



# Amanda is taking charge of her life

Amanda has spent the last year at home due to a medical issue.

Her husband has to leave her each day for work. Her isolation made her cry, feel anxious and depressed.

According to statistics, over 11% of Siouxlanders experience more than 14 days of mental distress a month.

Thanks to programs funded through United Way of Siouxland, Amanda is one of 6,000 Siouxlanders improving their mental health and living a healthy lifestyle.

\*Data based on 2022-2023 United Way Partner Grant Application estimated outcomes.

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