



UNITED, WE MAKE THE BIGGEST DIFFERENCE.

Finding true happiness.

Laura began to experience mental health challenges in her home country, but seeking support was seen as weakness. For years, she struggled alone and in silence.

Once Laura moved to Canada and accessed a United Way-supported program, her life changed. She was able to learn healthier coping strategies and embark on a road to recovery.

Today, she knows mental health issues are nothing to be ashamed of and there is hope for a better, happier life.

Your gift ensures people experiencing mental health issues, like Laura, can easily access the supports they need before the issues become deep-rooted.

Please give today, if you can,
at calgaryunitedway.org/give.

#BE♥UNITED



United Way
Calgary and Area