





Give an Hour's work addresses mental health challenges in our society – challenges that, when left unaltered, often result in emotional pain and suffering.

- **National Nonprofit; founded in 2005 to meet mental health needs of military members and families**
 - 2015 Included Natural and Man-made Disaster Support
- **Give an Hour's current work rests on three pillars:**
 - ✓ Increasing access to mental health services
 - ✓ Providing mental health education
 - ✓ Changing the negative culture on mental health



COVID-19 & Mental Health

- Nearly half of Americans report the coronavirus crisis is harming their mental health (KFF 2020)
- 20% of adults develop pandemic-related mental health disorders (Johns Hopkins Medicine, 2013)
- 12.8% of veterans reported PTSD symptoms related to COVID-19 and 8% contemplated suicide (Pietrzak, et.al., 2021)
- **Suicidal ideation** is up among **young people** since last year, with as many as 1 in 4 people ages 18-24 yrs having seriously considered suicide in the prior 30 days (CDC August 2020)

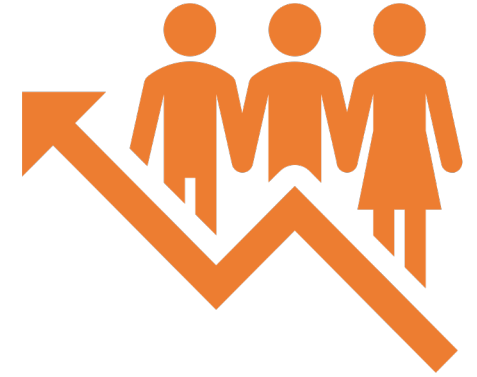


Access to Care

- 4,128 Active Providers
 - Providers in every state
 - 37% offer telehealth via video
 - 70% offer either phone or video
- Majority have military affiliation (i.e. service member, spouse, or loved one)
- Serve clients (via independent practices) in addition to Give an Hour clients
- Agree to accept one pro-bono client or one week per year, whichever is greater



Network Changes



Clients who come to our site and indicate they would like to use insurance or pay sliding scale are able to do so.



Providers maintain the requirement to have one pro-bono client or offer one session per week at no cost to remain in the network.



Acceptance of provisionally licensed providers, with supervision.



New referral management system

Give an Hour Does Not Provide Emergency Services.

For immediate help please consider using the following resources



1-800-273-8255, Veterans press
1 www.veteranscrisisline.net

CRISIS TEXT LINE |

Text "SIGNS" to 741741
www.crisistextline.org



1-800-273-8255
www.suicidepreventionlifeline.org



1-855-838-8255
<https://vets4warriors.com>



1-800-799-7233
<http://www.thehotline.org/help/>

All services are free and available 24/7

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Giving Help and Hope

COMING OUT OF THE PANDEMIC: MILITARY SLEEP HEALTH

SLEEP DEPRIVATION

Sleep deprivation has been a deep-rooted part of soldier culture, but that culture is rapidly changing as military leaders recognize that quality sleep is vital for physical and mental health. Active duty service members are 34% more likely to report insufficient sleep than people with no history of military service. Sleep deprivation leads to poor performance and weakened cognitive abilities. Learning to sleep well in stressful environments can help military members maximize wellness.

Sleep Deprivation is part of military life. Operations, missions, and family life happen, and they may disrupt sleep patterns. The most important part of sleeping in stressful situations is to find different tips and strategies that work for you.

- Deployment related psychological conditions and/or physical injuries can affect sleep. Addressing these issues is imperative to achieving quality sleep.
- Sleep Banking is recommended to counteract the effects of sleepless nights. Get 10 hours of sleep for one week prior to expected sleepless nights. Go to bed earlier, and wake at your normal times to avoid changes in your body's circadian rhythm.

DEVELOP SLEEP READINESS: Train your circadian rhythm by implementing routines. Avoid electronic devices, find your favorite pillow, listen to music or take a shower before bed.

EXERCISE: Work out at least 30 minutes early in the day to fall asleep faster, and reduce night time awakenings.

WATCH WHAT YOU EAT: Stop eating 2-3 hours before bed. Limit caffeine, sugar or other digestive stimulants.

NAP STRATEGICALLY: When predictable nighttime sleep is unavailable, short power naps (no more than 30 minutes) have been found to increase alertness and performance.

GET COMFORTABLE: You spend one third of your life in bed, so you should be comfortable. Consider upgrading or replacing your mattress and/or pillows.

GO TO BED SLEEPY: If you aren't asleep in 20 to 30 minutes, get out of bed and do something else.

MAKE SPACE: If thoughts are keeping you from sleeping, jot them down to relieve your mind.

www.giveanhour.org

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TIPS FOR MILITARY AND VETERAN CAREGIVERS DURING THE PANDEMIC

CAREGIVERS

Caregivers, often behind the scenes and with little recognition, shoulder a broad spectrum of responsibilities ranging from everyday home tasks to managing total emotional, mental, and physical care of their loved one as they navigate a complex medical system. Now, during the COVID-19 pandemic, caregivers find themselves working beyond their limits to provide care and stay connected in a time when traditional, face-to-face support is limited. While you're going above and beyond during this uncertain time, it's important to take care of yourself.

Not a Military or Veterans Caregiver?

Learn about how you can support Military Caregivers in the Guide "Caring for the Military Caregiver: A Guide to Providing Mental Health Care to America's Hidden Heroes" www.giveanhour.org

SELF-CARE

- Build time for self-care into your calendar. Make a list of your top 3 self-care activities and practice one a day.
- Give yourself grace. While military caregivers are resilient, resourceful and strong, it is NORMAL to have feelings of guilt, irritability or anxiety.
- Move your body each day. Go for a walk, if the weather allows. If not, move about indoors and stretch for 10 minutes a day.
- Take a time out. Limit your media and social media consumption.

COPING WITH UNCERTAINTY

- Establish a new routine. Set small daily goals and aim for consistency rather than perfection.
- Seek out humor. Laughing is a good prescription for an anxious mind.
- Fact check your thoughts. Recognize thinking that causes you unnecessary stress or anxiety.

STAY CONNECTED DESPITE ISOLATION

- Recruit a "pandemic buddy." Schedule virtual happy hours, game nights and hangouts with friends and family to help keep your spirits high.
- Connect with online caregiving support. Talking with others who are in caregiving roles can generate ideas and provide a sense of support or community.
- Take advantage of telehealth opportunities for yourself and your loved one. Give an Hour is here to help. Confidential, free, mental health support is a click and a phone call away at giveanhour.org.

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Coming Out of The Pandemic: What's Next for our Mental Health?

This has been a difficult year for everyone. Anxiety, depression and substance misuse have doubled in one year, affecting more than 40% of the U.S. population. And we know the effects of the pandemic will be long-lasting. As we look forward to the future after COVID, we need to be aware of and care for our emotional health as well as our physical health. Give an Hour encourages everyone to:

Take Stock of Your Emotional Wellbeing

- Allow yourself to pause and reflect
- Sort through observations and experiences you've had over the past year
- Carefully think about your feelings

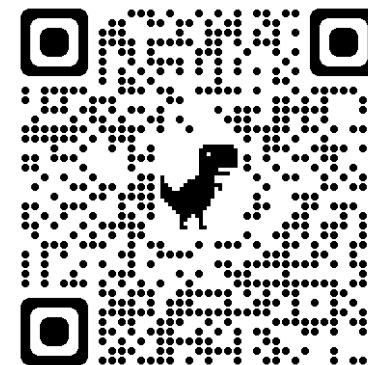
Learn the Five Signs of Emotional Suffering

- Personality Change
- Uncharacteristically Angry, Anxious, Agitated, or Moody
- Withdrawal or Isolation from Other People
- Poor Self Care and/or Engaging in Risky Behavior
- Overcome with Hopelessness and Overwhelmed by Circumstances

Practice the Healthy Habits of Emotional Wellbeing

- Take Care of You
- Check-in with yourself and with others
- Engage and Connect Wisely
- Relax
- Know the Five Signs of Emotional Suffering

Join us Today by visiting www.giveanhour.org 



Know the Five Signs of Emotional Suffering



Personality Changed?



Feeling Agitated?



Feeling Withdrawn?



Poor Self-Care?



Feeling Hopeless?

www.giveanhour.org/changedirection/

Healthy Habits of Emotional Wellbeing



TAKE CARE



CHECK IN



ENGAGE



RELAX



KNOW FIVE SIGNS

#ChangeDirection

ChangeDirection.org



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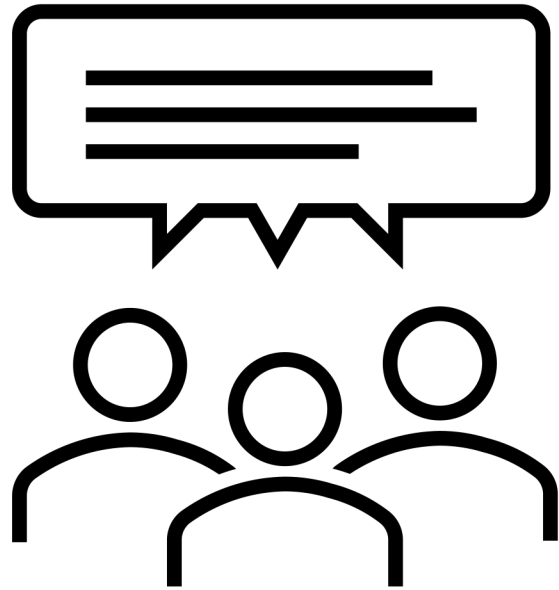


Now what?

- ✓ Learn how to watch for these Signs in yourself and others.
- ✓ Reach out to help.
- ✓ Practice the Healthy Habits.

www.giveanhour.org





Questions

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www.giveanhour.org

