

Do you know your 9 emotional needs?



Every single one of us is born with essential physical and psychological needs. Ensuring that we meet our emotional needs well, and in balance, builds resilience against life's setbacks and helps prevent mental illness and emotional distress.

These are the key emotional needs that affect our mental health:



Security

a safe environment which allows us to develop fully



Attention

giving as well as receiving it



Control

having a sense of autonomy and control



Community

feeling connected to a wider community



Intimacy

somebody who accepts us "warts 'n' all"



Status

sense of status within social groupings



Achievement

a sense of our competence and abilities



Privacy

opportunity to reflect and consolidate experience



Meaning & Purpose

To find out more visit: www.humangivens.com/human-givens/about



Making wellbeing a given

The human givens approach is a practical, holistic therapeutic approach that focuses on what we all need to live mentally healthy and fulfilling lives.

It was developed over 20 years ago by two psychotherapists who wanted to bring greater clarity and understanding to the field of mental health – and to make the way people are helped safer and much more reliably effective. Drawing on the latest neuroscientific and psychological research, plus new insights of its own, it combines this knowledge with proven therapeutic techniques from a wide range of approaches to provide highly effective interventions.¹

At its heart is the understanding that we are all born with essential physical and emotional needs and, if we are born healthy, the innate ‘resources’ to help us get those needs met. These are the human ‘givens’ – the ingredients for wellbeing. If our emotional needs aren’t being met well enough in our lives we suffer considerable emotional distress and become vulnerable to developing mental health problems.

Get involved

Our lively podcasts give you the opportunity to ask human givens professionals about mental health and emotional wellbeing from the point of view of their particular area of expertise.

Each podcast discusses different important mental health topics like:

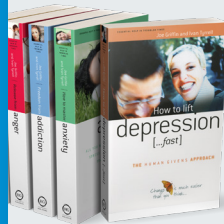


SELF-CARE
ANTIDEPRESSANTS
POST-NATAL DEPRESSION
PHYSICAL HEALTH
DOMESTIC ABUSE

To listen and find out more visit: www.hgi.org.uk/podcast

Help yourself and others

The HG self-help series is an affordable collection of books which clearly explain the causes of key mental health issues and offer practical help and guidance on the best ways to overcome depression, anxiety, anger and addiction.



“Easy to read and made perfect sense, the matter of fact style was a perfect example of why human givens therapy is so effective. Highly recommended.”

DEREK CHAMBERS
(How to lift depression)

Find out more at: www.humangivens.com/publications

1. Andrews, W. P., Wislocki, A. P., Short, F., Chow, D., Minami, T. (2013) “A 5-year evaluation of the Human Givens therapy using a Practice Research Network”, *Mental Health Review Journal*, Vol. 18 Issue: 3, 2013, pp 165–176.