

The Y for connection

Mental Well-Being



SOCIAL ISOLATION in the U.S. has been increasing for decades. The issue is complex, affecting physical and mental health, and impacts some groups more deeply, including youth, older adults, and people with disabilities.

21% OF YOUTH aged 13–18 experience a severe mental disorder at some point during their life.

The **PREVALENCE OF DEPRESSION** in U.S. adolescents and adults increased 60% in the past decade.

Today, the public health crisis of loneliness and isolation threatens the health and well-being of our communities. The Y is addressing this crisis by creating welcoming spaces where people can build relationships and find belonging.

Last year, 436 adults took part in mental health workshops to support their own well-being and better care for their families, while 233 youth learned to manage emotions through active play in our Fitness for Youth program. We allocated \$30,000 to support these programs.

Mental Well-Being programs at **Wildwood Family YMCA**

Mental health is essential to overall well-being, influencing how we navigate challenges, build relationships, and live our lives. Each year, 1 in 20 adults experiences serious mental illness, and 1 in 7 youth ages 6–17 experiences a mental health disorder. Half of all lifetime mental illness begins by age 14.

The Wildwood Y is uniquely positioned to support the mental health and well-being of individuals and families. Through group exercise, swimming lessons, summer camp, staff support, and programs that promote physical health, we help people reduce stress, build confidence, strengthen connections, and thrive. In the coming year, we hope to expand this impact even further.

Sometimes, the impact of the Y is best understood through one person's story.

At 95, Jack Beverlin is one of our oldest and most inspiring members. A Wildwood Y member since 2008, Jack still works out twice a week and credits staying active, eating healthy, and socializing with friends as key to his well-being. Whether enjoying Senior Fit and Chair Yoga or visiting with "the girls" after class, Jack reminds us that wellness is about more than exercise. It's about connection, purpose, friendship, and belonging to a community.

YOU SEE PEOPLE SOCIALIZING, WE SEE HEALING IN ACTION.

Annual Campaign Goal: \$137,000

Current Impact:

9,858 served annually through membership and programs.

Current Impact:

\$54,000 in direct financial assistance provided to our community last year.



\$50

provides materials for Youth
Mental Health First Aid training
to a parent or caregiver.

\$300

gives two children access to
YMCA summer camp, designed
to create friendships and
learning opportunities in a safe
environment.

\$1,000

provides a branch with supplies
to maintain a community garden.

Opportunity
For All

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opportunity for all.
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