

## June Newsletter

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### PTSD Awareness Month:



As we bring Mental Health Awareness Month to a close, we embark on another mental health observance. June is Post Traumatic Stress Disorder (PTSD) Awareness Month. Though we focus on mental health year-round, we are always intentional about highlighting invisible illnesses that affect the populations we serve.

Did you know seven to eight percent of people in the US will develop PTSD<sup>1</sup>? In veterans, this percentage can be as high as 20%<sup>2</sup>. PTSD can develop after any form of trauma including – accidents, assault, combat, and more. This is just one of the many reasons why mental health observances like PTSD Awareness Month are so important.

Here at Give an Hour, we have resources that can help those affected by PTSD rediscover their strength. 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.

To access Give an Hour's network of independently licensed mental health professionals, visit [www.giveanhour.org/military](http://www.giveanhour.org/military)

### **Access Give an Hour's Wellness Resource with Ease:**

Based on feedback from YOU, Give an Hour has redesigned the wellness resource section of our website to be more user friendly. Now, you can access resources without filling out or submitting any additional information. Visit <https://giveanhour.org/emotional-wellbeing-resources/> to see what I am talking about.

### **New Resource: Managing Anxiety During Times of Change**

The past 18 months have been full of change, and all the feelings that arise from these changes. As we all know, change can be positive and is necessary for personal growth. However, this doesn't mean that it's always easy or welcomed. For many, it causes stress and unplanned disruptions. Learning how to function and operate through change takes time. We hope that our new one pager, *"Coming Out of the Pandemic: Managing Anxiety During Times of Change"*, will be helpful as you navigate upcoming change in your life. Click below to download it and feel free to share it with others.

<https://giveanhour.org/emotional-wellbeing-resources/resource-17/>

## **Update: In Person Volunteer and Staff Activities**

Give an Hour continues to update our operating procedures to comply with the health and safety guidelines established by the Centers for Disease Control and Prevention (CDC). We recognize that gathering in groups

significantly increases the risk of COVID-19 transmission, and that different areas across the nation may have different regulations at this time. As such, we are limiting our requests of volunteers for in person events and continuing to encourage volunteer mental health professionals to follow established national and state guidelines. In person events will be filled on an as needed/as available basis until further notice. We require that all inperson events at which our participation is requested align with federal and state guidelines. In the event that the in-person event cannot meet the above requirements, we are happy to explore participating in a manner that aligns with our operating procedures (i.e. virtual participation, provision of educational materials, etc.). To submit a request for an event, please visit [www.giveanhour.org/eventrequest](http://www.giveanhour.org/eventrequest)

## **Give an Hour Welcomes Brittany Chatman**

Brittany Chatman, MHA, joined Give an Hour in 2021 as the Military & Veterans Program Manager. Brittany is the proud wife of an Air Force Veteran. Through her professional and lived experiences, Brittany has learned much about the needs of service members and their families. As a result, she takes great pleasure in having the opportunity to take the lessons she has learned and use them to increase the emotional wellness and wellbeing in military families beyond her own.

With more than a decade of nonprofit and governmental public health experience, Brittany is poised to protect, promote, and improve the health of the communities she serves. Her areas of expertise include targeted strategies in public health promotion, education, and evaluation — through which, she has aided in the creation and implementation of sustainable interventions on local, statewide, regional, and national levels.

1 U.S. Department of Veterans Affairs. (2019, October 17). How Common is PTSD in Adults? Retrieved from U.S. Department of Veterans Affairs: [https://www.ptsd.va.gov/understand/common/common\\_adults.asp](https://www.ptsd.va.gov/understand/common/common_adults.asp)

2 U.S. Department of Veterans Affairs. (2018, September 24). How Common is PTSD in Veterans? Retrieved from U.S. Department of Veterans Affairs: [https://www.ptsd.va.gov/understand/common/common\\_veterans.asp](https://www.ptsd.va.gov/understand/common/common_veterans.asp)