General Support Options

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

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 CPA have a structured set of support offerings ready for you.

How can TESN and the CPA help you?

Click here for information of how to access this support

Other useful apps & services

Give Us a Shout - a 24/7 texting service for stress, anxiety and depression

Calm - meditation app

Headspace - meditation app
