

## Building Strong and Healthy Communities

### There's an issue

A community is only as strong as the sum of its parts. But in too many places across Canada, residents find it difficult to access the essential services and supports they need to succeed. These barriers are often amplified for vulnerable individuals—including seniors, people living with disabilities and newcomers—and can lead to challenges like social exclusion and mental illness.

In any given year, **1 in 5** Canadians experience a mental illness or addiction problem.

**3.7 million:** The number of Canadians aged 25-64 who reported having a physical or intellectual disability in 2012.

**1 in 3** Canadians do not report a strong or very strong sense of belonging to their local community.

### There's a way forward

The foundation for a strong community starts with investing in services and supports for people and families in need. Mental health counselling, training sessions and engagement opportunities are just some of the many vital, community-based resources that help make a difference.

**\$100** provides a senior living with Alzheimer's with a weekly visit for three months.

**\$260** provides 10 people with 10 weeks of guidance on how to support a family member or friend struggling with mental health issues.

**\$365** provides a woman who has experienced violence with 16 weeks of group therapy.

**\$800** helps bring together 100 neighbors to identify common challenges and solutions, making their community stronger and safer.

**\$1,400** provides a newcomer with eight months of English classes and childcare, helping them develop their skills and build important community connections.

### But, there are barriers

When people and families can't access the supports they need to thrive, entire communities can fall behind. For residents living on a low income, opportunities to build a good life—including access to meaningful social networks, good jobs and affordable housing—aren't equally available.

Approximately **50%** of Canadian seniors report feeling lonely.

**49%:** the employment rate of Canadians aged 25 to 64 with disabilities—compared to 79% for people without a disability.

**1 in 3** people who reported having a need for mental-health care during a three-month period did not have their needs met.

### That's why your help matters

Your support fuels United Way's work in helping to strengthen neighborhoods across Canada so we can all share in the collective benefits of healthy, vibrant and prosperous communities.

**\$156M+** is invested across Canada, empowering individuals and entire communities by ensuring access to services and programs.

**3,000+** programs and services strengthen and unite communities, helping them become more vibrant and connected.

**3M+** individuals and families are served across Canada.