

MAST

what is mutual aid self/social therapy?

MAST, short for Mutual Aid Self/Social Therapy, is a political project that uses the principles of mutual aid and a growing open-source collective of techniques to help overcome emotional struggles and deal with trauma and burnout in our community. MAST involves no expert or specialist, hierarchy, static roles, or dependent relationships, but instead demystifies and democratizes of the tools of the psychological disciplines and puts them in the hands of the people.

MAST was originally developed by the Jane Addams Collective in order to address the growing need for mental health support for radical organizers engaged in the ongoing fight against fascism. In 2022, we began to expand and operationalize their model.

In our drive, we provide all the resources for you to start your own MAST group. You can run the sessions online or in person, using zines from the MAST series for each session or using a slideshow and handouts. We also have an ongoing collaborative archive for mental health related zines and resources, a discord community, and local support threads.



bit.ly/MAST-library

**Check out the resources
and archive here!**