



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. Give an Hour exists for those who don't have access to compassionate mental health care. Licensed mental health providers have joined Give an Hour to change the direction of mental health and volunteer to provide direct services.

What is Give an Hour?

We offer no cost mental health services. We encourage those in need to identify concerns, reach out, and seek help.

Give an Hour's network of Mental Health Professionals increase access to care. Providers are available for face to face, telephonic, or tele-health care.

The Campaign to Change Direction's Five Signs of Emotional Suffering and Healthy Habits of Emotional Well-being are tools that help discuss emotional well-being and identify emotional suffering.

Who do we serve?

Those who are currently serving/have served:

Any era, any branch, any reason. Loved ones include friends and extended family (Aunts, Grandparents, Parents, and more). Active duty, National Guard, Reserve, veterans, their families and loved ones. No deployment is required. We serve all characters of discharge.

Expanded Populations:

In 2016, we began expanding our efforts to address the mental health needs of additional populations; however, our commitment to serving military and families will remain the same. We are currently building capacity to serve:

- At-risk Youth & Seniors
- First Responders
- Individuals Experiencing Homelessness
- Native Americans & Under-served Minority Communities
- Refugees & Immigrants
- Under-served individuals in the LGBTQ community
- Survivors & Victims of Domestic Violence
- Survivors of Gun Violence
- Survivors of Human Trafficking
- Those affected by Natural or Man-made Disasters
- Those in the Criminal Justice System w/ Mental Health Challenges

How do we serve?

With thousands of volunteer providers across 50 states and the District of Columbia—and still growing—Give an Hour offers treatment for:

- anxiety
- depression
- substance abuse post-traumatic stress
- traumatic brain injuries
- sexual health
- intimacy concerns
- loss and grieving

Volunteer mental health professionals commit a minimum of one hour per week for one year and receive up-to-date training, collaborate with governmental agencies, private, and non profits.

How can you help?

Notify Give an Hour

Let us know of events or outreach opportunities, specific issues or barriers to care, feedback on services, need for additional providers or ideas on special projects.



Encourage Those In Need to Reach Out

Tell everyone you encounter about the Five Signs, encourage those who need help to reach out, work to reach family members; those who encounter potential clients; lead by example and encourage leaders to openly discuss mental wellness .

Engage the Community

Educate local organizations on how they can best serve; facilitate community connections to help create collaborative solutions.

Help Us Recruit More Providers

Give an Hour has volunteer mental health professionals in every state, however, we are consistently seeking more individuals who are available to provide services to those in need. Speak or engage with mental health professionals in your community to encourage their participation.





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

What To Expect From Give an Hour's Services

- To receive FREE and confidential counseling
- To not be charged or have your insurance billed by a GAH provider
- To understand how you or your loved one's experiences are affecting your personal life and relationships
- To learn 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 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.

- **Speak with prospective providers** on the phone prior to your first appointment.
- **Inquire how much experience they have** working with what you seek help for.
- **Contact more than one provider.** Often people contact several providers before finding one who is a good match for their needs.
- Make sure you're comfortable. Your relationship with a provider is an important factor in the success of counseling.
- **Tell the provider about your yourself** so he/she can begin to understand what you have experienced.
- **Ask the provider about his/her understanding of the military experience.** Providers may not be familiar with military culture, but they must demonstrate a willingness to understand your culture and experience.
- **If you are unable to locate a provider in your area** and do not feel comfortable with phone support or video counseling, please contact us at info@giveanhour.org for assistance.



Contact the Provider Directly

Contact the provider directly and **identify yourself as a potential Give an Hour client**, even if you leave a voicemail.

- **Mention GAH:** Tell the provider you are a GAH client at the beginning of your call, voicemail, or email.
- **Leave a message:** Even if the provider's voicemail states they are not accepting new clients, some GAH providers hold openings just for a GAH clients.
- **Call again:** Messages can be hard to understand or accidentally erased.
- **Include your information:** Be sure to leave your name, phone number, and email address (if you have one) in your message.
- **Be prepared:** Make sure your voicemail is set up and not full for when the provider returns your call.
- **Try email:** Providers spend much of their day with clients. Consider using their email or their website's "Contact Us" section to make contact.
- **Let us know:** If you can't reach a GAH provider using their contact information on our website, let us know at info@giveanhour.org, and we will update our database.

Need Additional Help or Have More Questions?

Give an Hour staff are available to assist you.
info@giveanhour.org.

Additional FAQ information is located on our website: giveanhour.org/get-help/client-faq





The goal of the Campaign to Change Direction is to **change the culture of mental health** so that all of those in need receive the care and support they deserve.

We all have mental health – just as we all have physical health. Sometimes our mental health is great – but sometimes we struggle, sometimes we suffer. Help is available if we recognize the signs.

Get Involved:

- **Pledge** to know the Five Signs of Emotional Suffering to maintain your mental well-being and encourage mental well-being in others.
- **Learn** the Healthy Habits of Emotional Well-being to proactively care for yourself!
- **Share your commitment** with family, colleagues, friends and your community so that together, we can #ChangeMentalHealth



Additional resources to share: www.changedirection.org/tools

Five Signs of Emotional Suffering

Often our friends, neighbors, co-workers, and even family members are suffering emotionally and don't recognize the symptoms or won't ask for help.

Here are five signs that may mean someone is in emotional pain and might need help:



Personality changes.

You may notice sudden or gradual changes in the way that someone typically behaves. People in this situation may behave in ways that don't seem to fit their values, or the person may just seem different.



Uncharacteristically angry, anxious, agitated, or moody.

You may notice the person has more frequent problems controlling his or her temper and seems irritable or unable to calm down. People in more extreme situations of this kind may be unable to sleep or may explode in anger at a minor problem.



Withdrawal or isolation from other people.

Someone who used to be socially engaged may pull away from family and friends and stop taking part in activities that used to be enjoyable. In more severe cases the person may start failing to make it to work or school. Not to be confused with the behavior of someone who is more introverted, this sign is marked by a change in a person's typical sociability, as when someone pulls away from the social support typically available.



May neglect self-care and engage in risky behavior.

You may notice a change in the person's level of personal care or an act of poor judgment. For instance, someone may let personal hygiene deteriorate, or the person may start abusing alcohol or illicit substances or engaging in other self-destructive behavior that may alienate friends, employers or loved ones.



Overcome with hopelessness and overwhelmed by circumstances.

Have you noticed someone who used to be optimistic and now can't find anything to be hopeful about? That person may be suffering from extreme or prolonged grief, depression or feelings of worthlessness or guilt. People in this situation may say that the world would be better off without them, suggesting suicidal thinking.

Know the Five Signs



Not feeling like U?

R U Agitated?

R U Withdrawn?

Caring 4 U?

Feeling Hopeless?



The campaign to

changedirection[™]

A Give an Hour Collective Impact Effort

Healthy Habits of Emotional Well-being

It is important to recognize when someone is in emotional pain. It is equally important to learn basic habits that keep us emotionally healthy.

What are the Healthy Habits of Emotional Well-being? They are habits that everyone can learn – habits that allow each of us to identify and practice what works for us.



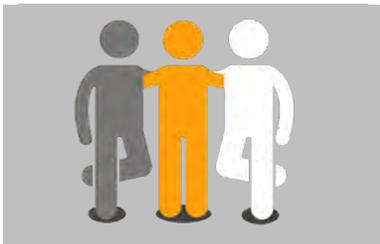
Take care of you.

Eat, sleep and be active. We don't often think about how important these basic activities are for our mental health – but they are critical.



Check In and get checkups.

We get check-ups for our physical health. We see our dentist to take care of our teeth. We even take our cars in for tune-ups. It's time to take responsibility and get check-ups for our emotional well-being. Talk with your doctor, a counselor, a faith based leader...and your family and friends to make sure you – and those you love – are doing well emotionally.



Engage and connect wisely.

Pay attention to your relationships. We can't be healthy if our relationships are not.



Relax.

Learn ways to reduce the stress that we all face – and practice what works for you: meditate, run, knit, dance, sing, write, love.....



Know the Five Signs of Emotional Suffering.

The *Five Signs* are change in personality, agitation, withdrawal, decline in personal care, and hopelessness. Someone may exhibit one or more signs. Many conditions can result in emotional pain. If you see them in someone you love, reach out, connect and offer to help.

If everyone is more open and honest about mental health, we can prevent pain and suffering, and those in need will get the help they deserve.

Healthy Habits of Emotional Well-being



TAKE CARE



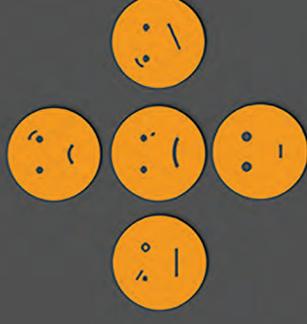
CHECK IN



ENGAGE



RELAX



KNOW FIVE SIGNS

#**changement**mentalhealth

www.changedirection.org

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