

UNITED
MORE THAN
EVER

The United Way-funded program enhanced John's mental health and well-being.

I approached a **United Way-funded agency** in distress as I had lost my job, my partner, and my children. I was sexually abused as a child and had never disclosed this to anyone until my negative coping behaviours resulted in losing my long-term employment and my family. Through the United Way-funded program, I attended weekly counselling and group and have started to address the trauma with which I lived in silence for my entire life.

I am now accessing employment insurance, attending counselling, and being under the care of a psychiatrist. I am slowly putting my life back together. I am so grateful for the connections I am building with other male survivors. Although my partner and I remain separated, my family is attending family counselling, and I am building a solid relationship with my children.

JOHN
BENEFICIARY,
UNITED WAY-FUNDED PROGRAM

*Beneficiary's name was changed to protect anonymity



Northern BC