



Our Mission

Give an Hour's mission is to develop resilient individuals and communities; to grow our social impact through responsive, scalable, individualized mental health programs aimed at closing access and delivery gaps to mental health care.

We can assist corporate, local and federal government agencies as well as community-based non-profits because our approach is client-centered and based upon building connections.

Our training and programs deliver the tools to empower individuals, teams and communities to develop the skills that allow them to better care for themselves, the communities they serve and the people they love.



Early Identification



Prevention



Collaboration



Our personalized training and workshops can meet both your short-term needs and long-term goals. By learning emotional life skills, and teaching them to others, we can prevent prolonged emotional suffering and instill the importance of mental health maintenance.



A personalized approach to training and capacity-building



Delivered in a live, interactive setting (virtually or in-person)



Tailored to the specific needs of your group.



Informed by evidence and current best practices and designed using adult learning theory

- ▶ **Organizational Wellness Services:** We develop and implement comprehensive wellness services based upon an in-depth organizational landscape analysis
- ▶ **Low-Cost Psychoeducational Workshops:** We provide low-cost psychoeducational workshops to communities who have challenges accessing one-on-one mental health care.
- ▶ **Peer Support Consultation and Training:** We assist with the development and implementation of peer support services for populations at high risk for trauma and/or vicarious trauma and for communities who experience difficulty accessing one-on-one mental health services.
- ▶ **Professional Development and Resiliency Training:** We build the resiliency skills of practicing licensed behavioral health providers through continuing education workshops and the sharing of resources.*

Accreditation NASW, NBCC and APA - Approved CE Provider

Past Performance

Give an Hour has prioritized early identification, prevention and collaboration in its approach to mental health care by utilizing its network of thousands of licensed providers who have delivered more than 380K + hours of mental health services. Additionally, we have provided training and workshops to various non-profit, government and corporate stakeholders, such as the State of Ohio's Department of Corrections, Operation Homefront Military Spouses and Ventura County, CA Department of Education – just to name a few.



Military



Opioid Epidemic



Mass Violence



Interpersonal Violence

Differentiators

- 17 years of experience providing non-traditional mental health services
- A human-centered and client-centered approach
- National non-profit
- Staff possess lived-experience
- Women-led non-profit
- Provides community-based interventions
- Collaborates with leading behavioral health experts
- Guidestar Platinum Transparency Star 2022
- Certified by America's Best Charities

