

# Climate grief & anxiety

The crisis we find ourselves in can cause us very real and painful emotions such as grief, hopelessness and anxiety.

## Telephone Active Listening

Extinction Rebellion has a Trained Emotional Support Network (TESN). You can make a request to speak with a trained and vetted Rebel Active Listener by emailing [Rebel2Rebel@tesn.uk](mailto:Rebel2Rebel@tesn.uk) **(Please note that this is not a counselling service.)**

Watch [this video](#) to learn more (2 mins)

## Counselling or Psychotherapy

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

**(Please note that the practitioners have not been formally vetted so it is up to you to confirm their suitability.)**

---

If you have a query about either of these services you can email [xr-tesn@tesn.uk](mailto:xr-tesn@tesn.uk). TESN are not involved in any actions, but if you feel the information you wish to share is particularly sensitive please use [XR-TESN@Protonmail.com](mailto:XR-TESN@Protonmail.com) instead.

[details about TESN on the XR UK main website](#)

[>> NEXT PAGE: Glossary](#)

[>> Back to Rebel Start Pack CONTENTS](#)

---