

# Mental Health and Wellbeing Support

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# Trained Emotional Support Network (TESN) & Climate Psychology Alliance (CPA)

## What do these groups do?

The Trained Emotional Support Network (TESN) provides supportive functions for both individuals and groups. The realities of the Climate Crisis and potential involvement in protests leave us all needing a little support at some point. TESN and the Climate Psychology Alliance (CPA) have a structured set of support offerings ready for you.

## How can TESN and the CPA help you?

We are able to offer you three support options – see below for further information.

You can send an email to **tesn@tesn.uk** if you have a query. We will get back to you, but you will also receive an auto reply detailing the latest support information.

TESN are not involved in any actions, however, if you feel the information you wish to share is particularly sensitive please contact us on [tesn@tesn.uk](mailto:tesn@tesn.uk) and we will then provide you with an encrypted Protonmail contact email address that you can contact us on.

## Our support options

### XR Rebel2Rebel Telephone Active Listening

Feeling anxious, lonely, or just had a bad day? The XR Rebel2Rebel Telephone Active Listening service is up and running! All you need to do is make a request and a trained and vetted Rebel Active Listener will give you a call. Please note that this is not a counselling/psychotherapy service.

For further information and to gain access to this service please email **tesn@tesn.uk**

### Counselling or Psychotherapy

Do you feel you would benefit from one to one Counselling or Psychotherapy?

The Climate Psychology Alliance (CPA) provides a list of Practitioners offering three free sessions of therapeutic support to activists. [Find the list via their website.](#)

Please note that the practitioners on this list above have not been formally vetted and as such, it is up to you to confirm their credentials and suitability. If you need help with questions to ask, please email **tesn@tesn.uk**

## Join a Support Group

Want to join a support group to explore your experiences and emotions? TESN has a list of groups, one of them may be perfect for you! Email **tesn@tesn.uk** for further information.

## Help running a support group or training

Are you an XR Coordinator who needs a trained Practitioner (e.g. Counsellor, Psychotherapist, Psychiatrist) to help run a support group or mental health training? TESN is able to help you request support from a Practitioner.

For further information and to gain access to this service please email **tesn@tesn.uk**

# Rest & Recuperation Stays

Our campaign work can take a physical and mental toll on us.

Do you need some time out?

☐☐REST AND RECUPERATION STAYS!☐☐

\*If you think this is something you might need, or if you'd like to find out more, email [randr@communityhomes.org.uk](mailto:randr@communityhomes.org.uk) and please share with comrades across social and climate justice networks!

☐☐ We do also have short term stays across the country for anyone needing accommodation more generally. Please get in touch if you need help!