

Sources of emotional help and support

Vegan Psychologists in Australia offering in-person and online support

Dhamma & Co (Coorparoo) | dhammaandco.com.au

Consultations, meditation and yoga with psychologist and yoga teacher Davina Donovan; specialisms include trauma counselling. Yoga is currently offered free of charge. Davina also has a team of three who understand and have training in working with people who are vegan. [facebook.com/dhammaandco](https://www.facebook.com/dhammaandco)

Clare Mann | veganpsychologist.com

Psychological help for vegans. Author of forthcoming book *'Vystopia: the anguish of being vegan in a nonvegan world'*. Based in Sydney but offers sessions via Skype/Facetime. Articles, resources and a free online course available via her website.

Essential Skills for Vegan Advocacy - **FREE Online Course**

Overwhelmed with strong emotion about animal injustices?

Want to feel less traumatised, calmer and able to speak out confidently about veganism?

Join Vegan Psychologist Clare Mann for this free interactive video program and leave with tools and techniques to be a powerful vegan advocate. In this interactive course, Clare Mann teaches us how to shift the emotion of 'fight or flight' out of the body using Emotional Freedom Technique, which is used with trauma patients often when they are having symptoms like PTSD and yet talking about the events is doubly traumatising.

veganpsychologist.com/essential-skills-for-advocacy

Ash Nayate, DPsych | revolutionme.com.au

Vegan Neuropsychologist based in Melbourne. Offers mindset advice for activists, including forthcoming book, *'Staying Positive in a F*cked Up World'* and 1:1 online and in-person consultations. Welcomes discussions about Dominion on Facebook.

Need
immediate help?
Phone Lifeline
13 11 14

Online videos / talks / podcasts / articles

Melanie Joy's talk on vegan empowerment and ensuring sustainable activism, available on the **Farm Sanctuary** YouTube channel
youtu.be/nzNaoSGUmDY

The US charity **In Defense of Animals** has a number of playlists on YouTube with excellent content including:

- Sustainable Activism Webinars
- Sustainable Activism Tips - offering self-care tools for animal activists
- Will Tuttle's 10 Keys to Staying Positive Facing Animal Abuse

youtube.com/user/IDAUSAvideo



Get active for the animals

Getting active for the animals can be incredibly empowering, allow you to contribute to meaningful change, as well as build a local support network of like-minded people. Most animal rights groups, vegan societies, animal sanctuaries are always in need of reliable volunteers.

For people in Queensland, we invite you to get involved with **Animal Liberation Queensland**, or with one of the other great organisations listed below:

Animal Liberation Queensland

alq.org.au | facebook.com/animalliberationqld

General email: info@alq.org.au | Volunteer enquiries: volunteers@alq.org.au

Farm Animal Rescue

farmanimalrescue.org.au | facebook.com/faradayboro

Coast to Coast Animal Friends

coasttocoastanimalfriends.org.au | facebook.com/CoastToCoastAnimalFriends

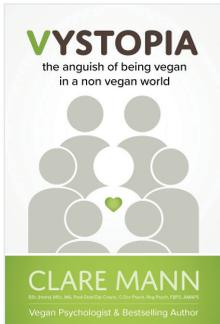
Vegetarian/Vegan Society of Qld

vegsoc.org.au | facebook.com/vegsocqld

For people in other states, please get in touch with **Animal Liberation Queensland** if you aren't sure where to start and we would be happy to point you in the direction of groups in your area.

There are vegan events taking place around Australia every week. Check out event list here: veganaustralia.org.au/events

Books

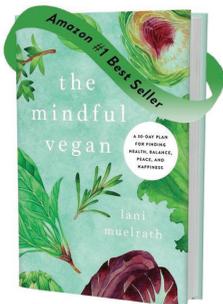
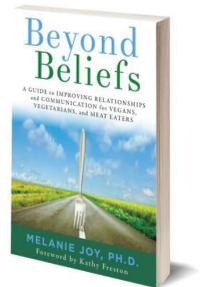


Vystopia by Clare Mann

The discovery of systemised torture and cruelty within our modern society is truly horrifying. It becomes worse when others don't understand or seem to care. The existential angst that results is what vegan psychotherapist Clare Mann calls 'vystopia'. This new book explores the extent of the crisis, offers tools to navigate the journey and is a resource to share with family, friends and professionals who don't understand. veganpsychologist.com/vystopia-book/ Release Date: 17 May 2018. REGISTER to join the Live Streamed Launch.

Beyond Beliefs by Melanie Joy, PhD

"*Beyond Beliefs* will leave you feeling clearer, more connected, confident, and – even though many difficult issues are addressed – happier. Highly recommended for anyone who wants to be a more mindful agent for bringing the light of conscious living to everything from personal relationships to the predominant culture in which we live." —Lani Muelrath, author of *The Mindful Vegan*. **Book available via carnism.org**



The Mindful Vegan by Lani Muelrath

"The teachings found in Lani Muelrath's *The Mindful Vegan* are life's secret weapon to reduce your anxiety, stress, anger and fear and replace those negative emotions with peace, clarity, happiness and optimism. Practising mindfulness has been especially helpful for me since going vegan as I've been able to navigate through the nightmare I woke up to with patience and understanding instead of resentment and bitterness. It's helped me come from an encouraging and compassionate place when advocating to others and is a vital piece to the puzzle in making this world a more peaceful place" —James Aspey, speaker, vegan advocate.

Book available via lanimuelrath.com

Staying Positive in a F*cked Up World by Ash Nayate, DPSych

You and I are here to make the world better. We're the change agents, the activists, and the innovators. We want equality and social justice, and we want to end oppression and intolerance. But we're ridiculed, ignored, or silenced. And it *sucks*. How do we stay positive, in world that seems so negative? Written by Dr Ash, Neuropsychologist, *Staying Positive in a F*cked Up World* is about why we struggle, why others don't seem to care, and how we can get through the sucky-ness while still being effective change agents. Book coming soon, details and updates via: revolutionme.com.au/book

Finding our voice and getting active

Videos & audios from animal rights conferences offering support and inspiration for how we can make a difference alongside others working for a compassionate world.

VeganKanal



youtube.com/user/VeganKanal

Animal Activists Forum

Australia's annual conference on animal activism:
activistsforum.com

Audios from previous years on Freedom of Species podcast:
freedomofspecies.org



Thoughts from Dr Ash on the value of watching Dominion

- To bear witness.
- To support a movement.
- To show solidarity with our animal friends.
- To be with other people who are also hurting, because our mutual suffering bonds us.
- Because the pain reminds us of how much we love animals.
- Because the pain reignites something within us, and makes us more vocal, more passionate, and more devoted to animal liberation.

In the moments of utter sorrow, we want to keep sight of why we're experiencing the mental pain... When you're sitting in that movie theater and you feel like you're about to shatter, remind yourself of why you're there. It won't take the pain away, but it will transform it.

Thoughts from Clare Mann on the importance of watching Dominion

We will all be distressed during and after watching Dominion. Remember, any animal you see in the film is no longer in pain - their plight has ended. We must remind ourselves that it's our job to transmute our pain into powerful action to end the suffering of animals now and in the future.

Organisations offering free crisis help & support

Lifeline lifeline.org.au **13 11 14** The Salvation Army **1300 363 622**

Beyond Blue beyondblue.org.au **1300 22 4636** SANE Helpline **1800 187 263**

Youth Beyond Blue youthbeyondblue.com

Headspace (young people aged 12-25) headspace.org.au

Kids Helpline (young people aged 5-25) kidshelpline.com.au **1800 55 1800**