



Dealing emotionally with eviction

**Awareness-Zine with tips and important
information for you and your affinity group**

This zine is for you and your affinity group for the eviction period in Lützerath. You can find this and other awareness material on the website: luetzerathlebt.info. All texts and contents do not claim to be complete, on the contrary, we are aware that a lot is missing. In the time pressure at the beginning of January, we compiled what was possible at this point and hope to be able to give you some ideas. Everything can be used further.

Created by: various awareness groups in and around Lützerath

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Version 3: English (also in German)

TAKE CARE OF EACH OTHER..

Whenever there is an eviction attempt or we want to do actions together, we need to take care of each other.

This little booklet is meant to give a little insight & overview about Emotional First Aid, how we can network & how we can maintain a mindful interaction with each other before, during & after actions.



Before you get into actions, it makes a lot of sense to form affinity groups; for example, with people you've known for a while, people you live with in the barrio, or people you meet at the affinity group finding meeting. These are preferably people you trust or at least people with a similar action level and similar experiences. To help you find your way to each other, we have created a →affinity group checklist.

In the case of an eviction, unfortunately, triggering, overwhelming & stressful situations are not uncommon. Since we can only intervene if we recognize →anxiety, panic states & trauma, we have compiled a small text that should help recognize these for yourself & others.

Even if we actually want to change the system that creates these violent circumstances, they are still reality. Therefore, we have compiled a list of →exercises for stressful situations that can help in these situations. Feel free to practice them beforehand in your barrios or affinity groups so that they are already familiar in stressful situations.

In the →Guide: Going into Action you will find a short summary of what is relevant in the different phases around actions & the text →Strategies in Detention summarizes what can be helpful in the case of detention, should you be exposed to this additional stressful situation.

Dealing with the physical and mental consequences of political work/actions is not a private matter that you have to solve alone, but is the task of the entire affinity group and the movement. In order to create an overview of what can be important, we have compiled a collection of suggestions for a →action follow-up, as well as a short text with the title: →Collective Strategies, which should help to find & use existing structures, as well as prevent potential isolation after action periods.

**... SO WE CAN BE DANGEROUS
TOGETHER!**

Here are a few questions and clues that can be helpful in finding an affinity group, getting to know each other better and preparing for action

Talk about personal goals & motivations.

- Why are you politically active/ want to take action?
- What do you hope to get out of your political action?
- What are your hopes for a affinity group (common everyday life &/ or actions? Common economy etc.)

Talk about your needs.

- What do you wish from each other?
- Talk about forms of discrimination that affect you/people around you (e.g.: [cis/endo] sexism, racism, ableism etc.). Look at how you can support each other.
- What are your personal boundaries for actions/what is your level of action?
- How do you want your affinity group to manage your expectations & boundaries?
- What can affinity group members do for you when you are feeling down?

Talk about past experiences & fears.

- How are you physically/psychologically doing with the planned/upcoming actions?
- What do you find particularly easy/ difficult? What were your previous experiences in action?
- What makes you afraid of an action or in terms of possible repressions?

Think about your behavior in certain situations:

- What do you want to do together in action, how far do you want to go?

- How do you behave towards the police/security authorities?
How do you behave when there is a confrontation?
- What do you do when the police uses dogs/ horses/ water cannons?
- How do you behave in eviction situations? (possible forms of action)
- What are possible criteria for termination of the action?
Could there be situations in which you would split off? → Tip: Divide yourselves into duos or trios.
- How do you want to deal with possible repression/ violence during the action?
- How will you behave if situations could last for hours/ days/ weeks?

You want to be an affinity group? Then it's time for further steps

Share needed information (for detention/in case of injury):

- personal legal number (EA no.) & if everyone feels safe with it names, addresses & birth dates
- Important contacts (who, when & how to contact)
- Discuss where IDs/ medical cards are & if you want to store them in one place (verbal info is not always accepted when deterred/ may lead to delay)
- Do you need medicine regularly/ in certain situations? Explain where to find it.
- Make meeting points before, during & after the action in case you get separated/ not all go into action.

Practical considerations for actions

- Prepare together for the chosen form of action (division of tasks/ action training/ action consensus. decisions, etc).
- Do you take cell phones into action? If so, who has one with them? Have numbers been exchanged?
- Do you/ who has a first aid kit & eye wash bottles with you?
- How can you make actions enjoyable? (Play games, bring instruments, etc.)
- Determine which two to three people will stay together no matter what & in any situation. If buddies are associated with the same gender, there is a higher chance to stay together in case of detention.
- Give your affinity group a name (preferably an unusual, multi-syllable word that can be clearly & distinctly understood).

Prepare for possible detention:

- Will you agree or refuse to give personal information? How do you want to deal with a possible identification treatment? (cooperating or not, make fingerprints unrecognizable or paint face).
- Who needs to be home and when? What do you do when the time periods are very different?
- Is it important to you that one picks you up from the prison collection center (GeSa)?
- Who needs to be notified if you come home later than planned? How can these people be reached? What has to be arranged then? (Cancel appointments, child care, "tidy up" the apartment, etc.)
- How will you deal with it if someone is taken into prolonged custody?

Agree on a time and place for a debriefing, in which you clarify:

- How are you feeling right now? How do you deal with the experiences from the action?
 - How did you feel in the affinity group/action? What went well, what went bad?
 - Was there repression or could repression still follow?
- Agree to contact & support each other in case of repression, even weeks or months after the action. Stay in contact, even if you don't expect repression, so that you can support each other emotionally and it doesn't go unnoticed if your groupies feel bad after the action.

Prepare your people at home:

- in case there is a lot to take care of: pass on a to-do list in case you come back later than planned.
- Give them a number to call & ask for you & explain the circumstances.
 - In case of refusal of personal details: say that on the phone they will not give your clear name, but your action name or your personal legal no.
- Learn the phone number of the person you trust by heart

Exercises for stressful situations

In the following you will find exercises that can help you to calm down in stressful or upsetting situations or to find your way out of anxiety. Feel free to try the exercises in relaxed situations. See what feels good to you/can help you & what doesn't.

5-4-3-2-1 exercise

Concentrate on 5 things one after the other that you see & name them. Then repeat with 4 things you hear. Then 3 things you can feel with your hands/feet/on your skin. Then 2 things you can smell. Then 1 thing that you taste.

3 Objects Exercise

Similar to the previous exercise only here you try to think of three objects of one category (animal species? movies? drinks?).

Body exercises

1. focus on different body parts & tense them & count to 5, loosen them & count to 5
2. try pelvic floor relaxation while sitting (sit down, breathe in & imagine your pelvic floor muscles tightening. → exhale as your pelvic floor muscles return to their natural position).

Put your hand on your belly

If you panic, it helps to lie on your back & put your hand on your belly. While doing this you can breathe in & out slowly, this helps to feel that you are still getting air. This has a calming effect in moments of uncertainty

Singing or humming

Singing or humming together or alone is always a good stress reliever, because singing & feeling anxiety doesn't work at the same time. :)

Adjust your breathing cycle

- a) Inhale for 2 seconds, hold your breath briefly & then exhale for 6 seconds. Lengthen the breathing frequencies over time.
- b) Inhale deeply, count to 3 while holding your breath, exhale twice as long (so count to 6), repeat several times, then increase: hold 4, exhale 8, hold 5, exhale 10. At the end, hold your breath once for a long time and exhale slowly. Throughout the exercise focus on your breath & feel it on your upper lip, if thoughts come to your mind let them go & return to your breath.

Alternate breathing

close one nostril while breathing through the other & then alternate

Shaking the body out

Stand shoulder width & starting from the feet shake the whole body. Do this evenly or randomly, wild, as you prefer. You can also shake out individual body parts. You can hum, let your lips flutter or stick out your tongue & let everything out with funny noises. At some point, let your movements become smaller again, until you are only barely noticeably vibrating & finally come to rest again completely.

Stripping out the body

Brush off everything negative by brushing off all parts of your body from head to toe & shaking off the bad from your hands as if you were brushing water off your body after a shower.

Jog while sitting

Get into a comfortable sitting position. Cross your arms so that your palms are on opposite upper arms. Now tap your upper arms with your hands in an alternating rhythm. You can do this as fast & as long as you want. Concentrate on your breathing & try to inhale & exhale deeply.

Inner Safe Space

The inner safe space is a mental place where you feel safe & secure & that you can always go to in your mind, e.g. to retreat when it gets too much around you or you feel bad. This place in your imagination is linked to feelings, which you can then call up through your imagination.

To find/create it the following instructions can help:

Before you start your journey:

- You can hold on to something, put your feet on the ground or hold an object in your hand to keep contact with the outside world if you prefer.
- There should be no real people in the inner safe space. If you need to think of one that made you feel safe, integrate it as a feeling/essence in a symbol or a helper.
- If unpleasant thoughts come up, let them go & focus on positive things again.

Getting to the inner safe space & setting it up:

Stand or sit in a quiet place, close your eyes & feel the contact of your feet to the floor or the contact of your body on the chair. You are safely supported & held. Feel your body by becoming aware of what you are feeling in each part of your body (starting from the feet, through the lower & upper thighs, to the abdomen & chest region, from there to the arms & hands & then to the head) (are you warm or cold there; contact with the environment, other body parts or touching fabric, do you feel your breath circulating & becoming calmer?)



When you have arrived in yourself, ask yourself in which place you once felt very comfortable & safe, where you felt good. You can also think of a whole new place. Take whatever comes to your mind, it doesn't have to be perfect.

- What do you see?

- What colors, sounds & smells do you notice?

- What do you feel on your skin?

Then look at what the place needs to be like, to be your safe space.

- Do I need a wall/ fence/ mountains to separate me from what feels unsafe/ threatening?

- Do I want a protective circle to keep out harmful influences [e.g. in the form of an energy field/ membrane/ crystal/ protective equipment]?

- How solid or permeable can this protective circle be [depending on the feeling of safety]?

- Inner helpers (see below) can also be there & support you.

Look around again & perceive your inner safe space. If something is not yet right, change it, you can do this also at any later time.

If you feel good with your place, you can "store" it in a body gesture.

Find a posture that expresses your safe space. Don't worry too much about it, but let your body decide. If you later adopt this posture more widely, you can get back to your inner safe space more quickly.

To access the safe space directly, you can also create a mental path that leads you directly to the safe space; such as a vehicle, a slide, or a sneak path.

At the end of the journey:

Come back from your imagination by noticing your body boundaries, the ground beneath your feet & the sounds & smells around you. When you are ready, gently open your eyes again.

Going into action

Before the action

- Directly before actions it is good to do a check-in or an emo round.
 - Discuss again what you can imagine during the actions & talk about realistic "worst case" scenarios. You should not panic, but calmly ask yourselves if you can handle it emotionally.
 - It is important to make clear agreements for actions & form buddy/two-pairs. These buddies take special care of each other during actions & stay together. In teams associated as 'same-sex' by the police, you are more likely to stay together.
 - It is very important that no boundaries are crossed & that the highest level of safety counts for the whole affinity group.
 - Make sure that you have made all the agreed preparations
-
- Feelings can change! During the action, keep asking how the people around you are feeling. Pay attention to the needs of the people in the affinity group. Do not push people to go beyond their own limits.
 - Stay together! You can always call the legal number or the Awareness Team in overwhelming situations.
 - To strengthen & encourage each other you can, for example, sing or hum or do other →exercises for stressful situations. Tell each other stories that distract you but don't reveal anything about you.

After the action

- After the activity, do a round of reflection. How did everybody do? You can share experiences & see if people need support. But also reflect what is helpful for next actions.
- Be in solidarity with the people who have experienced discrimination and listen to those affected. Do not relativize the experiences that people have had & take them seriously.
- Do not lose sight of each other. Sometimes it takes time & distance for experiences to be processed or for emotions to come up. Often it is good to talk about the experience again some time later.

Very important: You are not alone! There are structures that are there to support you, regardless of whether you are currently in custody or already out again, whether the action/ eviction was only a day ago or already a year ago...

For contact points & contacts, please see the text
→ Collective Strategies which contains a list of these.

Komm mit mir nach Lützerath

von Findus



Hast du Bock der Zerstörung nicht mehr zu zuschauen
was zu verändern zu bewegen etwas aufzubauen
Hast du Bock auf gemeinschaftlichen Widerstand
wir stoppen hier die Kohle mit Herz und Verstand

Hast du Bock auf Hütten oder Baumhäuser bauen
oder die schönsten Sonnenuntergänge zu bestaun
Hast du Bock unser Morgenplenum zu moderiern
es gibt unendlich viele Dinge hier zu organisiern

**Komm mit mir nach Lützerath
gemeinsam stoppen wir das Schaufelrad
hier baggert kein Bagger mehr die Dörfer ab
wir kämpfen gegen Kapital und Staat
wir kämpfen für das gute Leben
und wir werden das System au s den Angeln heben
aus Solidarität unsre Zukunft weben
und ganz sicher werden wir niemals aufgeben**

Hast du Bock auf Social Media und Presse sprechen
Bock zu üben aus gelernten Muster auszuberechnen
Hast du Bock auf EA oder GESA Support
willst du Gemeinschaft gestalten
dann ist Lützerath dein Ort

Hast du Bock einen Räumpanzer zu besetzen
oder beim spüln zu nicer Mucke richtig abzufetzen
Hast du Bock auf ein Awarenesssteam mit coolen Leuten
oder bock es mal zu lernen was all die
Szenecodes bedeuten

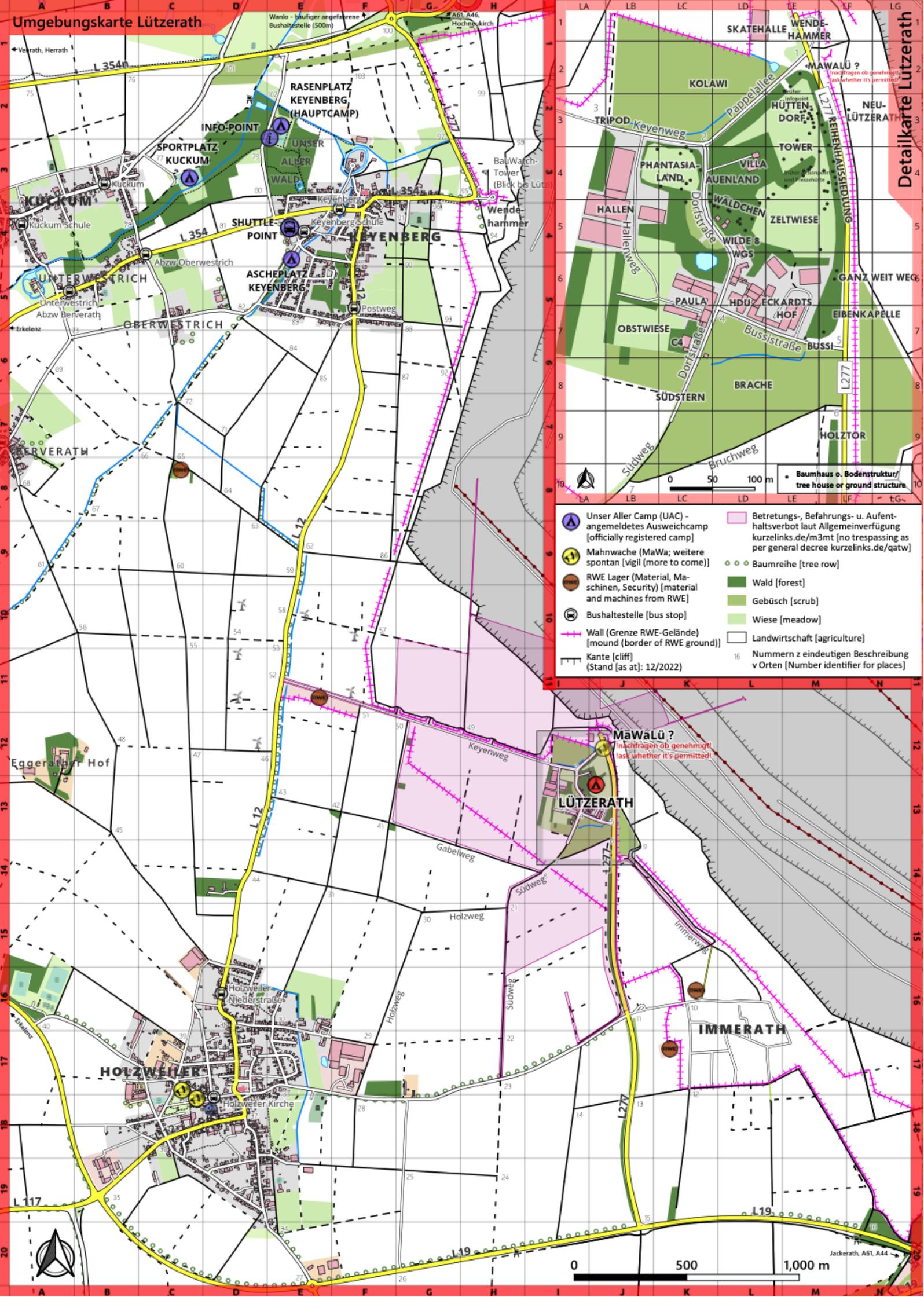
[Chorus]

Lützi ist ein Ort für Kämpfer*innen
Wir heben unsre Körper, unsre Stimmen
Lützi ist ein Ort für die Bedachten
Die sich kümmern und die aufeinander achten
Lützi ist ein Ort für die, die glauben
an eine bessre Welt, die wir schon heut aufbauen
In Lützi freun wir uns über jedes neue Gesicht
und wenn dein Herz jetzt etwas schneller schlägt
ist Lützi vielleicht auch ein Ort für dich

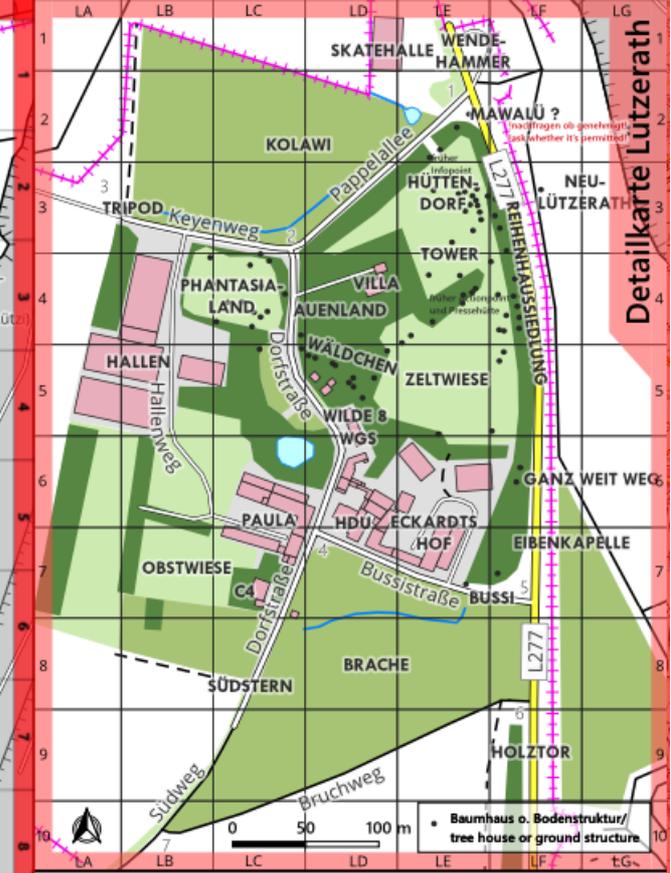
[Chorus]

**Space for your notes
and doodles...**

Umgebungskarte Lützerath



Detailkarte Lützerath



- Unser Aller Camp (UAC) - angemeldetes Ausweichcamp [officially registered camp]
- Mahnwache (MaWa); weitere spontan [vigil (more to come)]
- RWE Lager (Material, Maschinen, Security) [material and machines from RWE]
- Bushaltestelle [bus stop]
- Kante [cliff] (Stand [as at]: 12/2022)
- Betretungs-, Befahrungs- u. Aufenthaltsverbot laut Allgemeinverfügung kurzelinks.de/m3mt [no trespassing as per general decree kurzelinks.de/qatw]
- Baumreihe [tree row]
- Wald [forest]
- Gebüsch [scrub]
- Wiese [meadow]
- Landwirtschaft [agriculture]
- Nummern z eindeutigen Beschreibung v Orten [Number identifier for places]

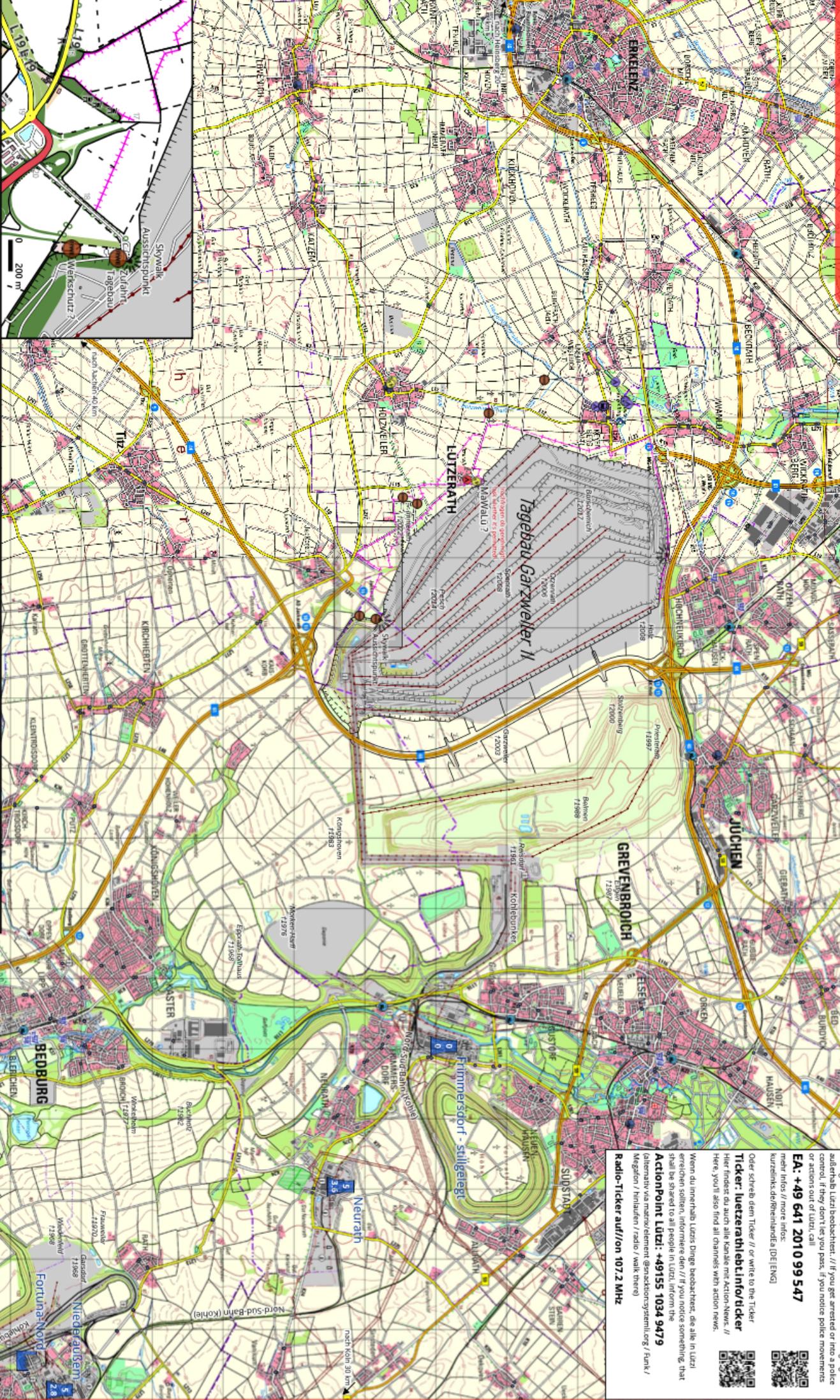
MaWaLü?
nachfragen ob genehmigt
ask whether it's permitted!

LÜTZERATH

IMMERATH

0 500 1,000 m

Jackerath, A61, A44



- Unser Aller Camp (UAC) - arge meliertes Ausweichcamp (officially registered camp)
- Mahnwache (Mawa; weitere werden spontan eingerichtet) (wght) (more ones will be established spontaneously)
- RWE Lager um Lützi (RWE storages around Lützi)
- Polizeistation (police office)
- Bahnhof (Railway station)
- Bushaltestelle (bus stop)

- Braunkohlekraftwerk mit Anzahl an Blöcken und Molekulargewicht in GW (coal power plant with number of blocks and output power in GW)
- Braunkohlevererdung (coal refining)
- Kohleförderband (coal conveyor)
- Kante (tiff) - Stand (as at: 12/2022)
- Wall (Grenze RWE-Gelände) (border of RWE ground)

- UAC InfoPoint: +491 55 10561460
- UAC ShuttlePoint: +49155 10560825
- UAC Awareness: +49155 10565852
- Sanit (paramedics): +49155 10564380
- Psychologists/Future Emotional Support (24/7): +49174 2776325

Ruf den EA an, wenn du festgenommen, kontrolliert oder nicht durchgelassen wirst, wenn du Aktionen oder Polizeibewegungen ausserhalb Lützi beobachtest; // If you get arrested or into a police control, if they don't let you pass, if you notice police movements or actions out of Lützi, call

EA: +49 641 2010 99 547

 mehr Infos // more info:

 kurzwasserdirektories.de/IDE/ENG

Oder schreib dem Ticker // or write to the Ticker

Ticker: luetzerathinfo/ticker

 Hier findest du auch alle Kanal mit Action News; //

 Here, you'll also find all channels with action news.

Wenn du innerhalb Lützi Dinge beobachtest, die alle in Lützi ereignen können, informiere den // If you notice something that still be shared to all people in Lützi, inform the

ActionPoint Lützi: +49155 1034 9479

 (alternativ via messenger/telegram @actionpointluezi.org / Plank /

 Megafon / Handhelden / Radio / Walk three)

Radio-Ticker auf // on 107.2 MHz



AWARENESS TO GO Für
Personen mit
Rassismus Erfahrung

Atme tief durch.
Gefahr einschätzen, bevor man reagiert.
Es gibt immer zwei Optionen.
Beziehe Verbündete ein.
Selbstfürsorge.
Einfach mal elektronische Geräte abschalten.
Du musst Dich nicht rechtfertigen.
Wenn es sich wie Rassismus anfühlt, ist es Rassismus.
Austausch mit anderen Rassismuserfahrenen Personen kann helfen.

AWARENESS TO GO For
people with
Racism experience

Take a deep breath.
Assess the danger before reacting.
There are always two options.
Involve allies.
Self-care
Simply switch off electronic devices.
You don't have to justify yourself.
If it feels like racism, it is racism.
Sharing with others who have experienced racism can help.

AWARENESS TO GO Für
Personen ohne
Rassismus Erfahrung

AWARENESS TO GO For
People without
racism experience

Atme tief durch.

Breathe deeply.

Verantwortung übernehmen.

Take responsibility.

Nicht weggucken Innehalten, erst
reflektieren, dann handeln.

Don't look the other way Pause, first,
reflect, then act.

Muss es von mir gesagt/geteilt
werden?

Does it need to be said/shared by me?

Was ist meine Motivation?

What is my motivation?

Bedenke die Konsequenzen

Consider the consequences

Deiner Äußerungen und

of your statements and actions.

Handlungen.

Let others go first.

Anderen den Vortritt lassen.

Use privilege to offer support.

Privilegien nutzen, um

Unterstützung zu bieten.

Note

In this zine we weren't able to write explicitly about all forms of discrimination. Therefore please transfer this text to situations where you witness ableism, antisemitism, queerphobia, sexism or other forms of discriminatory behavior. Use your voice and don't forget that discriminations often are intersectionally!

Strategies in Custody

Before a person is taken into custody, a lot has usually already happened. Confrontations with the police are violent on many levels. This goes from an often physically violent eviction (sometimes direct violence in form of punches, kicks, pushes or painful grips or by means such as pepper spray or batons), to the restriction of freedom & privacy (being handcuffed/ handcuffed as well as being patted down), to discriminatory remarks.

From the booklet "Tips for Staying Sane & Calm During Arrest & Alone in a Jail Cell" written by a Black Lives Matter activist, the following section regarding detention is interesting:

Stay calm, especially when surrounded by police. [It is very difficult] to escape from such a situation. The calmer you stay, the better it will be for you and maybe even save your life. [...] During the arrest, focus on one thing in front of you, even if it's just a small dent in the wall, keep your hands on the wall, focus on what they are doing and saying as best you can with your other senses (hearing, peripheral vision, your body, smells, tastes). Take note of everything that is going on, and when you are outside, WRITE EVERYTHING DOWN, in as much detail as possible. If you encounter police officers, try to remember their badge numbers, if possible.

DO NOT TALK TO THEM. They will try to intimidate, bully and harass you. They will lie to you and try to scare you. Practice before demos and protests. Have a friend play the role of a police officer who questions you, and switch roles. PRACTICE and remember: DO NOT TALK TO THEM. You can always say NO COMMENT. They will challenge you, they will racially and sexually harass you, they will use any shit to break you.

What the section doesn't make more explicit is the physical violence people experience in custody; especially if you don't cooperate in custody & give them what they want. So sometimes pain holds are used or they try to forcibly put you in positions they 'need' to take photos of you, weigh you or find out how tall you are. Consciously decide in what situations you feel ready to potentially experience more violence & mentally prepare for it. Cooperation doesn't necessarily mean you won't experience violence... So to be on the safe side, prepare to experience violence in that scenario as well. Be prepared for them to say that you may have to stay longer after all, that you may not be allowed to air, etc., etc....

If you are not in direct contact with police officers, it is quite likely that you will be locked in a cell alone. Depending on the length of time you are 'allowed' to be detained, different strategies may be useful, although any short-term strategies may also be helpful for longer periods of time. The list includes several suggestions from which you can choose the ones that seem most helpful to you....

Strategies for shorter detention

- Get plenty of sleep... It's usually warm inside, which isn't that uncomfortable, especially in the winter. Maybe you will manage to sleep through the detention.
- Let out the pent up feelings. Cry & scream, do whatever makes you feel good.
- Apply →exercises for stressful situations when you feel anxiety, panic or stress (especially if you have a history of traumatizing experiences, it makes sense to try to relieve stress as early as possible.
- Locate yourself in the here & now (focus on what you are wearing & how it feels) or do a bodyscan (notice your own position, e.g. feel how all parts of your body are connected to the world; starting from the feet, over the lower & upper thighs, to the abdomen & chest region, from there to the arms & hands & then to the head; feel how each part of your body feels: are you warm or cold there; is there contact with the environment, other body parts or touching fabric, do you feel your breath circulating & getting calmer and calmer?)
- Do stretching exercises or move to the extend it is possible.
- Remember beautiful moments & things that bring you joy.

Additional tips if you expect/know you will be in custody longer:

- establish a routine (e.g. make your bed in the morning, then read, exercise or something else that is possible; maybe take a nap later, etc.)
- set yourself up a bit (e.g. by always putting things in the room in a certain way, making the bed, etc.)
- you have the right to walk in the yard, i.e. if you want fresh air, this is fully possible
- ask for things you need/want (e.g. another call outside, that the light is turned off, or you get new reading material), in fact people always get things in that make the stay more pleasant. Don't count on it to always work out though!

And going back to the first quoted text, one last tip:
REMEMBER THAT YOU ARE LOVED & ON THE RIGHT SIDE
& THAT THERE ARE PEOPLE OUT THERE WAITING FOR
YOU & SHIT ON THE POLICE! SHIT ON THE STATE!

Support when you are in custody or pretrial custody

If you wish an allied pastoral caregiver can visit you.
Please tell EA about it.

Activism and Trauma

Emotional aftermath of police (and other) brutality and how to get out of it

An introduction to trauma & how to deal with it

The condition we can find ourselves in after experiences of brutality (whether direct or indirect) is referred to by psychologists & co. as "post-traumatic stress" (PTS). They divide reactions into three different areas.

[copied from (10.2022): burnout-symptoms-and-test.com/what-is-the-difference-between-anxiety-states-and-panic-attacks]



Signs of Post-Traumatic Stress:

1. re-experiencing what was experienced

Nightmares, flashbacks, intrusive (recurring) memories, feeling that what you experienced won't let go, etc.

2. avoidance behavior / repression behavior

Memory loss, increased alcohol / drug use, self-isolation, avoidance of anything related to or reminding one of the experience, building distance from what happened, etc.

3. increased agitation

sleeping difficulties, irritability, emotional outbursts, angry outbursts, anxiety, panic, difficulty concentrating, jumpiness, etc.

These are common reactions to extreme experiences. Many people have experienced this - & survived.

To get better, 2 main approaches help:

- 1. staying for a long time in a place where you feel safe, have peace of mind & surround yourself with people you trust.*
- 2. process the experience. Putting the experience into words, even if it is told over & over again, or expressing the emotions in other ways.*

For about 70% of people, symptoms disappear after about 4-6 weeks. If they persist, this condition is called PTSD (Post Traumatic Stress Disorder) & is serious enough that expert help is needed. (This can also be helpful if the symptoms are already making life very difficult before).

It may be that "PTSD" only occurs months or even years after the experience. Basically, it is a processing dysfunction - our system does not process the experience. There are different kinds of therapy or healing. The aim is to integrate the traumatic experience into your life. It will not disappear, but the pain will diminish.

More information: Activist Trauma Support:

<https://www.activist-trauma.net> (in English and other languages)

https://www.activist-trauma.net/assets/files/trauma_briefing_a3.pdf

www.healingtrauma.pscap.org

Reading tip: "Narben der Gewalt", Judith Hermann (in German)

Website: www.trauma-informations-zentrum.de (in German)



Emotional Support Hotline by **Psychologists4Future** for **Aktivists in Lützerath**



Feel free to get in touch, if you:

- Simply want to talk
- Want to find a constructive way to deal with certain experiences
- Are experiencing difficult situations
- Would like support in dealing with an interpersonal conflict
- Feel lonely / frustrated/ scared / angry / sad

What kind of emotional support can be provided?

- Listening
- Sharing emotions together
- Reflecting on the issue together
- Reactivating resources and supporting you in finding a solution

The focus always is on what you need and what is right for you!

The Psychologists4Future Hotline is available 24/7:

0174-2776325

Please note: It may be possible that we are currently in a call, in which case we would call you back later.

In acute medical and psychiatric emergencies, please contact 112 or a nearby emergency department:

- Hospitals:
 - Crisis Intervention: Psychiatrische Institutsambulanz (PIA) der Katharina Kasper ViaNobis Fachklinik in Gangel: **02454 59-0**
 - Inpatient Stay (e.g. suicidality):
 - Klinik für Psychiatrie, Psychotherapie und Psychosomatik der Uniklinik RWTH Aachen: **0241 80-89633** or **0241 80-0**
 - LVR Klinik Mönchengladbach, Fachkrankenhaus für Psychiatrie und Psychotherapie: **02166 618-0**
- Crisis Intervention for acutely psychologically traumatised adults: **02403-80 94 434**
- Sozialpsychiatrischer Dienst in Erkelenz: **02431-9771823**
- General Telephone Counseling: **0800 – 111 0 111** or **0800 – 111 0 222**.
Online: <https://online.telefonseelsorge.de/>
- In the Telegram Channel <https://t.me/joinchat/xrYGycTy3rI4NmQy> actions related support by the climate justice movement is available

Contact points after actions

Zähneputzen

For those who need a time-out, there are networks where people can retreat after overwhelming experiences. Very well known is the project Teethbrushing in which different house projects & ecovillages have networked to provide active people with retreat spaces in their structures. For more information about the project & to contact them you can visit their website (<https://aktivisti-retreat.org/>).

Psychologists for Future

The Psychologists are a subgroup of the for Future movement & offer psychological support for activists. Their specific services include

- Outreach, workshops, psychological professional consultation & lectures on climate psychology & resilience,
- Coaching, psychosocial counseling & conflict facilitation or mediation for climate activists,
- Discussion rounds on dealing emotionally with the climate crisis.

Contact: www.psychologistsforfuture.org



Out of Action

Is an Emotional First Aid group that offers support from activists for activists to start an OOA group, as well as workshops & info sessions.

On their website you can find the different existing groups including how to contact them, a pretty good flyer on how to deal with experiences of violence as well as some publications: outofaction.blackblogs.org/)

Anti-Repressions Structures:

There are different groups which can support you dealing with repression for example with proces support, soli-actions, financial support or direct contact with people arrested

Rote Hilfe contact: rote-hilfe.de

AntiRRR im Rheinland contact: antirrr@riseup.net

Rheinland EA long-term contact: rheinlandea@riseup.net

Legal Team (EA):
+49 641 2010 99 547

What you need to know:

- 1.** Get an individual EA-number at the Action Point or at: <https://luetzerathlebt.info/mitmachen-unterstuetzen/aktionen-in-luetzi/>
- 2.** Write the EA-number on your body or/and remember it
- 3.** Write down the EA-numbers of your affinity group
- 4.** When arrested: No statements! Don't sign anything!
- 5.** Demand your phone call, call the Legal Team and tell them your number (and from people of your group)
- 6.** Your number is marke das arrested until you or someone from your affinity group calls again Don't forget to call again when you are free
- 7.** Celebrate freedom

All important info, material and links at
kurzelinks.de/RheinlandEa

IMPORTANT NUMBERS

Lützerathlebt

Infopoint +4915218106687

Presse +491575 3980277

Actionpoint +49 155 10349479

UnserAllerCamp

Infopoint +4915510561460

UAC General Awareness +4915510565852

UAC BIPOC Awareness +4915510561204 (when possible)

UAC TINA* Awareness +4915510564395 (when possible)

Sanis +4915510564380

ShuttlePoint +4915510560825

Radio +4915510560770

supportstructures

Out of Action Orte +4915510565513

Psychologists4Future (langfristig erreichbar)

+491742776325

Antirepressionsgruppe Rheinisches Revier

<https://antirrr.nirgendwo.info/>

(If you don't have a phone but need emotional support ask for the Barrio phone)

Radio-Ticker 107.2 MHz

LÜTZERATH VERTEIDIGEN

