

Depression can push unemployed people to the brink



United Way
Central and Northern
Vancouver Island

Broke and Unemployed, Suicidal Woman Saved by Free Counselling Funded by Your Donations

A few years ago, Trish lost her job and, after stressful, luckless job hunting, had to declare bankruptcy. Depressed and with an uncertain, shaky future before her, Trish could not bear to go through another day. She became suicidal.

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When she realized she was on the brink of a steep precipice, Trish managed to get herself to a safe place to talk with someone.



“If those free services hadn’t been available when I needed them, I doubt I would be here today.”

Trish was given a suicide assessment and, over the next few months, received 16 free, United Way-funded counselling sessions by trained volunteers.

Today, after pursuing the higher education she always wanted, Trish is a confident social worker dedicated to helping others. “I had no money so I couldn’t have paid for counselling. If those free services hadn’t been available when I needed them, I doubt I would be here today. And, I certainly wouldn’t be on this wonderful path of service.”

Incredibly, the assessment and all 16 sessions of volunteer counselling that Trish received—that saved her life and helped to give her a future—cost all of \$56. The best \$56 ever spent.

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