

## 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](mailto:activistsupport@idausa.org)
- Chat: [Start chatting](#)

- Facebook group: [Animal Activist Online Support Group | Facebook](#)

### 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 \(choosemuse.com\)](#)
- [NuCalm® | Recharge Your Brain & Body Now](#)
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### 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
- "Beyond Beliefs: A Guide to Improving Relationships and Communication for Vegans, Vegetarians, and Meat Eaters" by Melanie Joy, PhD
- "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