

HOW CAN I HELP?

SERVE:

We are committed to alleviating provider shortages and expanding services for military personnel and their families. If you are a mental health professional, please join our network and encourage your colleagues to volunteer.

One hour a week can save a life. Join Us.

SHARE:

Give an Hour relies on our network of volunteers to help share the available services and resources to the communities in which they live and work. Telling someone you know about Give an Hour's services increases the likelihood that more individuals in need receive the care they deserve. Visit www.giveanhour.org to learn about additional ways you can spread the word.

DONATE:

Your financial contribution will allow us to continue providing services by helping to pay for overhead and operating costs and subsidizing continuing education and training for our providers. Your donation is fully tax deductible.

Tax ID #: 61-1493378

If you are a federal government employee, consider donating to Give an Hour through the Combined Federal Campaign.
CFC #: 65498

Sponsorship and partnership opportunities, tailored to your corporation's or foundation's philanthropic and marketing goals, are available. Please write us at info@giveanhour.org for more information.

Providing free, easily accessible, and confidential mental health counseling to service members, veterans, their loved ones, and their communities.

Give Help
and
Give Hope

P.O. Box 5918
Bethesda, MD 20824
www.giveanhour.org
[Twitter@GiveAnHour](https://twitter.com/GiveAnHour)
www.facebook.com/GiveanHour



Proud to serve
those who serve -
our military personnel,
Veterans and
their families.

www.giveanhour.org



giveanhourTM
Giving Help and Hope

Why the Need?

Military service provides veterans with skills and training that make them successful and positive contributors to their communities. Many service members and veterans exhibit strong resiliency through deployment, activations, military and community service; however many also struggle and need assistance. Even service members who don't experience PTS or TBI may need a bit of help readjusting to their new normal when they return home.

Service members and their loved ones are often hesitant to share any struggles with their mental wellness with loved ones, command, or colleagues. Some of those who suffer fear that seeking mental health services will jeopardize their career or standing. According to the Army, only 40% of veterans who screen positive for serious emotional problems seek help from a mental health professional.

Military service has impacts on partners, spouses, children, extended family and friends; many of which struggle to access appropriate care. Frequent moves, changing schools, new priorities and connections can create stress on any relationship. Families are integral to service members support system; it is important to ensure that these relationships remain healthy.

Among military caregivers caring for someone who served Post 9/11, almost 40% meet criteria that would result in a diagnosis of Depression (4x the national average) however only 1/3rd access mental health care.

Our Services

Give an Hour is committed to helping the individual, the family, and the community understand, and respond to, the effects of military service.

Give an Hour provides free mental health services to military, veterans, and their loved ones. Licensed mental health providers volunteer to offer in-person, phone, and video counseling to those in need.

By providing free and confidential services, Give an Hour offers an essential option for men and women who might otherwise fail to seek or receive appropriate care.

There is no paperwork, no insurance claims, and no money changing hands. And there is no limit to the number of sessions one can receive.

Access Help: www.giveanhour.org/get-help



Do You Know
The **Five Signs**
of Emotional
Suffering?

Give an Hour leads the Campaign to Change Direction, a global public health initiative that changes the culture around mental health. Through the Five Signs of Emotional Suffering and the Healthy Habits, the campaign teaches everyone to acknowledge, discuss, and address mental well-being. Access Tools: <https://www.changedirection.org/tools-landing-page/>

About Us

Give an Hour is a nonprofit 501(c)(3), founded in 2005 by Dr. Barbara Van Dahlen, a psychologist in the Washington, D.C., area. Give an Hour's network of mental health professionals offer no cost mental health services. Through the Campaign to Change Direction, Give an Hour encourages those in need to identify concerns, reach out, and seek help.

As of January 2020, Give an Hour's network has 4500 licensed mental health professionals, located in all 50 states, Washington, D.C. and Puerto Rico, who have donated over 300,000 total hours of mental health services. Give an Hour providers have donated over \$30 million in services since GAH began providing care.

