

know the Five Signs



not feeling like u?



feeling agitated?



r u withdrawn?



caring 4 yourself?



feeling hopeless?



giveanhour
Giving help and hope

"...we reached out to you during the most difficult time in our marriage. Because of your amazingly dedicated staff and volunteers, we were provided with the therapeutic services that helped save our marriage."

GAH Client, NC

Know the Five Signs of Emotional Suffering



If you – or someone you know – are experiencing these signs, Give an Hour offers no cost mental health counseling.



Find a Provider

Visit www.giveanhour.org, click on "Get Help", contact a provider and tell them you found them on the Give an Hour website. If you are unable to find a provider, email info@giveanhour.org



Speak Up!

If you recognize that someone in your life is suffering, now what? You connect, you reach out, you inspire hope, and you offer help.



Need Urgent Help?

Veterans, call the Veterans Crisis Line at [1-800-273-8255](tel:1-800-273-8255), Press **1**. Or text [Signs](text:Signs) to [741741](text:741741) for 24/7 free crisis counseling through the Crisis Text Line.

www.giveanhour.org