

Meet Melanie

After years of living with untreated depression resulting from chronic illness and the trauma of health scares, Melanie was able to access free therapeutic counselling through a United Way donor-funded subsidy program. Now, she has started a new chapter built on healing, resilience, and reconnection.

You can change the story for someone struggling.
Together, we can remove barriers and bring mental health care within reach for everyone.

United is the Way forward.
Donate today.



"I'm here because of the support I received through United Way. That support gave me a lifeline when I needed it most, and I will be forever grateful."



United Way
Halifax

