Activist Support Resources
At NARN we believe that healthy activists are critical for a healthy movement. Animal activism can take a toll and it’s important to build resilience so we can sustain our efforts and protect our mental and emotional wellbeing.

Here are a few resources to support you – bookmark this page so you can easily get the support you need when you need it.

Are you or is someone you care about feeling suicidal?
If you - or someone you care about - are experiencing suicidal thoughts, please immediately contact the US National Suicide Prevention Lifeline

- By phone at 1-800-273-TALK (8255)
- Text the Crisis Text Line (text HELLO to 741741).

Both services are free and available 24 hours a day, seven days a week.

- The deaf and hard of hearing can contact the Lifeline via TTY at 1-800-799-4889. All calls are confidential.

The Lifeline supports people who call for themselves or someone they care about.

NARN’s animal activist support group
We have a Facebook group where we encourage activists to support each other, and a monthly call where we gather to share and care for each other.

- NARN Activist Support Group | Facebook
- Our calls are usually the second Thursday of every month – check out the calendar for the next Activist Support Group event.

Animal activist support line and resources by In Defense of Animals
The In Defense of Animals Sustainable Activism campaign supports animal activists by providing emotional and spiritual resources including a support line, an online support group, and occasional webinars with experts in the field of animal protection and activist self-care.

- Sustainable Activism (idausa.org)

Animal activist support line
Usual Phone hours: Monday - Friday, 9 am – 5 pm PT (12 pm – 8 pm ET) with extended hours on Wednesdays, to 8 pm PT (11 pm ET).

- Animal Activist Support Line (idausa.org)
- Call/Text: 800-705-0425
- Email: activistsupport@idausa.org
- Chat: Start chatting
Vegan therapists and other sustainable activism resources

- IDA’s list of vegan therapists and coaches - Activist Resource List - therapists (idausa.org)
- Other sustainable activism resources - Activist Resource List (idausa.org)
- Vystopia Support Group (Facebook) - Vystopia Support Group | Facebook

Therapy resources for activists in the global majority (Black, Indigenous, and People of Color) -
Note: may not be vegan or animal rights focused

- Therapy In Color ® | Mental Health for Black, Indigenous & People of Color
- These Organizations Support Black Mental Health & Wellness - Nerdist

Practicing self-compassion and self-care

“Self-compassion entails being warm and understanding toward ourselves when we suffer, fail, or feel inadequate, rather than ignoring our pain or flagellating ourselves with self-criticism.” Kristin Neff, PhD – self-compassion researcher.

- Self-Compassion (self-compassion.org) has information, exercises and meditations to help you foster self-compassion and resilience
- A guided meditation for activists - Guided Meditation for Activists - YouTube

Compassion fatigue resources

Jessica Dolce offers online classes and webinars on compassion fatigue and self-care practices for animal care workers.

- Website: Jessica Dolce | Humane Education + Communications
- Article on depression and suicide in animal care professions and what we can do: Depression and Suicide In Animal Care Professions: What Can We Do? (jessicadolce.com)

Apps for mindfulness and meditation (these may require a subscription or purchase):

- Calm - The #1 App for Meditation and Sleep
- Muse™ - Meditation Made Easy with the Muse Headband (chosemuse.com)
- NuCalm® | Recharge Your Brain & Body Now

Suggested reading

- “Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others” by Laura van Dernoot Lipsky and Connie Burk
- “To Save a Starfish: A Compassion-Fatigue Workbook for the Animal-Welfare Warrior” by Jennifer Blough
- “How to Create a Vegan World: A Pragmatic Approach” by Tobias Leenaert
- “Vystopia: the anguish of being vegan in a non-vegan world” by Clare Mann, PhD
- “Millennial Vegan: Tips for Navigating Relationships, Wellness, and Everyday Life As a Young Animal Advocate” by Casey Taft, PhD