



Building Resilient  
*Communities*  
For Life



## The Problem

Our Nation is in crisis. A critical shortage of mental health professionals, exacerbated by the pandemic, resulted in an alarming ratio of just 1 professional for every 350 people in need of mental health care. Moreover, those affected by human-made trauma face additional disparities that hinder access to quality services. At Give an Hour, our innovative approach is individualized, responsive and informed, enabling us to be at the forefront of customized mental health care. For Life.

## Our North Star

We envision a society in which every individual is equipped with the knowledge, resources, and opportunities to take charge of their mental health journey. We promote self-awareness, self-care, and self-advocacy that empowers individuals to make informed decisions and actively participate in their own mental wellbeing. Together, we will ensure every individual has the opportunity to live a mentally healthy, fulfilling, and purposeful life.

## Mission

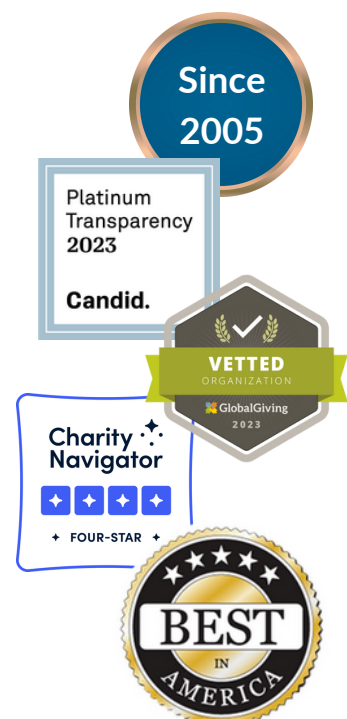
Develop resilient individuals and communities and grow our social impact through responsive, scalable and individualized mental health programs aimed at closing access and delivery gaps.

## 2027 Goal

- Impact 8M Americans via stigma-free, no cost mental health services and support
- Be the premier platform of choice for 50k mental health professionals, wellness ambassadors, and peer supporters

## Why Choose Give an Hour?

- ✓ Nearly 20 years of experience providing mental health services
- ✓ A human-centered and client-centered approach
- ✓ National reach
- ✓ Staff possess lived-experience
- ✓ Women-led organization
- ✓ Community-based interventions
- ✓ Collaborates with leading behavioral health experts
- ✓ Guidestar Platinum Transparency Star 2023
- ✓ Certified by America's Best Charities



## Empowering *Minds* *Inspiring* Growth

### Notable achievements and impacts to date include:

- Impacted 2.44M individuals, aiming for 8M by 2025.\*
- Exposed 75M to the Five Signs of Emotional Suffering.
- Served at least 8,500 individuals in 2022.
- Over 4,000 Mental Health Professional and 800 Wellness Ambassadors.\*
- Awarded the Tadini Bacigalupi Jr. Award from the 2023 NOVA Board of Directors.
- Chosen as a Stand Together Foundation Impact Catalyst.
- Serving as a resource partner for documentary film unMASKing HOPE and in partnership with the publication of the Self!sh workbook and app.
- Contribute to national dialogues on mental health, stigma reduction, and care access.



**These achievements showcase our commitment to making a tangible impact on trauma survivors and fostering a society that values mental health and supports the well-being of all community members.**



## TESTIMONIALS

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

"Give an Hour has been there for me since the start of my healing journey and I'm so grateful for their support today."

Give an Hour<sup>®</sup> provides personalized and interactive products that are informed by both evidence and the lived experience of our customers that we have served since 2005. This ensures a level of responsiveness, relevance, engagement, and accessibility in our person-centered model.

With this knowledge we are equipped to help those who have experienced trauma and tailor our services to their unique needs.

Our solutions "catch" people who may fall through the gaps in previously identified care options such as traditional counseling. We believe empowered communities thrive when transparency is prioritized. This approach allows for lifelong emotional wellness that is trusted by the customer.

### Journey Mapping

A customer informed guide for navigating critical mental health touchpoints along a journey, offering insights and tools to improve well-being and resilience.

### Informed Response

Tailored mental health interventions precisely aligned to promote help and healing based on customer's unique needs and preferences.

### Continuous Improvement

An iterative customer engagement process to progressively improve our mental health products and services that bring about meaningful change.

### Data Collection & Analysis

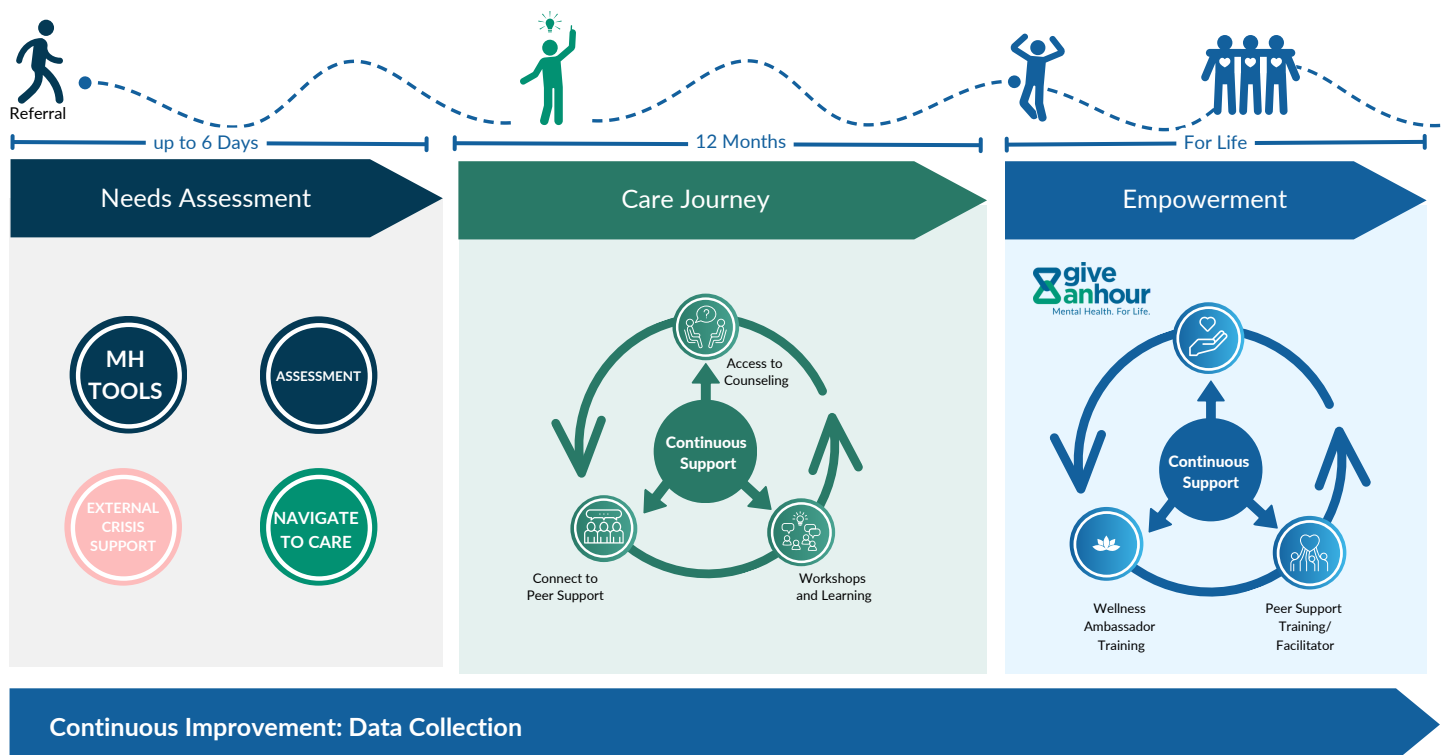
Customer First Measurement prioritizes customer voice and experiences that enable personalized mental health products and services.



**LIVED  
EXPERIENCE**

The Give an Hour Customer Journey is the seamless path individuals traverse as they engage with their mental health. From the initial point of contact, our customer journey ensures personalized attention, tailored solutions, and a comprehensive support system to meet their unique needs - for life. Whether it's accessing resources, seeking guidance, or receiving ongoing assistance, our customer journey is designed to empower and facilitate progress towards goals and foster a positive and transformative experience.

## Access to Care Journey Map



### Needs Assessment

First contact made within 72 hours following evaluation of self assessment.



### Care Journey

Tailored access to workshops, resources, peer support and/or counseling.



### Continuous Access

Individual needs change, but Give an Hour is for life. Consistent offerings of products and services.



### Empowerment

Experience into purpose as a GAH peer supporter, wellness ambassador, or mental health professional.



*Customized* Curriculum  
*Evidence* Informed  
*Interactive* Experience

**Mental Health. For Life.**

A key pillar in our mission is our unwavering commitment. GAH is dedicated to **leading transformative change** that paves the way for enhanced access to quality mental health care.

### Group *Mental Health Support*

#### Peer-Led TIPS Support Groups

Give an Hour's peer support curriculum, "TIPS," stands for Trauma Informed Peer Support. These groups are gatherings of individuals with shared experiences who provide support, understanding, and encouragement to one another. It is a safe space for participants to share their thoughts, concerns, and personal journeys, and benefit from the wisdom and empathy of their peers. The primary goal of Peer-Led Support 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 and include psychoeducational resources.

#### Clinician-Led Support Groups

Give an Hour offers support groups that are led by one of our licensed mental health professionals. Some differences between clinician-led and peer-led groups is that there may be opportunities to ask the professional leading the group clinical questions and gain education from a psychological perspective around particular struggles. However, the main purpose is the same: to foster a sense of belonging, validation, and empowerment among participants.

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

### One-on-One *Mental Health Support*

#### Counseling

Give an Hour maintains and supports a network of licensed mental health professionals in all 50 US states and some territories. For the groups we currently serve and on a case-by-case basis, Give an Hour facilitates connections with a licensed mental health professional from our network for individual therapy at low or no cost.

#### TIPS Training

Give an Hour's peer support curriculum, "TIPS," stands for Trauma Informed Peer Support and is offered to any individual who is interested in learning how to use their own experiences to support others. It is a 4-6 hour live, virtual, interactive training, with a comprehensive Guidebook and customized resources. It also includes QPR certification. Once trained, individuals are also eligible for GAH's TIPS Facilitator Training.

#### TIPS Facilitator Training

TIPS Group Facilitator Training is offered to individuals that have completed TIPS Training and are interested in facilitating GAH Peer-Led Support Groups. It is a 2 hour live, virtual, interactive training, with a comprehensive Guidebook and customized resources. Once someone is facilitating a GAH Peer-Led TIPS Support Group, there will be monthly meetings with MHP support for further development. Active facilitators will also be required to complete quarterly bi-directional assessments.

# Education and Training

## 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 – 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

## 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.

## 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
- » Wellness-based curriculum to navigate life's challenges and successes

Interactive,  
Fully Customizable  
Flexible and  
Convenient



## WHO WE CURRENTLY SERVE



GAH's focus is on the 15% of individuals impacted by humanmade trauma who require a higher level of understanding of their unique experiences combined with the shared camaraderie of human connection as essential in their healing journey.

Our priority population are not likely to seek help from primary care health providers, community-based organizations, or a therapist. Instead, we bring cultivated support to them.

We currently provide specific programming for the following groups that have experienced trauma.

**Military, Veterans and *Loved Ones***

**Rare Disease *Community***

**Violence and *Crime***

**Workforce *Transformation***



## Volunteer Opportunities

Give an Hour also provides various volunteer opportunities as well as continued support for these volunteers.

We engage licensed mental health professionals, wellness ambassadors, and ambassadors to support those in need and promote mental and emotional health.





[www.giveanhour.org](http://www.giveanhour.org)



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