



Jennifer is caring for her mental health

Jennifer was pregnant at the start of the school year, giving birth to her son shortly before Christmas.

After the birth, she told a teacher she was feeling depressed, and considering harming herself.

According to statistics, Sioulanders experience four poor mental health days a month, with 31 people taking their own life in 2021.

Thanks to United Way of Siouxland funded programs, Jennifer is one of nearly 2,000 Sioulanders improving their mental health & wellness*.

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

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