



July 2020 Updates

Join Give an Hour® in spreading awareness surrounding mental health. Emotional pain is part of our experience as human beings. Give an Hour provides care and support for those who otherwise might not receive it by harnessing the skill, expertise, and generosity of volunteer mental health professionals across the country.

"Mental health is part of the human condition. It's time we recognize how important our emotional well-being is for all of us"

-Dr. Barbara Van Dahlen, Founder and Former President of Give an Hour

To learn more about what we are doing to promote a healthy emotional well-being and recognize the signs of emotional suffering visit <https://giveanhour.org/partner-materials/> password: **Iknowthe5**. To find out how to find support for you or a loved one visit <http://www.giveanhour.org/military>; click "search for a provider".

Give Hope:

How to Support Others From a Distance

Today we need to support each other more than ever. Due to COVID-19 and the suffering from our nation's history of racial injustice and violence, we need to help each other as much as possible. For many reasons, including social distancing, that is not always easy to do. However, reaching out to others is so important.

Taking care of ourselves and others may not be easy, particularly when we are far apart. Regardless of distance, you can still reach out and connect from afar with those you care for. Download this free one pager for some ideas on "How to Support Others From a Distance". <https://giveanhour.org/coronavirus-resources/>

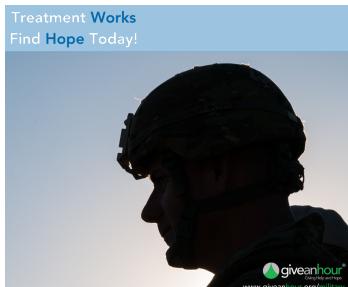
Caregiver Guide for Providers Booklet

In partnership with Elizabeth Dole Foundation, Give an Hour has created a guide for providing mental health care to America's Hidden Heroes. Our hope is that the narratives we have captured will help you better understand the caregivers you may work with today, or in the future. The booklet is available for online viewing at <https://giveanhour.org/initiatives-and-programs/militarycaregivers/>

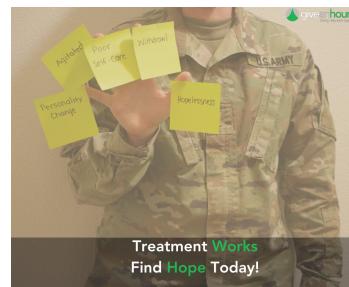
Share Give an Hour® Messaging

Join us in spreading awareness of Give an Hour® on social media. Share the following post with your network this month!

"When we talk about our feelings, they become less overwhelming, less upsetting, and less scary. - Fred Rogers. Get Help and Hope TODAY! Find a provider at www.giveanhour.org/military"



Facebook.com/GiveanHour
 Twitter.com/Giveanhour



Get Help:

Through a national network of licensed mental health providers, Give an Hour offers mental health care to Active duty, National Guard and Reserve, Veterans, and their loved ones. Give an Hour's services complement Department of Defense and Veterans Affairs healthcare delivery by serving veterans and military families seeking care outside the current system, those no longer eligible for healthcare provided by the DOD or VA, and non-eligible siblings, parents, partners, and other loved ones.



Step 1: Search for a Provider

Using the [search form](#), answer a few questions to receive a list of providers who may be able to assist you. Choose from a variety of options including in-person, telephone support, or video counseling.

While it's common in the mental health community to meet in the provider's office, it may not be feasible for everyone. If you are unable to meet with a provider in-person, we encourage the use of telephone support or video counseling. A provider will rely on his or her professional judgment to determine when an alternate method of contact will sufficiently meet your needs. **NOTE: If you are unable to locate a provider in your area and do not feel comfortable with phone support or video counseling, please contact us at info@giveanhour.org for assistance.**

During the COVID-19 pandemic, nearly all services will be provided via telephone or telemental health to abide by social distancing guidelines. Leave the "Type of Support" field blank to render the most results



Step 2: Contact the Provider Directly

- **Identify yourself as a potential Give an Hour client, even if you leave a voicemail.**
- **Mention Give an Hour:** Tell the provider you are a Give an Hour client at the beginning of your call, email or voicemail.
- **Leave a Message:** Even if the provider's voicemail states they are not accepting new clients, some providers hold openings just for GAH clients.
- **Call Again:** Messages can be hard to understand or accidentally erased. If you have not heard back in a reasonable amount of time, consider calling again. *Be sure to leave your name, number and email address.*
- **Contact more than one provider.** If you have not received an appointment after your first call, consider calling another provider on your search results. *Often people contact several providers before finding one who is a good match for their needs.*
- **Be prepared:** Make sure your voicemail is set up and not full for when the provider returns your call.
- **Try email:** Providers spend much of their day with clients. Consider using their email or their website's "Contact Us" section to make contact.
- **Let us know:** If you can't reach a Give an Hour® provider using their contact information on our website, let us know at info@giveanhour.org, and we will update our database.