

ADVOCATES & *Volunteers*

There are 52.9 million individuals diagnosed a mental health condition in the United States and roughly 569,000 licensed mental health providers. That's just ONE provider for every 95 individuals. Give an Hour is helping to bridge that gap with the support of a network of volunteers who are licensed mental health professionals.

BENEFITS OF VOLUNTEERING:

Connection and collaboration are powerful tools for transformative action. Not only do our volunteers provide life-saving work by serving others, they also report feeling a sense of purpose and appreciation, both given and received, which has a positive impact on their mental health and well-being.

 <https://giveanhour.org/wellnessambassador/>



OPPORTUNITIES

VOLUNTEER MENTAL HEALTH PROFESSIONALS

Licensed mental health professionals can support Give an Hour initiatives through offering one hour of pro-bono services each week for one year. Volunteers have access to training and development opportunities through GAH partners.



CORPORATE ADVOCATES

Give an Hour invites corporate advocates to be part of our team to address the mental health crisis in the U.S.



WELLNESS AMBASSADORS

Give an Hour recently launched a Wellness Ambassador Program that supports mental health advocates who make a difference in their communities.

