

# The Actions Community - Get Help and Advice

## Don't panic!

You have reached this book because you want to drive change through action - the very essence of Extinction Rebellion. You might have an idea and want help to make it a reality, or you might be looking for pre-packaged 'flat pack' action plans.

## The Actions Community is here to help you

List groups, team chats etc.

## Other teams who can give support and advice

Add short explanation and links to other parts of RT

- [Actions Support](#)
  - Creative, Art Factory, [Art Blockers](#)
  - [Arrestee / Legal Support](#)
  - [Media & Messaging](#)
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