

Wellbeing Support Resources

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Resilience to Resist Support

A range of support designed to build our sense of connection, our strength and our courage, and to help us regenerate healthily which also includes 1 to 1 support useful when times are hard:

For a full listing of group sessions and other R2R offerings, please Click to open the main R2R document: [Resilience To Resist offerings \(google.com\)](#)

Expert 1-To-1 Support

1-to-1 telephone support from XR's TESN (Trained Emotional Support Network)

An "Active Listening" chat with a sympathetic, climate crisis-aware qualified professional (counsellor, psychotherapist etc).

To access this, please email tesn@tesn.uk with 'IB/JSO Active Listening request' in the subject line, and let them know your availability. Usually you get a response the same day.

You can ask for Active Listening chats as many times as you want, although there is no guarantee that you will speak to the same person each time - if you require regular weekly support get in touch with the CPA (Climate Psychology Alliance), see below.

Three free 1-2-1 sessions with qualified practitioner (psychotherapist, counsellor, etc) from the Climate Psychology Alliance

Please email us at ResilienceToResist@pm.me if you are interested in the above and we can support you in connecting with someone from the CPA.

R2R Link People In The Regions

North: Rachel (she/her)

East: Yaffle (she/her)

Midlands: seeking

London: seeking

South East: KT (she/her)

South West: Sally Sungold (she/her)

Youth Demand: seeking

Assemble: JoeHill

After Action Support by the After Action Support Crew AASC

Weekly Help Desk Zoom - Thursday 5:30 - 6:30pm

Join Zoom Meeting Join Zoom Meeting

<https://us06web.zoom.us/j/86924864055?pwd=Vw72l8znb98UDu71fBdOpd0Makxss6.1>

Meeting ID: 869 2486 4055

Passcode: 501919

We would like to acknowledge that what we do by choosing to enter into civil resistance can feel difficult and challenging, especially after you have taken action. We know that being at home after being in action can feel isolating and lonely .

We are some of the few people in society who are willing to acknowledge we are in a climate emergency, and we can sometimes feel a tendency to keep going, full on in action, until we burn out.

But, we are human, and what we do can take its toll on us as individuals. We are also a collective. And this is our strength.

You may feel you aren't worthy of care and support, because someone you know has 'done more activism' than you, and they seem resilient and aren't reaching for support. But - YOU ARE WORTHY OF CARE AND SUPPORT, irrespective of what type of action you have taken.

The AASC aims to provide extra support, in addition to your action and local Queens,

Queen Mums & Community Volunteers\BeeKeepers and Climate Action Support Pathway\CASP.

We will be trained in Emotional Debrief and most of us will have first hand experience of taking action with JSO, being arrested, and even being sent to prison.

We will act as a listening ear within the Just Stop Oil campaign, and will help signpost you to some of the incredible support available from CASP. You can, of course, continue to go directly to

http://bit.ly/CASP_Calendar

If you have taken action with Just Stop Oil, and are feeling maybe a bit overwhelmed and that you might like someone to listen, or perhaps you aren't quite sure what CASP's offerings are, or what help is available, then please contact your nearest

After Action Support Crew members:

North London: Skippy (she/her) (**Duty contact**) & Spartacus (he/him)

South London: Chrissy (she/her)

North: Wombat (she/her) & Jonathan (he/him)

East: Mariposa (she/her)

South East: Curlew (he/him) & Firepaw (she/her)

South West: seeking

Youth Demand: Axol (he/him) & Ruby (she/they)

Midlands: Melanie (she/her) & Mayday (she/her)

CASP Financial Assistance

CASP Financial Assistance exists to support activists and maintains a fund to help with the financial hardship that results from taking action on climate. Court costs, fines, travel and accommodation for court appearances all make an impact. Some people are in a position to absorb those costs, but for those who aren't, CASP is here to help. If you are struggling to meet monthly outgoings because of these kinds of costs, read on.

CASP Assistance Fund: <https://docs.google.com/document/d/1LcdhUpCTshaR3wDpwYTK1Tn5-i-I0d-al3Racjq7Qg8/edit>

Form: <https://docs.google.com/forms/d/e/1FAIpQLScBXUUOazeGJAaOKiZwhkZIJtInJ-wTyakTk51qAzNO1Hhhmw/viewform>

Crowdfunder: <https://chuffed.org/project/casp>

CASP Popular links: [CASP - Popular Links](#)

Equity, Diversity and Inclusion Support Groups

Building our connections and resilience

All the work within the EDI space is informed by those with lived experience. There are a number of inclusive groups within JSO that meet regularly and explore themes such as being neurodivergent and taking action, Trans rights in prison and racism within the police force. The themes explored in these meetings have been used (with the permission of contributors) to create training, documents and guidelines for the rest JSO to adopt to better its practices overall. The inclusive group chats are really important because they act both as a mutual support spaces for people to communicate with others that have the same experience as them, AND through support of the EDI team, enable these conversations to inform the rest of our community to develop and learn to create and maintain safer spaces for all.

Check out this document for the offerings available: [EDI Offering](#)

All group chats use Brave Space framework which has been developed and used for a long time in educational context to support conversations and facilitation of race, power and privilege. Read more on brave space framework here <https://www.ssw.umaryland.edu/media/ssw/field-education/2---The-6-Pillars-of-Brave-Space.pdf>

Inclusive spaces/group chats meaning only those that identify as that community can join - NOT for ally-ship

Join these spaces for our diverse activists, these spaces are for identifying community members only, not for allyship.

☐ BAIPOC for Black, Asian, Indigenous, People Of Colour JSO Signal group <https://bit.ly/3HL0uo1>

☐ Rainbow Road Block (LGBTQIA+) Signal group <https://bit.ly/3NcXPoc>

☐ Neurodiverse Resistance Signal group <https://bit.ly/30k98MG>

☐ Womxn space Signal Group for FINT (Female, Intersex, Non-binary, Trans) <https://bit.ly/404CLbE>

☐ Disabled Civil Resisters Signal group <https://bit.ly/3Qn0Ze3>

☐ JSO Global South (Space to unite and amplify voices of JSO members from the Majority World)
<http://tinyurl.com/m99pp4nf>

You can also contact Equity Diversity and Inclusion at accesstoaction@protonmail.com

Eating Support

Eating Support: Linking those living with, who have lived experience and those supporting someone with an eating disorder - peer support, check ins and monthly R2R facilitated listening space.

Please join this Signal chat:

https://signal.group/#CjQKILmvECcMIjbeVFh3Dj8PFfeEL0qi9QLKWbVFAC_IrWNmuEhACHwDnse17IIQRTpDSWhmW

EDI Links

EDI Links:

North: Georgia (they/them) & Rachel

East of England: Jay (she/her)

Midlands: seeking

London: Joe A (he/him)

South East: KT (she/her)

South West: Ruth C (she/her)

Youth Demand: Ruby (she/they)

Assemble: seeking

Peer to Peer Support

Guidance to set this up

There are numerous stresses on role holders and support can be found through different teams in JSO, but here we are talking about linking up with one or maybe two JSO peers in an active listening and supportive way.

This one pager explains it all

<https://docs.google.com/document/d/18xxBCBDL1sAbSHM4BeOpSY56tmkGkjdtONZX-V21Lew/edit?usp=sharing>

For help getting started - Please do reach out to these people:

Tardigrade (she/her) 07585 905890 or Mother of Cats (she.her) 07783 033284

Or any Safeguarding, link person in the lists above. :)

Under 18 Policy

Under18 Policy Final

Support for those losing Roles

Hi all, for those who have lost their jobs/had their hours reduced due to the recent restructure and are concerned about finding a new job, there is a group where we can post any jobs we find that might be JSO-compatible (ie, ok with previous arrests and/or having worked for JSO in the past). Please join here [📄](#)

https://signal.group/#CjQKILMIyyfExAsTKZaSdYV_59Ib_mCGWIJ0tD9nDb3pOrZrEhCo-Ma4CNyjIA1sfCRuzf4o or email accesstoaction@protonmail.com

Wider Mental Health Resources

Please check here for a more comprehensive register of contact for external support for a wide range of mental health needs: <https://bit.ly/3SWVeVH>