



Give an Hour™ Menu of Services

Give an Hour™ provides unlimited, complimentary, and confidential counseling to

- active duty service members
- members of the National Guard and Reserve forces (regardless of deployment status)
- post 9/11 veterans who have separated or retired from any service branch or component
- family members of any of the above military personnel and veterans, to include extended family: kinship care, parents, siblings, unmarried partners, grandparents, etc.

We offer treatment to individuals, couples, families, and groups for

- anxiety
- depression
- substance abuse
- post-traumatic stress
- traumatic brain injuries
- loss and grieving
- sexual health and intimacy concerns
- relationship difficulties
- family reintegration issues or conflicts

We are here to help with symptoms like

- recurrent nightmares
- flashbacks to traumatic events
- loss of interest in favorite activities
- feeling distance from others
- increased heart rate or sweating
- difficulty concentrating
- feeling constantly “on guard”
- being easily startled
- withdrawal from family and friends
- talk of suicide or killing others

We also educate and consult in the following ways

- attending and providing training at reintegration events
- consulting with stakeholders on weekends or other times of their choosing
- facilitating mental health training efforts
- professionally supporting Guard and Reserve members and community support systems

We are eager to help: for more information, please e-mail Jess Grove, at jgrove@giveanhour.org. Also visit our Web site, www.giveanhour.org.