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**Joining Together for the Sixth Annual**

***A Day to Change Direction***

Veterans of Foreign Wars of the United States (VFW) and Give an Hour (GAH) will partner for the fifth annual *A Day to Change Direction* on September 18, 2021. This will be a national day of service, honored by the VFW and GAH, to promote dialogue on mental health, emotional suffering, and access to care, while striving to Change the Direction of mental health in America and around the world for everyone but for the veteran community in particular.

VFW Posts and their Auxiliaries across the country will participate in this day of service by hosting activities in their local community and also help create awareness of the Five Signs of Emotional Suffering and/or Healthy Habits of Emotional Wellbeing. Our local VFW Post will be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. If you are interested, please contact \_\_\_\_\_\_\_\_\_ at \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**About the Veterans of Foreign Wars of the United States**

The Veterans of Foreign Wars of the U.S. is the nation's largest and oldest major war veterans organization. Founded in 1899, the congressionally-chartered VFW is comprised entirely of eligible veterans and military service members from the active, Guard and Reserve forces. With more than 1.6 million VFW and Auxiliary members located in 6,200 Posts worldwide, the nonprofit veterans service organization is proud to proclaim “NO ONE DOES MORE FOR VETERANS” than the VFW, which is dedicated to veterans’ service, legislative advocacy, and military and community service programs. For more information or to join, visit our website at [www.vfw.org](http://www.vfw.org).

**About Give an Hour**

Give an Hour’s mission is to develop networks of skill-based volunteer professionals capable of responding to both acute and chronic conditions prevalent within society. Since 2005, the nonprofit organization has provided free mental health services to U.S. service members, veterans, and their families. In 2015, Give an Hour expanded efforts to address the mental health needs of other populations including at risk teens, survivors of gun violence, and those affected by natural and man-made disasters. In addition, Give an Hour is now working internationally to provide information and services to address the needs of those who are in emotional pain around the world. Through the generosity, compassion, and expertise of Give an Hour’s skilled volunteers, we are able to increase the likelihood that those in need receive the support and care they deserve. Thus far, the U.S. network of nearly 4,500 licensed mental health professionals has provided more than 340,000 hours of care and support to those in need. Learn more at [giveanhour.org](http://www.giveanhour.org/).

**About Change Direction**

The Campaign to Change Direction, a public health initiative focused on changing the culture of mental health, encourages everyone to care for their mental well-being just as they do their physical well-being. The campaign is led by Give an Hour, a US based nonprofit organization providing free mental health services to those in need including our military and veteran community. Change Direction addresses common barriers to understanding mental health and raises awareness about Five Signs of Emotional Suffering that may indicate someone is in emotional pain and needs help: change in personality, agitation, withdrawal, decline in personal care, and hopelessness. Over 700 partner organizations are using their unique skills and opportunities to spread awareness. Organizations and individuals who are interested in learning more or making a pledge can visit [giveanhour.org/changedirection/](https://giveanhour.org/changedirection/)