Volunteer Mental Health Professionals Give Nearly 37,000 Hours of Free Services to Military Community through Give an Hour™

Like physical injuries, the psychological wounds of war can be healed. Give an Hour provides free mental health services to the military community.

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Give an Hour™, a national nonprofit organization providing free mental health services to members of the military, veterans of Iraq and Afghanistan, their loved ones, and their communities announces that that its network of over 5,300 licensed mental health professionals has given nearly 37,000 hours of free services.

At the nationwide average of $100 per hour for mental health services, Give an Hour™ providers have donated $3.68 million since Give an Hour™ began providing these critical services in July 2007. Give an Hour™ periodically surveys its providers to obtain this data. This latest figure represents a 153% increase in hours donated over the same period last year.

“No community is more needed to address the psychological and emotional issues faced by our military men and women and their families than the mental health community. We have the resources and, therefore, the power to save generations from potentially debilitating mental health problems,” says Dr. Barbara Van Dahlen, founder and president of Give an Hour™. “It is my hope that more mental health professionals will join our network. Furthermore, it is my hope that the work we are doing to reduce stigma and educate families and communities will result in even more of our providers being connected with clients through Give an Hour™.”

Give an Hour™ providers are psychiatrists, substance abuse counselors, psychologists, pastoral counselors, social workers, marriage and family therapists, psychiatric nurses, and licensed professional counselors. Thousands of volunteer mental health professionals are available—in all 50 states. They are volunteering free counseling services to active duty service members, members of the National Guard and Reserve forces, and veterans of Iraq and Afghanistan who have separated or retired from any branch of military service. Give an Hour™ is also offering free services to parents, siblings, unmarried partners, grandparents—in short anyone who loves someone affected by the current conflicts.

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

Mental health professionals interested in joining Give an Hour™ can complete an easy online registration form at http://www.giveanhour.org. Visitors in need of services can log on and use the provider searches to locate a mental health professional in their area who meets their needs.

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