



Humanitarian Wellness Network FAQs

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What is the purpose of the network?

In-Sight Collaborative's wellness resources started with simple modules for humanitarian actors, grassroots organizers, activists, and laypeople who were interested in learning more about ways to support their own mental health and wellbeing as well as the wellbeing of others around them.

In 2025, In-Sight Collaborative was asked to take over the Humanitarian Wellbeing Network from Indigo Volunteers. This added a wonderful and committed network of individuals and organizations who donate their time and expertise through our online platform where grassroots humanitarian actors can find pro-bono services.

Promoting In-Sight Collaborative's mission to cultivate future humanitarian leaders, the Humanitarian Wellness Network provides a variety of accessible ways for those involved in humanitarian work to support their wellbeing and improve their overall experience in the sector.

Who can join the network?

The Humanitarian Wellness Network is made up of volunteer service providers who specialize in mental health, coaching, facilitation, and education; individual service users who are active in the humanitarian or activist space, and organizations who are currently operating in the humanitarian sector.

For Providers:



In-Sight Collaborative views mental health, wellness, and wellbeing from a decolonial lens that embraces a wide range of healing modalities for individuals and the collective. We recognize the importance of ancestral wisdom, knowledge-sharing, and exploring alternative ways of promoting a sense of wellbeing such as activism, somaticism, art therapy, herbalism, and much more. We are open to applications from providers of various healing modalities that promote decolonization and collective liberation within the mental health and wellness space.

We are also open to accepting general volunteers to help with organizing, outreach, and co-facilitation - no previous experience necessary. If you are interested in volunteering but are not able to offer a concrete service, you can email madi@in-sightcollaborative.org.

For Network Service Users

In-Sight is currently accepting applications from individuals or organizations who meet the following criteria:

- Individuals or organizations must be active in the humanitarian, activism, and/or nonprofit sectors in some capacity (remote volunteers/workers are welcome) or have returned from a humanitarian mission within the last 6 months - we accept applicants from all over the world, but please note that some of our providers are limited geographically for licensing reasons.
- Individuals and organizations must be committed to humanitarian response and not join the network in order to impose religions or political agendas. The support groups will be open to people from all backgrounds and participants are expected to be welcoming and accepting of everyone.
- Individuals and organizations agree to [the network user code of conduct](#)
- **Individuals and organizations agree not to share the network page with anyone outside of the network.** If someone you know would be interested in joining, you can share the application link with them.

In-Sight Collaborative is passionate about keeping this resource available to everyone who needs it. If you or your organization do not meet this criteria but are



interested in joining, please email madi@in-sightcollaborative.org to discuss your circumstances.

How am I connected to the network?

Network providers will be asked to share their contact information, a brief bio or description of their work, and their availability. This information will be shared on the hidden Network member Page that is only shared with network service users whose applications are approved by the In-Sight Wellness Committee.

Network service users must apply on behalf of themselves or the organization they represent. When the application is approved, they will receive the link to the Network Member Page where they can view the services available and contact the provider.

In-Sight Collaborative oversees the maintenance of the online platform and the applications to access it. The organization does not match users to providers or initiate communication, that is the responsibility of the individual or organization who is seeking the service.

Who can volunteer to support the network?

We are currently seeking any of the following support:

- Pro-bono counseling services for individuals and small groups
- Coaching for leadership development, capacity-building, or other functions related to nonprofit/humanitarian work
- Volunteer group facilitation for peer support
- Organizing and running workshops to help promote mental, emotional, and spiritual resilience in humanitarians and activists
- Donors who wish to support the Wellness Network through a grant or monthly donation

What services does the network provide?

The network currently offers:



- Free online modules promoting humanitarian wellness and wellbeing
 - Introduction to humanitarian wellness
 - Moral Injury in humanitarians
 - Relationship module series
 - Navigating healthy boundaries for humanitarians
- Pay-what-you-can workbooks
 - Self-Wellness Workbook
 - Abundance Mindset Workbook
- Free monthly wellness sessions open to the public and network users
- Free coaching and counseling for network users offered by third party volunteers
- Discounted consulting rates for network partners to create customized training pathways and wellness resources
- Recommendations to wellness trainings and offerings from other organizations or institutions

What services does the network *not* provide?

This network does not provide extensive therapeutic interventions. The resources are intended to be supportive and specific to the mental, emotional, and spiritual needs of humanitarians and activists and to promote their health and wellbeing during their work.

If you are in an acute mental health crisis or think you might need medical intervention, please seek support from your general practitioner or emergency services in your current context.

Do I have to pay to join the network?

No. Individuals and organizations can apply to join the network and can participate free of charge. Some network offerings such as workbooks or workshops may be offered at a pay-what-you-can rate, but most resources can be accessed free of charge.