



we know

Although the world is full of suffering, it is also full of the overcoming of it.

HELEN KELLER



HEADINGTON INSTITUTE
Care for Caregivers Worldwide

I've been where the guns are, and where the missiles have fired, and they are certainly frightening. I've been alone with drunken murderers and wondered what might happen if things go wrong. But, if I lose contact with meaning and purpose then I become very insecure. If life, even only my own life, is without meaning, then my security is breached.

PETER HOSKINGS

what it takes to keep going.



they carry the world
on their shoulders

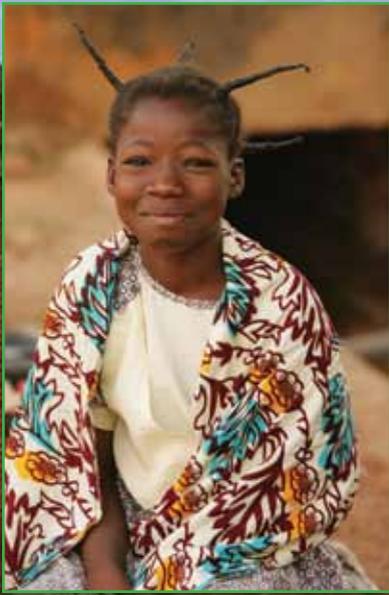
Imagine what it takes to be a relief worker...burying the dead, rescuing the injured, feeding the hungry. There are more than 250,000 relief and development workers deployed around the world today, responding to famines, floods, earthquakes, genocides, and other humanitarian emergencies. Nearly 25% struggle with anxiety, depression, substance abuse, and post-traumatic stress disorder related to their work. Many will be the target of violence, kidnapping, robbery, assault, etc. during their career.

**we give them
ours to lean on**

At the Headington Institute, we know what it takes for relief workers to keep going. Without our support, they may experience personal disasters of their own. Through training, counseling, and consulting services, we help them cope with the unimaginable traumas they witness. Relief workers are today's heroes, bringing comfort on our behalf to millions in need. Thank you for supporting our efforts to care for them, so they can be ready to go again.

our vision

One day, all humanitarian workers will have the personal skills, social support, organizational resources, and public their work.





intended impact

The Headington Institute strengthens humanitarian organizations by determining the best ways to promote the wellbeing of their staff, making us a partner in worldwide humanitarian work.

theory of change

When humanitarian workers have effective self-care techniques, satisfying interpersonal relationships, adequate organizational support, and sufficient public interest, they thrive in their work. This results in stronger humanitarian organizations that more effectively serve their beneficiaries.

mission

To care for caregivers worldwide by determining the best ways to promote the physical hardiness, emotional resilience, and spiritual vitality of humanitarian relief and development personnel.



our brief history

The Headington Institute was established in 2001 to provide psychological and spiritual support for humanitarian relief and development workers worldwide. At the time, little was known about the emotional challenges faced by humanitarian workers and the most effective ways to assist them with stress and trauma. Fortunately, mounting evidence suggests that much can be done to help. By providing training, counseling, consulting, and online services and resources, we help humanitarian personnel maintain their wellbeing and thrive in their work.

voices from the field

GHANA "This has been the experience of a lifetime. I did not know how much I needed this until I sat in this room. I do not know what would have happened to me, my family, and my career if I had not come to this. God truly loves me."

NAIROBI "A tremendous blessing. Thank you for equipping us to help others and still care for ourselves. While it was great that it was "free" we know that nothing worthwhile is free. So thank you for providing the resources and recognizing the need."

GENEVA "Every field-based refugee worker needs this training. Thank you. I'm sure it will trickle down positively to the refugees."

NEW YORK "The stress associated with the work has increased significantly. Humanitarian workers are becoming direct targets of violence much more frequently. The recent shift towards increased staff care and support provided by helpers like the Headington Institute is the single most important contribution to the humanitarian aid community in the last 25 years."



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