



Imagine a world where the ability to regulate emotional stress is a fundamental and accessible skill.

Our vision is a world where emotional regulation is integrated into education, healthcare, and communities. A world where professionals are not worn down in silence, and where communities know how to support one another in times of crisis and recovery.

We seek to shift the mental health paradigm from crisis response and pathology to emotional regulation as a basic, preventive, and learnable skill, treating stress and trauma as injuries that can heal. In this paradigm, regulation becomes the foundation for recovery, functioning, and resilience, rather than a response only after breakdown occurs.

To realize this vision, EmotionAid® works to embed emotional regulation as core infrastructure within education, healthcare, and communities. Our approach moves away from one-off interventions toward long-term, multi-year institutional partnerships. We scale impact through a multiplier model by training professionals and resilience ambassadors within existing systems, ensuring that knowledge and capacity continue to spread long after programs conclude.

We aim to normalize emotional regulation as a professional competency, reducing stigma, silence, and burnout, and supporting those who care for others to remain effective and well. Our overarching goal is to help helpers perform at the best of their ability and carry regulation forward into their teams and communities.

We are committed to strengthening research, measurement, and evaluation to ensure effectiveness, accountability, and continuous learning. At the same time, we are investing in digital infrastructure to expand access, continuity, and reach, particularly in emergencies and in peripheral or underserved areas.

Together with partners, EmotionAid® is building a long-term mental health infrastructure. We thank all the donors, partners, and individuals who have chosen to walk this path with us. Together, we are shaping a future where resilience is not the exception, but the foundation.