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. You can also check the website for the latest information: www.tesn.uk

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? The CPA has a list of groups, one of them may be perfect for you! Find the list via their website.

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

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