



# 1. Activist Support

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### Defendants Meetings

If [you have been arrested](#) a part of a mass arrest at a protest, meeting others in the same position can be very helpful both practically and emotionally. If we have your contact details ([contact us](#) to make sure!), we will email you and let you know of any planned defendants meetings.

### Action Debriefs

If you have been involved in an action as a [legal observer](#), we run action debriefs, either separately, or as part of our [regular meetings](#). [Contact us](#) to find out when we are debriefing for your action.

### Activist Trauma Support

Have a [website](#) with resources about mental health from an activist perspective.

### Counselling for Social Change

Offer low cost counselling in Cornwall and [FREE phone counselling](#) for activists.

### The Free Psychotherapy Network

Are a loose network of therapists offering therapy for people who can't afford it, see their [website](#) for more info. They also have a page which links to other low cost therapy.