



Free Counseling for Healthcare Workers

Through this program, you will be able to:

- Receive **FREE and confidential counseling (up to SIX sessions)** by a Give an Hour provider.
- Talk with a licensed mental health provider about your concerns via phone or video platform.
- Talk in a safe, confidential, and non-judgmental environment.
- Receive a referral to additional mental health services and resources if needed.
- Receive additional sessions, if needed, with your Give an Hour provider through insurance, sliding scale, or self-pay.

Patient Eligibility:

You must be referred to Give an Hour through the [#FirstRespondersFirst initiative](#).

How to Access Care:

Step 1: Go to <https://giveanhour.org/first-responders-first/> and enter the code: **FRF**

*(**please note this code is case sensitive**)*

The site is password protected so only eligible patients referred by #FirstRespondersFirst will have access. There are a limited number of seats available, so please only share this code with healthcare workers and staff to ensure integrity of the program.

Step 2: Fill out the short and confidential intake form.

Step 3: You will be contacted within 2 business days by a Give an Hour Referral Specialist who will connect you with a Give an Hour provider in your state for either telehealth or in-person sessions.

Step 4: Contact your provider directly to schedule your first appointment.

Step 5: After your 6 free sessions you can work with your provider to arrange additional sessions if needed using insurance, sliding scale or self-pay.

Should you have any questions about this program, please contact info@giveanhour.com and indicate your inquiry is in reference to the #FirstRespondersFirst program.



Frequently Asked Questions:

How much does it cost?

The program offers six sessions of care at no cost.

Give an Hour sent me the contact information for a provider, what's next?

Contact the provider directly and mention that you are being referred by Give an Hour. If you reach a voicemail, be sure to leave a message mentioning Give an Hour and leave your name and phone number. Do not hesitate to call again if you don't receive a call back within a few days.

What if the provider I am matched with is not the right fit for me?

We encourage our clients and providers to work together to determine if they are a good match for each other. If at any time the two of you determine it is not a good fit, please let the Give an Hour Referral Specialist know and we can help you locate another provider.

I have insurance, can I still use Give an Hour?

Yes, you can. Many of those who use Give an Hour services have insurance but have chosen not to use it for a variety of reasons. A provider may ask you to provide your insurance information AFTER your six free sessions through Give an Hour.

The provider I contacted never responded, what can I do?

If you are still having trouble connecting, please e-mail us at info@giveanhour.org.