

# United we can help people get the support they need when they need it.



## Crystal found hope and stability through a holistic mental health program supported by United Way East Ontario.

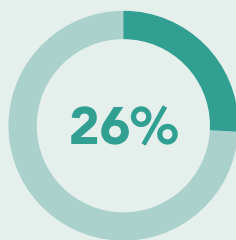
The program provides young parents facing addiction and mental health struggles with access to education, therapy, and parenting resources. Crystal was able to regain stability for herself, her child, and her future. She graduated from high school and was able to pursue higher education.

*"They opened their arms with big open hearts and welcomed me and gave me everything that I need to get my life back on track" —Crystal, program participant*

## The local facts:\*



1 in 3 students surveyed in Ottawa and rural East Ontario wanted mental health supports **but did not seek them out.**



26% of people in Ontario reported their mental health as **poor or fair.**



1 in 5 grade 7-12 students in Ottawa and rural East Ontario are using **non-medical opioids.**

With support from our donors, together we helped **12,207 people** access mental health supports in 2024-2025. Read our latest **annual report** to learn how we're helping people in crisis build brighter futures.



\*Visit [UnitedWayEO.ca/Local-Issues](https://UnitedWayEO.ca/Local-Issues) for fact sources and more information.

## United we can create possibilities.



We invest in affordable, community-based counselling and peer support delivered in person, online, or by phone to meet people exactly where they are at.



We work with partners to ensure services are culturally safe and led by people who understand the effects that racism, colonialism, antisemitism, Islamophobia, homophobia, and transphobia have on mental health.



We lead *project step*, a community-wide initiative ensuring youth and families have access to support, treatment, education, and prevention of substance and technology harms.



We advocate for increased base funding for mental health and addictions services so providers can respond to rising demand, support frontline staff, and help more people get the care they need, when they need it.



## Your gift makes a difference.

**\$20 a month or  
\$240 a year**

covers initial crisis assessments for 12 people, delivering an immediate risk assessment and tailored action plan.

**\$80 a month or  
\$960 a year**

covers the cost two 60-minute therapy sessions for children and youth facing hardship.

**\$200 a month or  
\$2,400 a year**

enables five low-income individuals to access six professional counselling sessions each to manage their mental health and build vital coping strategies.

**Please give today to ensure everyone has access to the mental health support they deserve.** Donate through your workplace or visit [UnitedWayEO.ca/](https://UnitedWayEO.ca/)



**United Way**  
East Ontario