



Give an Hour provides free counseling to service members, veterans and their loved ones. If you or someone you know is in need, please follow these steps to get help. *During the COVID-19 pandemic, nearly all services will be provided via telephone or telemental health to abide by social distancing guidelines.*

STEP 1: Visit <https://giveanhour.org/get-help/>

STEP 2: Enter your state, zip code and leave type of support blank.

STEP 3: Call one or more of the providers on the list that appears. If possible, we encourage you to call a few providers to determine which one is best fit for you.

*If your search is not resulting in any available providers, try only entering the top three required fields in the search to broaden your search. **During the COVID-19 pandemic, consider using a provider anywhere in your state.***

We understand that during this time not all providers may respond or be available. Please consider reaching out to more than one provider to find the support that you need. If you are unable to connect with a provider, we welcome you to email our team at info@giveanhour.org for assistance.

Give an Hour does not offer Emergency Services- If you need immediate assistance, you can contact the Veterans Crisis Line at 1-800-273-8255 and Press 1, [chat online](#), or send a text message to 838255.

Tips to keep in mind when contacting a Give an Hour (GAH) provider:

- **Mention GAH:** Tell the provider you are a GAH client at the beginning of your call, voicemail, or email.
- **Leave a message:** Even if the provider's voicemail states they are not accepting new clients, some GAH providers hold openings just for a GAH clients.
- **Call again:** Messages can be hard to understand or accidentally erased.
- **Include your information:** Be sure to leave your name, phone number, and email address (if you have one) in your message.
- **Be prepared:** Make sure your voicemail is set up and not full for when the provider returns your call.
- **Try email:** Providers spend much of their day with clients. Consider using their email or their website's "Contact Us" section to make contact.
- **Let us know:** If you can't reach a GAH provider using their contact information on our website, let us know at info@giveanhour.org, and we will update our database.

What you can expect from Give an Hour:

- To receive FREE and confidential counseling.
- To not be charged or have your insurance billed by a GAH provider.
- To understand how you or your loved one's experiences are affecting your personal life and relationships.
- To learn ways of coping.
- To be referred appropriately if you need additional services (such as medications).
- To be in a safe environment where you can talk about your deepest fears and concerns.