

What are the Reserve Components?

- The reserve components encompass the Army National Guard, Army Reserve, Naval Reserve, Marine Corps Reserve, Air National Guard, Air Force Reserve, and the Coast Guard according to the DoD. The reserve components are a strong partner, and perform key missions with the total force.

How does Give an Hour work with the Reserve Components?

- Give an Hour Reserve Component Programming works directly with local organizations to address the complex barriers to success; going beyond traditional therapeutic services to engage the community in a comprehensive system of care for local military and families in all 50 states.

How big is the Army Reserve?

- The Army Reserve is present in over 30 countries and all 55 states and territories. There are 20 major commands and over 2,075 units nationwide. The Army Reserve accounts for 20 percent of the Army's organized units, provides nearly half of the Army's total maneuver support.

How big is the National Guard?

- Army National Guard: 343,000 Soldiers, 8 division headquarters, 27 brigade combat teams, 55 functional support brigades, 42 multifunctional brigades, 8 combat aviation brigades and 2 Special Forces groups. Provides the Army 39% of its operational forces.
- Air National Guard: 106,600 Airmen across 90 Wings Manpower contribution to USAF's 5 core missions: 31% of Space and Cyber 29% of Intelligence, Surveillance and Reconnaissance 26% of Command and Control 23% of Rapid Global Mobility 12% of Global Strike.

Who serves in the Army Reserve?

- The Army Reserve, with 118,914 members, is the most diverse component of the Army, with more women and minorities than Active Duty or the Army National Guard.

Do Reserve Components Deploy?

- Since Sept. 11, 2001, over 300,000 Army Reserve soldiers have mobilized, some serving multiple tours, seamlessly integrating into the active Army and the Joint Force. The National Guard has supported more than 850,000 overseas deployments to Iraq, Afghanistan, Kuwait, the Balkans, Guantanamo Bay, the Sinai, and other locations.
- Around 20,000 Guard Soldiers and Airmen are mobilized on any given day.

What types of care do Reserve Component Soldiers need?

- Approximately half of the at-home spouses reported feeling that people in the community did not understand what life was like for them, particularly if they were affiliated with the reserve component. In addition, difficulties associated with new household duties were associated with increased anxiety and feelings of being overwhelmed also found that emotional well-being declined over time among caregivers who were experiencing deployment, but well-being improved if deployment ended during the course of the study. Overall, there were several indications of the same sample that reserve-component families were more likely than active-component families to experience deployment-related difficulties. For example, caregivers in both National Guard and reserve families reported significantly greater household and relationship hassles, and caregivers in National Guard families reported poorer emotional well-being.

- Among the many issues facing veterans is homelessness. Homelessness among U.S. veterans is a serious and growing problem. The issue is exacerbated by a variety of risk factors that make veterans more vulnerable to homelessness than other civilians. The risks facing all veterans are amplified for National Guard and reserve component service members, by a national defense structure which releases these service members from active duty service and returns them to civilian life without sufficient time or preparation for the challenges of civilian life.
- Spouses and parents who support from military services sometimes need incorrectly assume that receiving assistance will hurt their spouse's/child's military career so they remain silent. Beyond that, the majority of reserve families do not live on military installations and aren't traditional 'Army Families' leaving them feeling geographically and culturally isolated.
- Although many men and women who return from a war zone successfully adjust to their lives out of theater, others have difficulty in readjusting or transitioning to family life, to their jobs, and to living in their communities after deployment. Some of the challenges are transitioning in and out of the civilian workforce, readjusting to partners who have assumed new roles during the separation period, readjusting to children who have matured and may resent additional oversight, re-establishing bonds with spouses and children, and managing the long-term health problems that are prevalent after deployment, such as posttraumatic stress disorder (PTSD), depression, and the sequelae of traumatic brain injury (TBI).
- "For those in the National Guard, it's more difficult than if you're a veteran to get hired — veterans don't have to ask for the time off active guardsmen do, and employers earn federal tax credits by hiring them, unlike members of the National Guard who have not been deployed. And deployments for two-week trainings or state emergencies typically addressed by the guard — such as a wildfire — don't count. Also, guard members who have been on active duty for less than three years only get partial post-Sept. 11 benefits. Some states, including California, will provide some extra educational benefits to guardsmen."
- In 2013, the suicide rate among reservists was 23.4 per 100,000, and among National Guardsmen, 28.9 per 100,000. These rates reflect all members of the Guard and Reserve, regardless of whether the deaths occurred while the service members were activated or in drilling status. According to the 2014 Defense Department 4th Quarter Suicide Information Report, the reserve components saw the total suicide number drop from 220 in 2013 to 166 in 2014. While each number represents a tragic death, the raw data say little about whether the problem is growing in scope or subsiding as deployments decrease and the military services have placed more emphasis on suicide awareness and mental health counseling.

How can I get help for someone 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.
- 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?

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