

Caring for Caregivers Worldwide: Doing More Good

They are among the first to arrive and last to leave the scene of a natural disaster, terrorist incident, or civil war. They are humanitarian aid workers who respond to emergencies around the world. They bandage wounds, feed the starving, stabilize buildings, and dig through rubble for survivors, risking their health and safety to assist victims.

Who Supports Them?

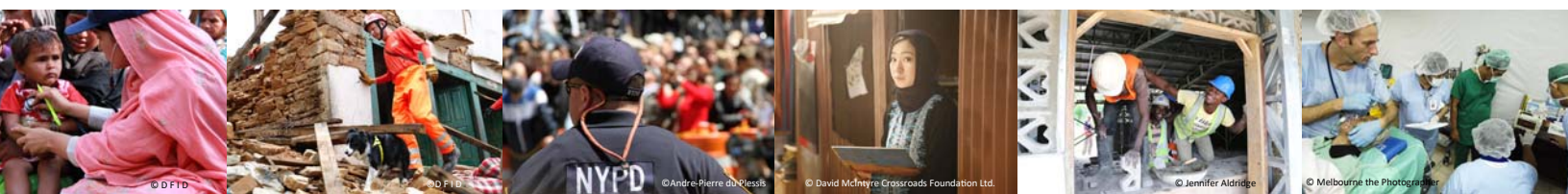
Where do aid workers turn when they are overwhelmed by the psychological and physical demands of working around-the-clock among the shocked, injured, and displaced? Behind the scenes of every humanitarian emergency, there is an urgent need for mental health care for aid workers. They witness and experience things no human brain is designed to handle. Among the 450,000 deployed around the world today, nearly 40% struggle with anxiety, depression, addiction, or post-traumatic stress as a result. The dramatic rise in work-related kidnappings, robberies, and assaults make a tough situation even worse. This is dangerous, often upsetting, work. Yet, mental health support is frequently missing or inadequate.

Domestic emergency responders face similar challenges. Our local police, fire, medical, and emergency management personnel regularly encounter traumatic or stressful situations. This undermines their resilience, resulting in high rates of physical illness and psychological distress that impair their job performance and quality of life. Mental health services are often unavailable, poorly delivered, or priced out of reach.

Help is Here

The Headington Institute provides psychological support to international aid workers and local emergency responders. We combine scientific research and psychological theory with extensive field experience. The result is a unique approach that is practical, preventive, and highly effective. Through training, counseling, consulting, and research, we promote responder resilience and trauma recovery. We provide the finest care to the individuals, teams, and families who need it most.

Since 2001, nearly 200 humanitarian aid and emergency response organizations have requested our assistance. Our licensed doctoral-level psychologists travel regularly throughout the Americas, Africa, Asia, Australia, Middle East, and Europe. Each year, we work directly with more than 1,000 responders from 40+ agencies that include government, nongovernment, faith-based, and secular organizations of all sizes. We also provide a wide array of free online resources, in a variety of languages, to nearly 200,000 visitors annually. By addressing ways to strengthen mind, body, and spirit, we offer assistance that is holistic and proactive. Learning to work effectively across nationalities, cultures, and country borders enables us offer care to caregivers worldwide. As a result, the Headington Institute is the largest, most uniquely effective, and best-known organization of its kind.



Doing More Good

No one can stop all large-scale disasters and humanitarian emergencies in the future. In fact, they are actually growing in size and number. But, we can prepare aid workers and emergency responders to be ready when we need them, remain at their best during a critical incident, and recover sufficiently to do it over again. We want these dedicated individuals to have what they need to maintain their wellbeing and thrive in their work. It is the right thing to do. Given future trends, it's also the smart thing to do.

Our historical growth of 5-10% will not get the job done, since the need for our services is outpacing our ability to help. We've decided to double our current annual operating budget to \$2.25 million in the next three years in order to do the following:

- Develop new online resources, mobile apps, and innovative learning tools offered free in several languages
- Expand our neuropsychological research to find better ways to promote brain resilience and trauma recovery
- Provide new services and resources for aid worker victims of sexual assault
- Increase funding for “pro bono” services to those with little or no ability to pay
- Expand training in psychological aspects of field security to increase the safety of aid workers in high risk environments
- Increase the size of the clinical staff to handle growing demand
- Create a rapid response team to deploy quickly to humanitarian emergencies anywhere, anytime
- Develop stronger partnerships with city governments in major urban centers worldwide to increase local responder resilience
- Add new domestic programs to support those working in urban trauma hospitals, rescue missions, and homeless shelters

Join Us

There is much more to be done, and now is the best time to double our efforts. We ask that you join us by donating your time, professional skills, and financial resources. As a 501(c)3 nonprofit public charity, we rely on generous support from concerned individuals and corporate and charitable foundations like you.

The Headington team already includes our expert staff, dedicated Board of Directors, skilled professionals on our Business and President's Advisory Committees, research collaborators at major universities, supportive partner organizations, and a growing group of generous donors. Now, we invite you to join us.

Together, we can ensure that aid workers and emergency responders have what they need to maintain their wellbeing and thrive in their work. We want them to be ready for what's ahead. What benefits them will benefit us all. We must help these brave individuals by giving them the necessary psychological tools and support. Their resilience is nothing short of lifesaving for all of us.

With your encouragement and investment, the Headington Institute will have a greater positive impact on the lives of caregivers and their families everywhere.

