

## Fact Sheet

### What is Give an Hour™?

- Give an Hour is a nonprofit 501(c)(3) that develops national networks of volunteers who are capable and committed to responding to acute needs within our society, beginning with the mental health needs of veterans, military service members and their loved ones affected by their time of service. In addition, GAH's **Campaign to Change Direction** is a collective impact effort to change the culture of mental health in America.
- Give an Hour's network of volunteers includes nearly 7,000 licensed mental health professionals across the nation—in all 50 states, D.C., Puerto Rico, and Guam. To date, they have donated approximately 233,000 hours of free counseling, valued at over \$23 million.

### Are Family Members Eligible to Receive Counseling through Give an Hour?

- In addition to military personnel and their spouses and children, Give an Hour also offers free services to parents, siblings, and unmarried partners whether or not they are entitled to receive mental health benefits through the military or VA. In short, anyone affected by a loved one's military service is eligible.

### How Can I Get Help?

- Visit [www.giveanhour.org](http://www.giveanhour.org) and click on "Search for a Provider" (in the top right portion of your screen) or "For Visitors" (in the menu on the left). You will be prompted to enter your zip code, and then a list of providers in your area will appear. You can also contact us at [info@giveanhour.org](mailto:info@giveanhour.org) for help locating a provider.

### Where are Give an Hour providers located?

- Providers are located in all 50 states, Washington, D.C., Puerto Rico, and Guam.

### What if there is no provider in my area?

- Please contact us at [info@giveanhour.org](mailto:info@giveanhour.org). We will use our network and our relationships with the national mental health associations to locate a provider for you. Also, many of our providers are able to do telephone or video sessions.

### The Military and VA both offer mental health services. What is unique about Give an Hour?

- By providing services that are separate from the military establishment, we offer an essential option for men and women who might otherwise fail to seek or receive appropriate services. There is no paperwork, no insurance claims, and no money changing hands.

### Is there a limit to the number of times I can see a counselor through Give an Hour?

- There is no limit. Our counselors are available for as long as help is needed.

## How can I get help for my husband/ wife when they don't think they have a problem?

- Be direct but sensitive. Say things like, "Hey, I'm worried about you." This makes it clear you are speaking out of concern and caring.
- It's also good to be able to offer a specific recommendation, such as Give an Hour.
- Avoid being judgmental or dismissive. Don't, for example, tell someone to "snap out of it."
- Even if you do everything right, the person in need of help may not respond, at least not right away. Keep trying.
- If you're still not able to get your loved one in for counseling, come by yourself.

## What are some symptoms that I should be looking out for?

Everyone can learn the **Five Signs of Emotional Suffering** that tell us someone is in emotional pain and may need help. The Five Signs are:

- **Personality Change**
- **Agitation**
- **Withdrawal**
- **Poor Self Care**
- **Hopelessness**



To learn more about Give an Hour's Campaign to Change Direction, visit [www.changedirection.org](http://www.changedirection.org)

You may also see specific examples of the above signs such as:

- Recurrent nightmares, Loss of interest in favorite activities, Increased heart rate or sweating, Difficulty concentrating, Feeling constantly "on guard", Being easily startled, Talk of suicide or killing others

## If I am not a mental health professional, how can I give help?

- There are numerous opportunities to volunteer in other areas, such as outreach, education, marketing/public relations, and administration. Anyone wishing to learn more can contact [info@giveanhour.org](mailto:info@giveanhour.org).

## If I am a mental health professional, how can I give help?

- If you are a licensed mental health professional, visit [www.giveanhour.org](http://www.giveanhour.org) and click on "Register as a Provider" (in the top right portion of your screen) or "For Providers" (in the menu at left) and fill out the registration form. Providers' licensure is verified. Give an Hour providers must have medical malpractice insurance and follow the same standards of care as those in private practice and may only practice in areas in which they have expertise. Give an Hour does offer training so volunteers with an interest in expanding their areas of expertise can do so.