

# FREE COUNSELING FOR CHILDREN AND YOUTH

Give an Hour has partnered with Healthy Minds Fairfax (HMF), Fairfax County and the Cities of Fairfax and Falls Church, Virginia to provide no cost, confidential mental health services to income eligible youth and children between the ages of 5 and 21.

## How to Access Individual Services

1. Visit [bit.ly/GiveanHourHMFairfax](https://bit.ly/GiveanHourHMFairfax)
2. Check your eligibility
3. Complete the referral form

The Give an Hour Referral Specialist will contact you within 3 business days.

Questions please contact:  
[fairfaxcounty@giveanhour.org](mailto:fairfaxcounty@giveanhour.org)





# Give an Hour Healthy Minds Fairfax

Give an Hour has partnered with Fairfax County and the Cities of Fairfax and Falls Church, Virginia to provide no cost, timely, long-term counseling services to your child. Give an Hour (GAH) is a 501(c)(3) nonprofit that develops national networks of volunteers who are capable and committed to responding to acute needs within our society, beginning with the mental health needs of our military service members, our veterans, their loved ones and their communities.

In order to serve those in need, the organization mobilizes a national network of mental health professionals who pledge to “give an hour” of their time each week to support these individuals. In addition to direct counseling, Give an Hour’s network of volunteer professionals is working to remove the barriers to mental health care by participating in and leading education, training, and outreach efforts in schools, communities, and on military bases.

Give an Hour services are provided at no cost to you or your family, with no charges billed to insurance. In order to access services, visit the Give an Hour Healthy Minds Fairfax webpage at [bit.ly/GiveanHourHMFairfax](http://bit.ly/GiveanHourHMFairfax) and complete the referral form. Please note the link is case sensitive and must be typed exactly as shown. Give an Hour’s Referral Project Specialist will contact you within 3 business days to connect you with an appropriate provider. Your child’s school social worker, psychologist or counselor can also assist in the referral process.

Give an Hour Healthy Minds Fairfax staff can be reached at [fairfaxcounty@giveanhour.org](mailto:fairfaxcounty@giveanhour.org) and are available to answer any questions you may have about the program.