

# What is Action Support?



In order to succeed, actions need to be planned with a surrounding web of support. 'Support' means rebels in low-arrest-risk roles take on responsibilities before, during and after the action, which vary according to the action design.

These can include: liaising with the police; ensuring people's wellbeing; providing first-aid; embedding nonviolence; de-escalation; engaging in outreach with the public; marshalling/stewarding marches; drumming courageously; creating beautiful banners; supporting in the back office; turning up at police stations to support rebels - and more!

This book outlines the various Action Support responsibilities, to help you think about taking on one of these roles.

If you're looking for guidance on an action you are planning see our Action Support Triage document or email the Action Support External Coordinator and arrange a meeting!

[actionsupport@extinctionrebellion.uk](mailto:actionsupport@extinctionrebellion.uk)

The main teams within Action Support are:

**Action Wellbeing** - Email news [signup](#)

**First Aid** - Email news [signup](#)

**Embedding Nonviolence / Deescalation** - Email news [signup](#)

**Stewarding** - Email news [signup](#)

**Roadtaking** - Email news [signup](#)

[Actions Outreach](#) - Email news [signup](#)

[Production & World Build](#) - Email news [signup](#)

[Protest Liaison](#)

[Rhythms](#)

If you are interested in any of these roles, [signup for further information](#)

## These other teams work closely with us:

### [Arrestee and Legal Support](#)

Provide advice on what the legal risks may be for planned actions, including how the legal risks may change with changes to action design. Provide legal advice to arrestable participants and post arrest support.

### [Legal Observers](#)

Independent of XR, this specialist team is asked to be present at action where there is a high risk of arrest. Difficult to arrange outside of London. In any case, it is a very good idea for anyone involved in high arrest risk actions to be aware of what to do when [witnessing an arrest](#).

### [Relationships](#) (link coming soon)

Typically need to be involved when working together with other large organisations where this work is likely to affect the UK level relationship

### [Political Circle](#) (link coming soon)

Typically need to be involved where there is a possible national political impact or target of the action

### [Media & Messaging](#)

Typically actions work with the team appropriate according to their scale (eg local works with local M&M, regional actions work with Regional M&M team, UK Actions work with the National M&M team). See the [M&M Directory](#) for further details

## How to find out where I can get involved near me

The best place to start is the [Actions Map](#) (you can enter your postcode to zoom near your location)

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