



Interior Health

HEAT & MENTAL HEALTH

FACT SHEET

People with chronic mental health challenges are at high risk during extreme heat events.

- Heat impacts memory, attention and reaction time.
- Extreme heat impacts mental health, including increased irritability and symptoms of depression.
- Persons with mental illness are especially vulnerable. Some people may have difficulty recognizing and adapting to increased body temperature.
- Some psychiatric medications affect the way the body regulates temperature.
- Generally, higher temperatures bring a risk of increased use of alcohol or other substances.



For information about extreme heat and mental health and substance use services, visit [interiorhealth.ca](https://www.interiorhealth.ca).