

## October 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.

### Give Hope:

#### Back 2 School Planner

Life is certainly busy for many of us with school aged children as it is the beginning of the school year! Many of you have started school already, whether in the classroom, virtual, hybrid, or even homeschool setting. We all face different challenges as parents, children, and teachers as learning environments have changed this year. The change in routine may lead to feelings of anxiety, agitation, and stress. We're starting a new series of resources focused on "Back to School" and we hope you find this new one helpful. It focuses on creating healthy habits for your back to school planner. Print it out and share it with the parents in your life.

We like the quote that has been going around sharing a very good piece of advice that I'm sure you have all seen: "In a world where you can be anything, be kind". This goes for yourself too—be kind to yourself during this transition process. We are here for you.

Download your copy today at: <https://giveanhour.org/emotional-wellbeing-resources/#backtoschool>

#### Talking With Your Kids About Injustice

Many children in your lives may be confused and even distressed by what they are seeing, hearing, or experiencing in the world. Whether they hear you talking about the protests and unrest, see a snippet on the news, live near some of the peaceful demonstrations or riots, or have experienced injustice or racism first hand, they will have questions. We hope this free one-pager, "How to Talk with Your Kids about Injustice", will help you with these important conversations.

Even if you don't have all the answers, even if it's uncomfortable, it's important to address their concerns with age-appropriate discussions. It is ok if they see you upset, sad, or angry—this will help them with their compassion. Use these times as an opportunity to teach them to embrace the emotions they are feeling and share with them the vital importance of diversity.

Take care of your mental health and the mental health of those around you, children included. There is a lot of pain in the world right now and there is also a lot of hope. By listening and checking in with our loved ones, we can start building a stronger, healthier world. Download your copy today at: <https://giveanhour.org/coronavirus-resources/>

**HEALTHY HABITS OF EMOTIONAL WELLBEING**

### Back 2 School Planner

Getting ready for "back to school" has a new meaning this year. We will all face challenges as we adapt to learning in the classroom, virtual learning, or various combinations of the two. When our routines are disrupted, unpredictability may lead to feelings of anxiety, agitation, and stress. You may feel overwhelmed but if you act calmly and confidently, children will follow your lead. Creating a schedule and maintaining healthy habits will promote wellbeing and support learning.

**FAMILY ACTIVITIES:**

-  Reward hard work with fun activities - plan a movie night with the family.
-  Reach out to friends and family for support - ask grandparents, cousins, aunts and uncles to take part in regular video calls.
-  Get regular fresh air - enjoy a family nature walk and remember to wash your hands!

**ESTABLISH A ROUTINE:**

-  Start the day prepared! Have your children pick out their outfit for the day. Have a healthy breakfast and be ready to start on time!
-  Do meal prep on the weekends and plan meals for the week, this will allow more free time in the evening to engage in family activities.
-  Plan an activity to signify the end of the school day, such as a short walk. This allows the whole family to clear their heads.
-  Prioritize your weekly and daily goals - these could include learning goals, such as reading each day, or household goals, such as creating a cleaning schedule.

**TO DO:**

-  Set up a dedicated work space for each child. Have any school login codes and passwords clearly displayed.
-  Encourage children to take responsibility for their work space, making sure the area stays clean, organized and sanitized.
-  Create a space nearby where they can get up and stretch their legs and move around.
-  During regular breaks from learning, change your setting - take a stroll around the block, or play outside.
-  Make the most of the school lunch hour by eating together as a family or engaging in self-care.
-  Set regular snack times and organize a snack basket with healthy parent-approved choices.
-  Be intentional about maintaining a social calendar. Our kids need social interactions even if it is through a virtual setting.

**REMEMINDERS:**

-  Be kind to yourself. It's Okay to not be Okay.
-  Do the best that you can. There is no one-size-fits-way to schooling.
-  Reach out whenever you need additional support and stay connected.

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## 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!

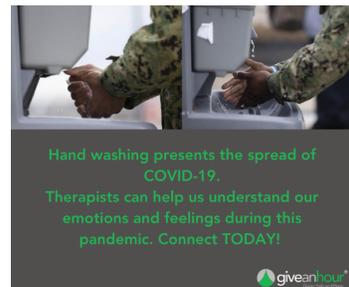
“COVID-19 has changed all of our lives. During this pandemic we have experienced isolation, fear, and changes to our routines. Our providers are here to support you. If you or someone you know and love is struggling, reach out to one of our providers for mental health services today. You are not alone. <http://www.giveanhour.org/military>”



Worried about your loved ones as they serve others? Connect with a provider today!



Facebook.com/GiveanHour  
Twitter.com/Giveanhour



Hand washing presents the spread of COVID-19. Therapists can help us understand our emotions and feelings during this pandemic. Connect TODAY!

## Partner Spotlight:



**Elizabeth Dole Foundation**  
CARING FOR MILITARY FAMILIES

*The Respite Relief for Military & Veteran Caregivers Program offers an extra set of hands to help vulnerable caregivers with in-home care. The COVID-19 pandemic has limited the affordable, convenient respite options our veterans and their families rely on. They've become increasingly isolated and face trouble in receiving outside help.*

*Elizabeth Dole Foundation has joined with CareLinx, Wounded Warrior Project, and the U.S. Department of Veterans Affairs to provide more than 75,000 hours of non-medical care for more than 3,000 veteran caregivers. Thanks to an investment powered by Wounded Warrior Project, the program will continue to expand in a phased nationwide rollout of services to additional areas across the country.*

*Please be our partner in spreading the word about this incredible, free service to military and veteran families in your network.*

*By sharing this program with your community, you'll help ensure access to short-term relief to primary caregivers, restore balance in their lives, and provide their loved ones with the best possible care. Thank you for being our partner in this!*

*To make it super easy to spread the word, we've provided sample social media and email language below. The sample language and graphics to download can be found in the toolkit [linked](#) here*

## 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](mailto: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](mailto:info@giveanhour.org), and we will update our database.