



Subject: Give an Hour Leads Virtual Mental Health Response to Global Pandemic; Supporting U.S. Military, Veterans and Loved Ones

COVID-19 is affecting the lives of every citizen in the world. In America, we know our veterans and military are on the front lines; managing, treating and supporting the extraordinary challenges that the coronavirus has created. Service members, active, reserve and retired, are being asked to answer their nation's call to service; many for the second time. Of those who have left military service and are not medical professionals, many continue to support our nation as firefighters, police officers, and other emergency support personnel.

In response to the pandemic, Give an Hour™ is providing free virtual mental health resources and services; reaching and connecting to veterans, military and families at a time when most can't meet up in person due to social distancing regulations. "Even though we are staying home and isolated from our face-to face support networks, we can still connect with others" says Dr. Randy Phelps, "this is particularly important for veterans, military and loved ones; to focus on our mental wellness by using the tools and services that Give an Hour offers." In addition to resources aimed at helping create Healthy Habits of Emotional Wellbeing, Give an Hour's network of 4,400 providers continue to donate no cost mental health care during this time; predominantly offering video and phone therapy. Give an Hour has seen a **500% increase** in new licensed provider registrations from February to March 2020.

As a national organization, we are seeing extraordinary service, flexibility, innovation, responsiveness and action in communities every day. Give an Hour understands the critical need for community-level support serving those who serve and remains a leader in mobilizing a network of mental health providers to bridge the gap in access to care for military, veterans and their loved ones. The threat of the virus effects many parts of our lives, from worrying about our health and loved ones to fear for our financial, physical and emotional wellness in the future. Mental health professionals are essential to helping our service members, veterans and loved ones express their emotional needs and navigate creation of activities that help them build their sense of safety and decrease feelings of anxiety and isolation.

"In the past 15 years, Give an Hour providers have given over 311,000 hours of mental health support, valued at over 31 million dollars. Because of the generosity of our supporters, providers, and donors; Give an Hour is ready for COVID-19 response" says Dr. Randy Phelps, Give an Hour CEO, "There's no doubt that it will be some time before this pandemic becomes a part of our history and the mental health effects will be evident in our society for years to come. It's impossible to predict what lies ahead, but I am confident in our extraordinary staff and volunteers and our nonprofits continued ability to provide an operative response to support our brave service members and families on the front lines. They deserve our protection, our deepest gratitude and our unwavering support during this time....and always."

Be Well,

Randy Phelps, Ph.D.
CEO
Give an Hour



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