



## Reserve Component Program Overview

Give an Hour's **Reserve Component Program (RCP)** officially serves the Army National Guard, Air National Guard, and Army Reserve; however, we assist other reserve branches upon request. Providers who enroll in the RCP commit to maintain the highest levels of professional and cultural understanding of Guard, Reserve, and their families through research, training, and community events. RCP providers actively seek out community organizations to encourage community participation. This helps to develop outreach, encourage education, and provide awareness of the Five Signs of emotional suffering, and establish Give an Hour as a resource for finding care. As providers continue to be active in the community, they will connect relevant community resources with Guard and Reserve personnel with the objective of identifying and fixing local concerns using local resources that complement available military resources.

### HOW DOES GIVE AN HOUR HELP?

#### Informational Sessions for Service Members and Families

- *Give an Hour attends Yellow Ribbon and Unit events; educating Guard, Reserve and families on the Five Signs of emotional suffering ([www.changedirection.org](http://www.changedirection.org)) and how to access care through Give an Hour's provider network*

#### Community Support and Partnership

- *Give an Hour works directly with Guard and Reserve personnel to identify and assist with specific projects nationwide, including connecting to local support resources outside of the Give an Hour network*

#### Face to Face, Telephone and Virtual Therapy

- *Give an Hour offers HIPAA compliant virtual counseling to geographically dispersed and under-served areas*

### HOW TO GET CONNECTED:

- To find a mental health professional, visit [www.giveanhour.org](http://www.giveanhour.org) and click on Get Help. If you are unable to locate a provider, email [info@giveanhour.org](mailto:info@giveanhour.org) for assistance.
- If you work with or for the National Guard and would like more information on how Give an Hour can assist, please email [reservecomponent@giveanhour.org](mailto:reservecomponent@giveanhour.org)
- If you are a mental health professional who would like to join Give an Hour's network, visit [www.giveanhour.org](http://www.giveanhour.org) and click on For Providers