

Why the Need?

Over 2.6 million troops have deployed to Iraq and Afghanistan since September 11, 2001. More than eight in 10 vets served at least one tour in Iraq or in support of that war. Of those, 47% had two or more tours, and 29% (more than a half-million service members) spent two years or more there. Of those deployed to Afghanistan, 29% had two or more tours, and 16% spent at least two years there.

More than 730,000 deployed as members of the Reserves or National Guard, forcing them to place their civilian lives on hold for as long as a year, sometimes more than once. It was the largest use of both forces since World War II.

There have been more than 6,800 war zone deaths and more than 51,000 wounded, including more than 1,300 amputations. According to a poll conducted by the *Washington Post* and the Kaiser Family Foundation, the wars have caused mental and emotional health problems in 31% of vets—more than 800,000 total. The VA estimates that 22 veterans commit suicide every day. And the Labor Department estimates that 200,000 Iraq and Afghanistan vets are unemployed.

Though less than 1% of the country's population is a member of the military, millions of Americans—spouses, children, parents, siblings, and unmarried partners—can also be adversely affected by their loved one's service. Multiple deployments, combat injuries, the loss of a loved one, and the challenges of reintegration can have far-reaching effects not only on the troops and their families, but also on America's communities.



www.giveanhour.org



Don't the Military and VA Offer Psychological Care?

Give an Hour is committed to helping the individual, the family, and the community understand the effects of war. Our military leaders are attempting to address the psychological needs of service members through a variety of programs within the military culture. Unfortunately, the tremendous number of people affected makes it impossible for the military alone to respond adequately to the mental health needs in its greater community.

Moreover, returning veterans suffering from combat-related stresses are not routinely seeking the mental health treatment they need. Many fear that seeking mental health services will jeopardize their career or standing. Given the military's emphasis on confidence, strength, and bravery, others are reluctant to expose their vulnerabilities to counselors who are often military personnel themselves.

By providing services that are separate from the military establishment, we offer an essential option for men and women who might otherwise fail to seek or receive appropriate services. There is no paperwork, no insurance claims, and no money changing hands. Give an Hour's services are absolutely free and there is no limit to the number of sessions one can receive.



Our Services

The stress and strain of repeated and lengthy deployments and war itself can adversely impact people of all ages, races, ranks, and education levels. It affects those who serve and those who love them. Give an Hour provides



mental health services to all those affected. Our licensed professionals can help returning service members process their feelings and regain a sense of normalcy. It is a sign of courage and strength to come forward and get help. Doing so will encourage other service members to seek help and thus reduce the stigma associated with mental health. Individuals who receive services are given the opportunity to give back in their own communities.

Our Impact

As of May 2014, Give an Hour's network has 7,000 licensed mental health professionals, located in all 50 states, Washington, D.C., Puerto Rico, and Guam, who have donated nearly 120,000 total hours of mental health services. Using a nationwide average of \$100 per hour for mental health care, Give an Hour providers have donated nearly \$12 million in services since GAH began providing care in July 2007.

About Us

Give an Hour is a nonprofit 501(c)(3), founded in 2005 by Dr. Barbara Van Dahlen, a psychologist in the Washington, D.C., area. Currently, Give an Hour is dedicated to meeting the mental health needs of military personnel, their families, and the communities affected by the post-9/11 conflicts through counseling and public education. Our providers also consult to schools, first responders, employers, and community organizations.

How Can I Help?

If you are a mental health professional, please join our network and encourage your colleagues to do so as well. If you've already signed up but have not been connected with a client, visit www.giveanhour.org to learn about additional ways you can volunteer your time.

Give an Hour has an ongoing need for volunteers in many areas including fundraising, marketing, events, technical and financial areas. Please contact Lisa Calixto at lcaxito@giveanhour.org to learn how you can help.

Thanks to our volunteers, it costs Give an Hour only \$17 for each hour of free services we provide. Your financial contribution will allow us to continue providing services by helping to pay for overhead and operating costs and subsidizing continuing education and training for our providers. Your donation is fully tax deductible. Tax ID #: 61-1493378

If you are a federal government employee, consider donating to Give an Hour through the Combined Federal Campaign. CFC #: 65498

Sponsorship and partnership opportunities, tailored to your corporation's or foundation's philanthropic and marketing goals, are available. Please write us at info@giveanhour.org for more information.

Donations can be made online or mailed to:
www.giveanhour.org
P.O. Box 5918
Bethesda, MD 20824

Providing free, easily accessible, and confidential mental health counseling to service members, their loved ones, and their communities.



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**The Wounds of War Are
Not Always Easy to See.**
www.giveanhour.org

