

THE NEED IS GREAT AND YOU ARE HELPING!



THANK YOU!

People Need Your Support and You Came Through!

In the last few weeks, we have raised over \$30,000 to support our friends, families, coworkers, and neighbors in need through the *UMSL Month of Community Giving*. To give of your time, talent, and treasure in acts of service uplifts our entire community and encourages others to do the same.

Keep Giving

Giving doesn't stop with October. With the winter season fast approaching, our community will be in need. How can you help?

- **Give to the Triton Food Pantry or the Triton Emergency Fund!** UMSL is committed to serving and supporting students in need and created the Triton Pantry Fund and the Triton Emergency Fund to provide direct support to students struggling with food insecurity and other urgent needs that affect a student's ability to learn. Please support our most vulnerable students by donating to these funds: [Triton Pantry Fund](#) and the [Triton Emergency Fund](#).
 - **Volunteer throughout the year!** Find opportunities at <https://www.stlvolunteer.org/umsl>, a searchable database of opportunities to connect with St. Louis nonprofits. Powered by the United Way, STLVolunteer includes both virtual and in-person opportunities for individuals and for groups, on a one-time, short-term or long-term basis.
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Holiday Volunteer Guide

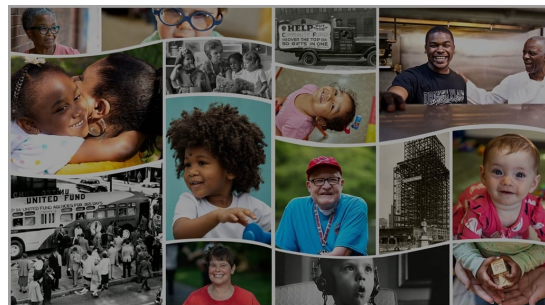
Help those in need this holiday season by giving back to our community. Check out United Way's online [Holiday Volunteer Guide](#) featuring Do-it-Yourself projects and opportunities at different nonprofits.



Five tips to support a loved one's mental health

United Way asked their nonprofit partners and experts in mental health for ways you can support those in your life with their mental health. [See the tips.](#)

Find Help Close to Home.



There is so much information in the news and social media today; it's hard for those looking for help to know where to go. United Way's [Numbers to Know Guide](#) organizes phone numbers and websites of local and state organizations so you can find the help you or someone you know might need.

If you need help now, **call 2-1-1** (1.800.427.4626) to speak with a trained specialist 24/7 who can connect you to community resources for everything from utility assistance to childcare needs to mental and behavioral health resources. You can also find information and resources at 211helps.org or download the 2-1-1 app through the Apple Store or Google Play.

Please share these resources with your friends and family!

Contact the United Way if you have ideas for other ways they can help.

#WeAreAllUnited #United4STL #UnitedWay

Help Us Help Each Other!

If you have any questions or would like to assist with the campaign next year, please contact Patricia Zahn, Director of Community Engagement & Outreach at zahnp@umsl.edu.

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