



United Way  
of Central Carolinas

# CABARRUS COUNTY IS UNITED

United Way of Central Carolinas advances economic mobility and racial equity through collective efforts and community-wide donations.

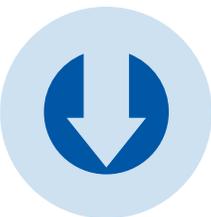
## UNITED WAY'S APPROACH IN CABARRUS COUNTY

No one knows Cabarrus County like its local community members. That's why a diverse group of Cabarrus County citizens joined together to identify the areas where United Way funding could make the greatest impact. Together, our mission is to strengthen the overall health and well-being of Cabarrus County citizens. Therefore, we chose to focus our efforts on the mental wellness of the community.

### MENTAL WELLNESS

Thanks to a collaboration between mental health professionals and community organizations, the following efforts will be made in Cabarrus County:

- 1) **REDUCE STIGMA** - Through community outreach and the promotion of mental health services, we will reduce stigma and normalize mental wellness efforts.
- 2) **CRISIS PREPARATION** - Equipping community members with the skills needed to identify and assist those dealing with a mental health crisis is vital when living in a stressful environment.
- 3) **PROVIDE RESOURCES** - By providing mental health resources, our community members will have access to proper care and treatment for their psychological well-being. Our target audiences include parents, educators, religious leaders, human resource professionals, neighborhood leaders, law enforcement and emergency medical professionals.



## HOW YOU CAN LIVE UNITED

Behind all our work, there are people like you who get involved to ensure a better future for our families and neighbors. By generously offering time, funds and or support, you can change lives and build stronger communities.

### GIVE

Every donation, big or small, contributes to the life changing efforts made by United Way. When you give, you are investing in stronger communities and the enrichment of lives. Any donation amount is appreciated and will improve mental wellness in the Cabarrus County area.

### ADVOCATE

At United Way, your voice matters. Use it to take a stand for your values. By sharing resources and ideas through community groups, social media or emails to legislators, you can start a wave of change in your local community. Check out our website for more information on how you can encourage conversation and make a change.

### VOLUNTEER

Want to make a direct, positive influence in your community? Through skill-based and corporate volunteer opportunities, you can see the immediate effects of your efforts. However you support the United Way mission, you will be contributing to the development of a stronger, healthier community. See our website for more ways you can get involved as an individual or organization.

### START A WORKPLACE CAMPAIGN

Workplace campaigns are a fun way to connect your co-workers to their community, celebrate your company culture and create long-term change. Check out our website for more information.

Contact Kellie Cartwright, Director of Regional Development via [kcartwright@uwcentralcarolinas.org](mailto:kcartwright@uwcentralcarolinas.org) to learn more.

[www.uwcentralcarolinas.org](http://www.uwcentralcarolinas.org)



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Join the conversation: #CabarrusIsUnited