Fact Sheet

Who is Give an Hour™?

- Give an Hour is a nonprofit 501(c)(3) that develops national networks of volunteers who are capable and committed to responding to the mental health needs of individuals in our society. Currently, Give an Hour is dedicated to meeting the mental health needs of military service members and their loved ones affected by the ongoing conflicts in Iraq and Afghanistan.
- Give an Hour's network of volunteers includes more than 6,700 licensed mental health professionals across the nation — in all 50 states, D.C., Puerto Rico, and Guam. To date, they have donated approximately 87,000 hours of free counseling, valued at roughly $8.7 million.
- Dr. Barbara Van Dahlen, a licensed clinical psychologist and the current president of the organization, founded Give an Hour in 2005. In 2012, Dr. Van Dahlen received international recognition for her work with Give an Hour as one of *TIME Magazine*'s 100 Most Influential People in the World.

What does Give an Hour do?

- Give an Hour provides free mental health services to military personnel, their loved ones, and hometown communities affected by conflicts abroad. To do this, the organization mobilizes a national network of mental health professionals who pledge to "give an hour" of their time each week to support these individuals.
- Through its network of volunteer professionals, Give an Hour's current focus is on supplementing the mental health services provided by the Department of Defense and the Department of Veterans Affairs. Give an Hour's services expand beyond those groups who are typically eligible to receive mental health benefits, including parents, siblings, and unmarried partners who are often impacted by wartime service.
- In addition to direct counseling, Give an Hour's network of volunteer professionals are working to reduce the stigma associated with mental health treatment by participating in and leading education, training, and outreach efforts in schools, communities, and military bases.

Why does Give an Hour do it?

- Over 2.6 million troops have been deployed to Iraq, Afghanistan, and the Persian Gulf since September 11, 2001. In addition to the physical injuries sustained by veterans of Iraq and Afghanistan, countless servicemen and servicewomen are experiencing mental health conditions directly related to their deployment.
- Our military leaders are attempting to address the mental health needs of service members through a variety of programs, but the capacity of government and military health resources is overwhelmed by the large and growing mental health needs of service members.
- Because of the stigma associated with mental health issues, and for fear of jeopardizing their career, returning combat veterans who suffer from depression, anxiety, and post-traumatic stress often avoid mental health treatment services offered by the military. By providing separate services, Give an Hour offers an essential option for men and women who might otherwise fail to seek appropriate mental health care.

Find out more:

- If you or a loved one would like to get help, visit www.giveanhour.org and type in your zip code to find a provider in your area, or contact info@giveanhour.org. If you are a licensed mental health professional interested in joining Give an Hour's network of volunteers, click "For Providers" on our website to get started.
- There are numerous opportunities to volunteer in other areas, such as outreach, education and administration. Please contact info@giveanhour.org or visit www.connected.giveanhour.org to learn more about volunteer opportunities near you.
- If are a member of the media interested in talking more with Give an Hour, please contact Lauren Itzkowitz, litzkowitz@giveanhour.org.