

Give an Hour® is a nonprofit organization dedicated to transforming mental health across the U.S. by providing no-cost counseling through a network of volunteer mental health professionals. It empowers community through collaborative programs, peer support and educational opportunities that benefit both clients and providers.

With the understanding that meaningful relationships and connecting with others is important to our collective mental health, Give an Hour is committed to building stronger and healthier individuals and communities as it works to create mental health programming tailored to meet the demands of a society for which traditional methods no longer suffice.

HOW IT STARTED

Give an Hour was founded in 2005 to address the gap in mental health care available to military service members, veterans and their families post 9/11. This prompted the creation of a network of volunteer, licensed, mental health providers who committed to provide no-cost care for at least one hour per week for one year to at least one person in these defined groups.

Since that time, Give an Hour has prioritized early identification, prevention and collaboration in its approach to mental health care by utilizing its network of thousands of providers who have delivered more than 373,000 hours of mental health services.

AS PART OF ITS MISSION GIVE AN HOUR WILL:

- Develop healthy, strong and resilient individuals and communities
- Grow its social impact through responsive, scalable, customized programs for people in need who might not otherwise have access to mental health care

Paramount to Give an Hour's growth strategy to help more people in need is to expand its services through carefully curated programs and one-on-one counseling, along with robust content offerings and educational resources to make up the difference between those who need help and those who are receiving it. Give an Hour's three-year strategic plan focuses on connecting mental health providers and services to people impacted by:

- Military service
- Mass violence
- The opioid crisis
- Interpersonal violence



WHERE IT'S GOING

In the U.S., there is only one mental health provider for every 95 people who live with a mental illness. With this in mind, Give an Hour intends to be the preferred mental health organization and grow its network of mental health providers to **50,000 strong** and offer care and support to **8 million people** within the groups it serves.



OUR SERVICES

Give an Hour provides integral services for individuals and communities that educate them with the WHY and HOW to take control of their own mental health, some of which includes:

- Individual counseling through our volunteer provider network
- Training and workshops customized to meet the specific needs of peer leaders, corporations and community organizations
- Educational resources and tools
- Consult on the implementation of mental health care plans

Give an Hour also works to meet the needs of its providers, who can expect:

- No-cost continuing education courses
- Customized peer-to-peer provider support
- Other professional development
- Professional networking



As a social entrepreneurial organization, Give an Hour partners with other like-minded organizations and thought leaders to pursue innovative avenues to disrupt the status quo. Their goal is to empower individuals and communities by connecting them with the necessary resources they want, need and deserve so they can become whole and thrive. By prioritizing mental health and emotional well-being and championing easy-to-access, equitable care – void of stigma – that is personalized to genuinely understand and treat its designated groups, Give an Hour is poised to be a visionary for mental health in the U.S.