

Mental Health & Addictions

Asking for help can be daunting. Accessing mental health and addiction support should be simple, stigma-free, and tailored to individual needs. Your support helps us to break down barriers, expand access, and provide personalized support, helping to build a system where mental health care is a right, not a privilege.

\$349,576

was invested into mental health & addiction supports.

18,418*
individuals accessed supports for mental health and/or addiction.

United Way focuses on:

- Crisis support
- Prevention
- Peer support
- One to one or group counselling
- Trauma counselling
 - Culturally relevant or related to disability
- Public education efforts to reduce stigma

“A second example of what United Way’s support allows us to do, related to our responsiveness, is our opening of an Overnight Warming Centre in Cambridge early in 2025. Porchlight offered to run this facility and were able to find a space, hire staff, organize equipment and supplies, and open in just three weeks. It was the fact that we had pre-existing internal capacity, which United Way’s funding allows us to sustain, that we were able to get this service into place as quickly as we did.”

- Porchlight Counselling & Addictions Services

Funded Partners





What we know



The 2023 Youth Impact Survey shows that **55%** of youth described their mental health as positive, leaving nearly half feeling vulnerable.



70% of the those surveyed in the 2025 PiT count of unhoused individuals in Waterloo Region, reported mental health challenges

Outcomes



“During the period we provided 124 fully funded counselling sessions to clients on Ontario Works or Ontario Disability Support Program. This meant that United Way Waterloo Region helped to provide \$40.32 per session.”



“Funding from United Way Waterloo enabled us to provide over 500 one-on-one FREE counselling sessions to clients facing trauma, depression, anxiety, and settlement -related stress—many of whom had never accessed mental health care before.”