



At Give an Hour® we believe that we can reduce emotional suffering by harnessing the skills and generosity of volunteer mental health professionals across our nation to provide those in need with help and hope. We also believe that it is time to change the culture around mental health and believe that everyone can contribute to this effort.

- While many of us are comfortable acknowledging publicly our physical suffering, for which we almost always seek help, many more of us privately experience mental suffering, for which we almost never reach out. Give an Hour changes the culture of mental health so that those who are suffering emotionally are better able to seek and receive care.
- Give an Hour provides access to mental health treatment for military members, veterans, their loved ones, those affected by natural disasters such as the California wildfires, and man-made disasters, such as mass shootings.
- Give an Hour delivers wellness resources, the Five Signs of Emotional Suffering, the Healthy Habits of Emotional Well Being and the Emotional Life Skills (ELS) psychoeducational training that empower individuals and communities to better care for themselves and those they love.
- Give an Hour currently has nearly 4,500 independently licensed mental health providers nationwide—in all 50 states, the District of Columbia and Puerto Rico. When signing up, volunteer providers commit to serving insured and uninsured clients.
- Give an Hour military mental health services are available to all branches, eras, those who have or have not deployed, and all reasons of discharge (honorable, other than honorable). Loved ones include extended family and friends who are affected by the member's time in service.
- Give an Hour's services are available in person, over the phone or using HIPAA compliant virtual therapy services.
- Give an Hour's services include individual, marital, and family counseling, as well as treatment for post-traumatic stress and traumatic brain injuries, substance abuse, depression, anxiety, and grieving.
- Give an Hour's goal is to supplement rather than supplant the psychological services the military offers. Members of the active and reserve forces may have insurance but feel uncomfortable using it. Give an Hour providers serve clients regardless of their ability to pay.
- The match between therapist and client is made online through the Give an Hour website, www.giveanhour.org. Potential clients search for providers by zip code. Listings include information about specialty or expertise, as well as willingness to participate in telephone sessions or video counseling in the event that in-person meetings are not feasible.
- Give an Hour verifies that all providers are licensed in the state(s) in which they are listed.
- Give an Hour's network of mental health professionals includes psychologists, psychiatrists, social workers, marriage and family therapists, licensed professional counselors, pastoral counselors, psychiatric nurses, and substance abuse counselors.