



# 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, Siouxlenders 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 Siouxlenders improving their mental health & wellness\*.

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

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# Emmanuel is emotionally open

At the age of 7, Emmanuel lost his father to suicide, and his mother to prison.

Because of his trauma, he shut down from people around him.

According to statistics, nearly 16% of children in Siouxland experience multiple Adverse Childhood Experiences.

Thanks to United Way of Siouxland funded programs, Emmanuel is one of 2,500 students socially and emotionally prepared to succeed in school.\*

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

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# Noah is prepared to succeed

When Noah's family first took him to child care, his teachers knew he needed some help.

His communication skill was lacking, and he was having difficulty memorizing letters and shapes.

According to statistics, under 65% of Siouxland kindergarten students are meeting necessary benchmarks.

Thanks to programs funded through United Way of Siouxland, Noah is one of over 300 children entering kindergarten ready to succeed. \*

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# 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.

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A close-up portrait of an older woman with short, grey hair, looking slightly to the side with a gentle smile. She is wearing a green and white patterned collared shirt under a brown cardigan.

# Carrie is securing her future

Carrie was trying to make ends meet. She received a foreclosure notice and was nearly \$20,000 behind on her mortgage payment.

According to statistics, 9% of Siouxlanders spend over 50% of their income on housing.

Thanks to United Way of Siouxland funded programs, Carrie learned to create a manageable budget and is one of over 11,000 Siouxlanders having the necessary resources and skills to build financial stability.

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# Craig is changing his life

Struggling with homelessness, Craig entered a treatment facility.

After completing treatment, he was able to find work and an apartment.

According to statistics, over 200 people in Siouxland experienced homelessness in the month of January.

Thanks to United Way of Siouxland funded programs, Craig is one of over 11,000 Siouxlanders finding resources to build financial stability.

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# Ashley is protecting herself and her family

Ashley was assaulted by the father of her son. Afraid for her safety and her child's, Ashley didn't know where to turn.

According to statistics, in 2021 over 700 domestic assaults were reported in Sioux City.

Thanks to United Way of Siouxland funded programs, Ashley is one of over 500 Siouxlanders living and maintaining a safe & healthy environment.\*

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# Anna is taking care of her daughter

Anna was struggling after her apartment was damaged due to a fire.

Anna was taking care of her daughter alone, they lost personal items and for several days stayed at a shelter.

According to statistics, the average length of time for a person in Siouxland to stay at a shelter is 52 days.

Thanks to programs funded through United Way of Siouxland, Anna is one of over 3,000 Siouxlanders that has access to resources in a crisis to help stabilize their situation.\*

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# Emily is preparing for the future

Emily was born with Down Syndrome and needs academic support during the school year and beyond.

According to statistics, over 14 percent of students in Siouxland are receiving Special Education services.

Thanks to programs funded through United Way of Siouxland, Emily is one of over 1,800 Siouxlanders individuals developing coping and life skills to achieve wellness.\*

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# John's life is on track

John was homeless, suffering from physical trauma and had no family nearby.

He needed help developing an action plan for his life, and securing doctors appointments and shelter.

According to statistics, last year during the month of January 60 people were unsheltered or chronically homeless in Siouxland.

Thanks to United Way of Siouxland funded programs, John is one of over 8,000 Siouxlanders with the resources and skills to build financial stability.\*

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# 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.\*

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# Emma is ready for kindergarten

Emma was a new student  
in her class.

Her family spoke a  
language outside of  
English, and she never  
socialized with anyone  
outside of her family

According to statistics,  
20% of students in  
Siouxland are English  
Language Learners.

Thanks to programs  
funded through United  
Way of Siouxland, Emma  
is one of over 300  
Siouxland kids entering  
kindergarten ready to  
succeed.\*

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