



A Week to Change Direction is approaching quickly and all of us at Give an Hour are excited about you joining us for this important week focused on prioritizing mental health and staying emotionally healthy. Participation is EASY and VIRTUAL.

To register or learn more:

<https://giveanhour.org/aweektochangedirection/>

## Military Appreciation and Mental Health Awareness Month

May is both Mental Health Awareness Month and Military Appreciation Month. Mental Health matters now, even more than ever before. That's why Give an Hour focuses our work on three pillars of mental health – literacy, culture change and access to care for our military, veterans and their loved ones. In that light, Give an Hour has created a new mental health resource addressing the challenges of sleep and how to master better sleep – for better health! Click here <https://giveanhour.org/emotional-wellbeing-resources> to access your free copy.



## Check Out Our New Look!



It's Springtime and we have been doing some cleaning and organizing...on **our website**. We are excited to share our new look! Many of you know that Give an Hour started the Campaign to Change Direction back in 2015. We have now combined our two websites and you can see all of our programs and initiatives in one, easy to find place.

Bookmark [www.giveanhour.org/military](http://www.giveanhour.org/military) for

easy access to our provider search!  
[www.giveanhour.org](http://www.giveanhour.org)