, Engineering and Medicine and Schmidt Futures (2023)
- Winner for Best Editorial Research, Canadian Screen Awards (2023)

- Environmentor Award, Naturebridge (2024)
- American Climate Leadership Award (Runner Up), EcoAmerica (2025)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Affiliate, Stanford Center for Human and Planetary Health (2025 - present)
- Global Health Faculty Fellow, Stanford University (2023 - present)
- Global Health Postdoctoral Affiliate, Stanford University (2022 - present)
- Member, Eco-anxiety and Climate Emotions Research Group (2021 - present)
- Member, MHPSS and Climate Crisis Working Group (2021 - present)
- Member, Social Climate Leadership Group (2021 - present)
- Advisor, Good Energy Project - Climate Storytelling Playbook (2021 - present)
- Advisor, Climate Mental Health Network (2021 - present)
- Advisor, Curie Society, MIT Press (2019 - 2021)
- Advisor, Climate Cares, Imperial College London (2020 - present)

PROFESSIONAL EDUCATION

- BSc. (Hon), Queen's University , Biology (2008)
- MA, OCAD University , Art, Media and Design (2012)
- PhD, University of Copenhagen , Science Communication (2018)

LINKS

- Dr Wray's newsletter about mental health and psychological resilience in the climate crisis: <https://unthinkable.substack.com/>
- brittwray.com personal website: <https://www.brittwray.com/>

Publications

PUBLICATIONS

- **Training clinicians for climate-informed mental healthcare** *NATURE MENTAL HEALTH*
Williamson, R. E., Ruzek, J. I., Jiaqing, O., Wray, B., Safer, D. L., Punski-Hoogervorst, J. L., Robohm, J. S., Hyun, J.
2025
- **Connecting planetary boundaries and planetary health: a resilient and stable Earth system is crucial for human health.** *Lancet (London, England)*
Myers, S. S., Masztalerz, O., Ahdoot, S., Gabrysch, S., Gupta, J., Haines, A., Kleineberg-Massuthe, H., Lambrecht, N. J., Landrigan, P. J., Mahmood, J., Pörtner, L. M., Rohr, J., Traidl-Hoffmann, et al
2025
- **Psychological impacts of climate change on US youth.** *Proceedings of the National Academy of Sciences of the United States of America*
Vercammen, A., Wray, B., Crider, Y. S., Belkin, G., Lawrance, E. L.
2025; 122 (16): e2311400122
- **Climate emotions, thoughts, and plans among US adolescents and young adults: a cross-sectional descriptive survey and analysis by political party identification and self-reported exposure to severe weather events.** *The Lancet. Planetary health*
Lewandowski, R. E., Clayton, S. D., Olbrich, L., Sakshaug, J. W., Wray, B., Schwartz, S. E., Augustinavicius, J., Howe, P. D., Parnes, M., Wright, S., Carpenter, C., Wiśniowski, A., Ruiz, et al
2024
- **Mental health and psychosocial interventions in the context of climate change: a scoping review.** *Npj mental health research*
Xue, S., Massazza, A., Akhter-Khan, S. C., Wray, B., Husain, M. I., Lawrance, E. L.
2024; 3 (1): 10

- **Connecting Climate Minds: a shared vision for the climate change and mental health field** *NATURE MENTAL HEALTH*
Lawrance, E. L., Massazza, A., Pantelidou, I., Le Vay, J., El Omrani, O., Lawrance, E., Nabarro, D., Otto, F., Jennings, N., Rao, M., Meinsma, N., Howitt, P., Sakalauskas, et al
2024; 2 (2): 121-125

- **A Call to Action for Gender Equity in Climate Leadership.** *The American journal of tropical medicine and hygiene*
Wray, B., Veidis, E. M., Flores, E. C., Phillips, A. A., Alani, O., Barry, M.
2023

- **Psychological and Emotional Responses to Climate Change among Young People Worldwide: Differences Associated with Gender, Age, and Country** *SUSTAINABILITY*
Clayton, S. D. D., Pihkala, P., Wray, B., Marks, E.
2023; 15 (4)

- **Investigating the Mental Health Impacts of Climate Change in Youth: Design and Implementation of the International Changing Worlds Study** *challenges*
Vercammen, A., Yatirajula, S., Daniel, M., Maharaj, S., Campbell, M., Greaves, N., Guinto, R., Aruta, J., Penamante, C., Wray, B., Lawrance, E.
2023

- **Embracing climate emotions to advance higher education** *Nature Climate Change*
Pellitier, P., Ng, M., Castaneda, S., Moser, S., Wray, B.
2023

- **Climate Change and Global Health: A Call to more Research and more Action.** *Allergy*
Agache, I., Sampath, V., Aguilera, J., Akdis, C., Akdis, M., Barry, M., Bouagnon, A., Chinthrajah, S., Collins, W., Dulitzki, C., Erny, B., Gomez, J., Goshua, et al
1800

- **Climate anxiety in children and young people and their beliefs about government responses to climate change: a global survey.** *The Lancet. Planetary health*
Hickman, C., Marks, E., Pihkala, P., Clayton, S., Lewandowski, R. E., Mayall, E. E., Wray, B., Mellor, C., van Susteren, L.
2021; 5 (12): e863-e873

- **Emotion, affect and participation** *Routledge Handbook of Art, Science, and Technology Studies*
Wray, B.
Routledge.2021