

"BREAKING GROUND TO STOP THE STIGMA"

A Capital Campaign for Heartland Counseling



HEARTLAND
COUNSELING
SERVICES INC

YOU are needed! The time is now! Heartland Counseling Services has grown beyond our current 10,000 sq ft footprint and is embarking on a **20,000 sq ft building** to better serve the community and provide much needed mental health & substance abuse services to Siouxland.

Heartland's growth over past 4 years!

Year	Number of clients served
2019	1750
2022 estimate	4,000

PLUS: thousands more served through groups, trainings & workshops!

SNAPSHOT OF THE NEED:



1 in 5 adults experience mental illness and **1 in 20** experience a serious mental illness

Suicide is the 2nd leading cause of death for ages 10-34.

51%↑ in youth suicide attempts since COVID

MENTAL ILLNESS DOES NOT DISCRIMINATE.

It affects the young & the old.

It affects the wealthy & the poor.

It affects all color, ethnicity, & gender.



YOUR GIFT MATTERS!

You matter! Join us in stopping the stigma and normalizing mental health!

HOW CAN YOU MAKE A DIFFERENCE?

YOU can make an IMPACT! Contact Jennifer Hart, Director of Development, to learn how: hart@heartlandcounselingservices.com or call/text 978-807-2267

TOGETHER, WE CAN BE ... "CHANGING LIVES. HEALING HEARTS. ONE DAY AT A TIME!"

