

ADVANCING THE COMMON GOOD

Focusing on the Building Blocks of a Good Life

Health: Enhancing Health and Supporting Wellness



FACT: *Major depressive disorder affects 14.8 million American adults in a given year. It is more prevalent in women than in men.*

Jane had difficulty eating and sleeping, felt hopeless and no longer enjoyed activities the way she used to. Her self-esteem had plummeted, which was probably why she'd remained in a dating relationship with a man who emotionally and verbally abused her. Her job did not maintain a steady income and she felt isolated and depressed.

Then Jane started counseling with Catholic Charities. She was encouraged to work hard on addressing her depression and improving her self-esteem.

Today, Jane is out of that abusive relationship and is beginning to reconnect with her family and friends. She also enrolled at a local community college and has

started her own web design business to supplement her income. Counseling from Catholic Charities helped Jane move toward wellness and to becoming a contributing member of her community.

How United Way of North Rock County Helps

United Way of North Rock County partners with Catholic Charities to increase awareness and access to mental healthcare that empowers people.

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LIVE UNITED 

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