

# 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](mailto: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](mailto:ResilienceToResist@pm.me) if you are interested in the above and we can support you in connecting with someone from the CPA.**

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