

## A FOCUS ON MENTAL WELLNESS



### REDUCE STIGMA

Through community outreach and the promotion of mental health services, we will reduce stigma and normalize mental wellness efforts.



### 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.



### PROVIDE RESOURCES

By providing mental health resources, our community members will have access to proper care and treatment for their psychological wellbeing. Our audiences include parents, educators, religious leaders, human resources professionals, and neighborhood captains.

## AGENCIES & OUTCOMES

### Big Brothers Big Sisters

Youth Mentorship  
Mental Health  
Prosocial Behavioral Skills

### Boys & Girls Club of Cabarrus County

Academic Success  
Emotional Well-Being  
Leadership Development

### Mental Health America

Mental Health Access  
Adult Social Isolation  
Parent & Caregiver Support

### Girl Scouts

Empowerment & Advocacy  
Mental Health Services  
College & Career Exploration

### The S.T.U.D.I.O.

Academic Success  
Caregiver Education

### El Puente Hispano

Empowerment & Advocacy  
Mental Health Services

# \$337,800 TOTAL INVESTMENT IN THE COMMUNITY

## WAYS TO GET INVOLVED

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

When you give to United Way, you are investing in local organizations committed to building stronger communities.



### ADVOCATE

By sharing resources or ideas through community groups, social media and more, you create ripples of good in the community.



### VOLUNTEER

Through skill-based and corporate volunteer opportunities, you can directly serve your community.



### START A WORKPLACE CAMPAIGN

Workplace campaigns are a fun way to connect your coworkers to community efforts and create long-term change.

To learn more, contact Willmarie Austin, [waustin@unitedwaygreaterclt.org](mailto:waustin@unitedwaygreaterclt.org)