

Know the Five Signs



Not feeling like U?

R U Agitated?

Feeling Hopeless?

R U Withdrawn?

Caring 4 U?



The campaign to
changedirectionTM
A Give an Hour Collective Impact Effort



Visit www.giveanhour.org; click **GET HELP**.

What To Expect From Give an Hour's Services

- To receive **FREE and confidential counseling**, with no charges or insurance billed by a GAH provider
- To understand how you or your loved one's experiences are affecting your personal life and relationships and **learn new ways of coping**
- **To be referred appropriately** if you need additional services (such as medications)
- **To be in a safe environment** where you can talk about your fears, concerns and challenges

Choose and Contact a Provider

Our Provider Search asks you to select a few options and returns a list of providers in your area.

Choose from a variety of options including in-person, telephone support, or video counseling. **You may have to contact more than one provider.** Tell the provider you are a Give an Hour client at the beginning of your call, voicemail, or email.