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**

1. Activist Support

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.

2. Other Sources of Support

If you need support quickly, or you think that activist sources of emotional and trauma support may not suit you, then you may find these resources helpful.

Sane Line – Emotional support on the phone 6pm – 11pm: 0845 767 8000

Samaritans – Emotional support on the phone 24/7: 08457 90 90 90, or jo@samaritans.org

Mind – information & advice on mental health issues, including guides for dealing with suicidal thoughts.

- **Info line (e.g. for sources of help, info on mental health diagnoses): 0300 123 3393 or info@mind.org.uk or text 86463**
- **Legal advice line (e.g. mental health act questions): 0300 466 6463 or legal@mind.org.uk**

Rethink Mental Illness – Advice line for practical mental health issues 0300 5000 927 (Mon-Fri 10am to 2pm)

Assist Trauma Care – offer information and therapy for PTSD sufferers