



“Mental health is part of the human condition. It’s time we recognize how important our emotional well-being is for all of us.”

*– Dr. Barbara Van Dahlen,
Founder and President of Give an Hour*



NO COST
Mental Health Care

Give an Hour’s mission is to develop national networks of volunteers capable of responding to both acute and chronic conditions that arise within our society. By harnessing the skill and expertise of volunteer professionals, we are able to increase the likelihood that those in need receive the support and care they deserve.



Donations can be made online or mailed to:
P.O. Box 5918, Bethesda, MD 20824

www.GiveanHour.org

 [Twitter@GiveAnHour](https://twitter.com/GiveAnHour)

 www.facebook.com/GiveanHour

CFC #: 65498 Tax ID#: 61-1493378

We believe that within our communities we have the resources to address many of the challenges that face our society. These challenges often result in emotional pain and suffering.

By harnessing the skills and generosity of citizens across our nation and around the world, **we provide those in need with help and hope. We offer those who care the opportunity to give.**



OUR FOCUS

To identify **at-risk populations** and other groups in need that can benefit from our model of delivering services through a network of volunteer professionals. Since 2005 we have 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 other populations - like survivors of gun violence and human trafficking.

Visit the website to **Get Help**

To identify **professionals** who have the skills to address specific needs and are willing to donate their time and expertise. We currently work with numerous local, state, and national mental health associations to engage, recruit, and educate members about the opportunity to serve their communities through Give an Hour.

Visit the website to **Give Help**



Know the Five Signs of Emotional Suffering



Personality
Change



Agitation



Withdrawal



Poor
Self-Care



Hopelessness



To identify and address **barriers** that prevent those we serve from receiving the support they deserve. In 2015, Give an Hour launched the Campaign to Change Direction, a public health effort designed to change the culture of mental health so that those who are suffering emotionally are better able to seek and receive care.

Learn more at www.changedirection.org

To **improve community** coordination and collaboration for populations we serve. Since 2010, Give an Hour has led numerous collaborative efforts – working closely with government, corporate, and non-profit partners – to improve the delivery of community based services for those in the military and veteran communities. We also apply our collaborative model to our public health effort through the Campaign to Change Direction.

Learn more at www.giveanhour.org

If you, or someone you know, are experiencing any of the **Signs of Suffering**, Give an Hour offers no cost mental health counseling to those who serve and their families as well as other groups in need. Visit our website to learn more.

Give an Hour Free Mental Health Services

Give an Hour providers are **licensed psychiatrists, substance abuse counselors, psychologists, pastoral counselors, social workers, marriage and family therapists, psychiatric nurses, and licensed professional counselors.**

We have thousands of volunteer mental health professionals available—in all 50 states. We also offer counseling by telephone or secure videochat.

To locate a provider visit:

www.giveanhour.org and use the zip code search. If there is no provider in your area, email info@giveanhour.org and we will locate a provider for you.