



giveanhour

giveanhour.org

Why Give an Hour?

Emotional pain is part of our experience as human beings. Give an Hour provides care and support for those who otherwise might not receive it by harnessing the skill, expertise and generosity of volunteer mental health professionals across the country. Since 2005, Give an Hour has focused on providing free mental health care to active duty, National Guard and Reserve service members, veterans, and their families. In 2016, we began expanding our efforts to address the mental health needs of additional populations.

How Do I Sign Up?

Update your provider profile to include this "Other Interest".

1. Log-in to your GAH provider profile: <https://giveanhour.org/give-help/licensed-provider-information/provider-login/>.
2. Verify all of your contact information is up to date.
3. Choose "Support at Community Event" in the Other Interest(s) field, in addition to any other interests you may have.
4. Click "Save" at the bottom.
5. This will notify our staff of your interests and we will be in touch.

Why sign up to support events

- **Give an Hour** Give an Hour is a national nonprofit with a large footprint but a small staff. We have a presence in all 50 states and territories including DC, Puerto Rico, Guam, the Philippines, and the US Virgin Islands. The majority of our presence is provided by our network of nearly 7000 licensed mental health professionals across the nation that provide free, confidential, pro-bono mental health care to our military, veterans and their loved ones regardless of discharge or deployment status and service era. The remainder of these events are attended by volunteers and occasionally, Give an Hour Staff members.

What types of events

- **Direct military support:** Yellow Ribbon Reintegration Events (YRRP), Family Days, Family Readiness Group (FRG Events), awareness events organized by units or installations, suicide prevention and postvention requests, and more
- **Community Events:** Local coalition meetings, Joining Community Forces (JCF) meetings, resource fairs, health fairs, and more. To find a YRRP Event near you please visit <http://www.yellowribbon.mil/yrrp/>
- **Professional Association Events:** Local chapters of professional associations, boards, or working groups, and more

For more information: www.giveanhour.org
or email info@giveanhour.org



Event Involvement

What do I do at events?

Exhibit at Events Give an Hour is able to provide you with resources to set up a display at a local event. Help individuals to understand Give an Hour and our **Campaign to Change Direction**.

Speak at Events Give an Hour providers each have skills that are invaluable to their local community. You can speak about our programming with a provided Powerpoint and share your knowledge on the topic at hand.

Host a Lunch and Learn invite other local mental health therapists to learn more about your choice to join the Give an Hour network, share Give an Hour and our Campaign to Change Direction as a resource and tool in their practice while encouraging them to join us.

Attend Local Collaborative Meetings in the military and veterans space there are numerous coalitions, collaborative and independent groups working together to serve those who serve. Join them and ensure they know about Give an Hour and our Campaign to Change Direction.

Host a Support Group Our Give an Hour Providers have immense knowledge and skills in the areas that our service members need it most, host a support group in your community.

How do I share events with you?

Please share any events that you feel would benefit by having Give an Hour attend to kciviletto@giveanhour.org. Katie will coordinate this event. If you are able to attend she will ensure we are properly registered and materials are mailed directly to you. If you are unable to attend, Katie will work to find a provider/volunteer in your area to attend.

Share your work!

Our providers are the ones doing the most work in their communities, we want to highlight the great work you are doing in our reporting and through our social media outlets, share this work with Katie at kciviletto@giveanhour.org