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One story at a time.

RECOVERY FOR ALL WHO NEED

THE NEED

Siouxlanders experienced more than 4 Poor Mental Health Days a month in 2024.

**Source: 2024 Source for Siouxland*

We are passionate about ending the stigma of mental health and addiction. These challenges can affect anyone, and the journey to recovery can feel overwhelming. Supported programs bridge the gap, connecting people with the resources they need to begin a journey of healing, one day at a time.

David was struggling with his mental health after the death of a family member. Thanks to your support of United Way, he has found the strength to navigate life's challenges.

**Names in the local client stories have been changed to protect the identity of the individuals.*

