

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
(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. 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 instead.

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

[>> NEXT PAGE: Glossary](#)

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