Trauma and Emotional Support

We believe in the importance of mutual support in enabling sustainable activism. It's easy to go from action to action without taking time to reflect – here are some sources of support.

Working hard on projects we care deeply about has the risk of exhaustion and burn out. Once police violence, arrest, and going through the court system are added into the mix, it is no wonder that trauma and stress are a huge problem. We all need to take a step back sometimes, to talk to each other, and to feel comfortable to seek further support early.

This guide lists some suggested sources of support.

1. **Activist support – sources of support specifically for people involved in protest**
2. **Other sources of support – more general sources of emotional support, and advice on mental health issues**