

# So, I Want to be a De-escalator - What Next?

## Join The Telegram Chat

Join the [telegram chat](#).

Please don't be put off if you can't get Telegram though - you can still volunteer in person by turning up at an event and asking for the Deescalation team.

## Complete the Recruitment Form

Signup to the [Deescalation email list](#).

## Join a Training Session

Trainings publicised on Facebook (no need to have an account)

<https://www.facebook.com/EmbeddingNonViolence/>

Training workshops and drop-ins to be scheduled soon for 2024.

And we run face to face training before large events, which typically last 1 hour.

## Other Action Support Roles

There are a whole range of other [Action Support](#) roles within the Action Support Circle.

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