



Daniel is taking control of his emotions

Daniel didn't want to go to therapy because he thought he could handle his issues on his own.

He found himself lashing out at others and putting up emotional defenses.

According to statistics, Siouxlanders rank mental health as the top health concern in the area.

Thanks to programs funded through United Way of Siouxland, Daniel is one of 2,000 Siouxlanders who now have coping and life skills to achieve mental wellness.*

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

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