

UNITED AT WORK



2025 United at Work Summit

A Day of Insight, Action & Inspiration

On January 14, 2025, over 170 local leaders gathered for a full-day event centered on strengthening mental health in the workplace, especially for those impacted by recent hurricanes or living paycheck to paycheck – known as ALICE (Asset Limited, Income Constrained, Employed).

✨ A Spark That Lit a Movement

What began as a conversation quickly became a call to action. The room leaned in as panelists shared stories of hurricane trauma, burnout, and silent struggles. Leaders didn't just listen – they made plans. Over 58 companies walked away with real, actionable wellness strategies to bring back to their employees.

📊 Survey Snapshot - Before & After the Summit

🔍 Workplace Challenges (Pre-Survey)

Top Issues: Staffing shortages & retention, burnout, communication gaps, and financial stress

65% said financial stress impacts mental health at work
74.5% were willing to join a mental health training cohort

🧠 Mental Health Awareness (Post-Survey)

80% increased their understanding of mental health challenges
100% reported takeaways they could implement in their workplace

Organizations plan to implement these initiatives:

- Daily check-ins and monthly wellness lunches
- Posting mental health resources
- Lunchtime walks and one-on-one staff meetings
- Thank-you notes and follow-up conversations
- Mental health speakers and policy reviews with staff

👉 How United Way Charlotte County Can Help:

- Keep offering events like this. It was phenomenal.
- Get the word out – many still don't know United Way offers these resources.
- Offer flexible options for frontline workers who can't attend training during work hours.
- Maintain momentum with prompts, mentoring, and follow-ups.

UAW Program Recap



170 Attended the 2024 United at Work Summit



58 Community Business Partners



4 Workplace Thrive Academy workshops

"Mental health matters to the workforce: 91% of job seekers expect their employer to support mental health."



**Real Words,
Real Impact**

Before this summit, I didn't know UWCC helped individuals. Now I do.

This event was more than a conference – it was a movement.

We've already made changes in our organization.