

As our nation faces devastating natural disasters and tragedies such as mass shootings or bombings, there is a critical need to provide help and hope to those who are suffering.

Give an Hour® has the capacity to help those experiencing trauma, loss, grief, and anxiety through its national network of volunteer mental health providers who are eager to do their part.

Give an Hour, a national nonprofit founded in 2005 to provide free mental health care to those in need, opened its network of mental health professionals to the first responders, individuals, and community members affected by the mass shooting in Thousand Oaks, California, at the Borderline Bar & Grill on Wednesday, November 7, 2018.

Give an Hour has historically opened its network to assist those affected by national tragedies and traumas such as the shootings at Sandy Hook elementary school, the Boston Marathon bombings, Las Vegas, the Pulse Nightclub and the Borderline community. Give an Hour extended its services to those affected by man- made disasters such Hurricanes Sandy, Harvey, Irma and Maria as well as the fires in California.

Give an Hour's mission is to develop networks of skill-based volunteer professionals capable of responding to both acute and chronic conditions prevalent within society. Since 2005, the nonprofit organization has provided free mental health services to U.S. service members, veterans, and their families. In 2015, Give an Hour expanded efforts to address the mental health needs of other populations including at-risk teens, survivors of gun violence, and those affected by natural and man-made disasters. Thus far, the U.S. network of almost 7,000 licensed mental health professionals has provided 300,000  hours of support.

“We must never give up hope and we must always step forward to support those who are suffering. For those whose lives have been forever changed, Give an Hour providers can provide pro bono mental health support to help those in need,” said Randy Phelps, PhD., CEO of Give an Hour. “We welcome licensed mental health providers to join our efforts. We all have gifts to give to those who are hurting.”

**About Give an Hour®**

Give an Hour's mission is to develop networks of skill-based volunteer professionals capable of responding to both acute and chronic conditions prevalent within society. Since 2005, the nonprofit organization has provided free mental health services to U.S. service members, veterans, and their loved ones for as long as needed. In 2015, Give an Hour expanded efforts to address the mental health needs of other populations including at-risk teens, survivors of gun violence, and those affected by natural and man-made disasters. Thus far, the U.S. network of almost 7,000 licensed mental health professionals has provided 300,000  hours of support.