



# Building Resilient *Communities* For Life



## *Customized Products*



Give an Hour provides a range of copyrighted mental health and wellness products and services that build community connection and resiliency.

### Why Choose Give an Hour?

- ✓ 18 years of experience providing mental health services
- ✓ A human-centered and client-centered approach
- ✓ National non-profit
- ✓ Staff possess lived-experience
- ✓ Women-led non-profit
- ✓ Community-based interventions
- ✓ Collaborates with leading behavioral health experts
- ✓ Guidestar Platinum Transparency Star 2022
- ✓ Certified by America's Best Charities



“Awesome training and thanks for making it engage-able and allowing us to interact. Training was informative and much needed.”

“I really appreciate the training. I think mental health plays such a huge role in each persons life.”

## JOURNEY MAPPING

*Starting at \$5,000 – up to 100 people*

A map that leads to the discovery of key mental health and emotional wellness touchpoints, challenges and solutions. This map provides an inventory of organizational strengths, weaknesses, opportunities, and threats through surveys, focus groups and key interviews.



# Connection *for life*

## MENTAL HEALTH SUPPORT


### One-on-One Counseling

Traditional therapy with a licensed mental health professional through Give an Hour's network of professionals.

### Peer Led Support Groups

*Starting at \$500 per group*

Peer support groups are gatherings of individuals with shared experiences who provide support, understanding, and encouragement to one another. These groups offer a safe space for people to share their thoughts, concerns, and personal journeys, and benefit from the wisdom and empathy of their peers. The primary goal of peer support led groups is to foster a sense of belonging, validation, and empowerment among participants. They complement professional services and provide a unique form of support based on lived experiences.



**96%**  
Recommend  
Give an Hour  
to others

## WORKSHOPS & TOOLS

### Prioritizing Wellness – Knowing the Signs of Emotional Suffering (60 minutes)

Participants will learn: How to recognize emotional suffering in themselves and others, the healthy habits of emotional wellness, and how to build communities of support.

### Prioritizing Wellness – Building Connection and Empathy (60 minutes)

Empathy and ability to connect with other is often seen as something that is inherent, in this 60-minute workshop we will learn scientific practices to increase gratitude, empathy and self-compassion as means to build better connection with peers, family and colleagues.

### Prioritizing Wellness – Making Self-Care a Priority and Accessing Treatment (60 minutes)

Participants will learn hands on strategies and healthy coping skills to increase their personal resilience and emotional wellness. Additionally, participants will learn how to access and navigate their behavioral health treatment

### Establishing Boundaries (60 minutes)

Participants will discuss life balance and the black, white and gray areas of boundaries will be explored. Participants will learn how to assess the many choices and opportunities that are presented each and every day and to effectively manage and prioritize the have to, the want to and the no, but thank you.

All workshops include pre/post surveys & an after action analysis

## Mental Health Tools

- Toolkits: A collection of informative and customized info sheets
- Customized, population specific fact sheets



- 60 minutes workshop - \$1,200 for up to 40 people
- 2 hour workshop- \$2,500 for up to 40 people
- Package of four workshops \$5,000 – up to 40 people
- Toolkits -starting at \$5,000
- Individual Fact Sheets- starting at \$500

Discount 25% to 501c3 organizations

Interactive,  
Fully Customizable  
Flexible and  
Convenient



### Peer Support Facilitator Training

*\$ 800 per person when registering 21 – 40 people*  
*\$1,000 per person when registering 11 – 20 people*  
*\$1,200 per person when registering 4 – 10 people*

Give an Hour's peer support, "TIPS," stands for Trauma Informed Peer Support, and is an evidence-informed and customizable peer support training program designed specifically for those affected by trauma.

TIPS facilitators will learn:

- The effects of trauma and the elements of a trauma informed approach
- Prioritizing self-care
- The four "tasks" (connection, information gathering, goal setting, celebrating success)
- Special Considerations: Suicidality and Substance Use Disorder
- Ethics and Boundaries

### Wellness Ambassador Program

Ambassadors are mental health literate volunteers who lead through action and inspire their communities by modeling behavior that prioritizes mental health and emotional well-being.

- Give an Hour's Wellness Ambassador program can be customized for your organizational needs.



The TIPS training series includes 4 to 6 web-based training and practice sessions (2 hours each)

