



UNITED WAY
Northeastern
Minnesota

**GET CONNECTED.
VOLUNTEER.**

**2024 VOLUNTEER
IMPACT**

182

Opportunities Shared

2,125

Volunteers Signed
Up to Help

4,966

Hours Spent
Volunteering

\$166,311

Value of Volunteer Hours
Invested*



100%

of United Way
of Northeastern
Minnesota
volunteers say
volunteering
impacts mental
health.



99%

say
volunteering
helps them
build social
connections.



96%

say
volunteering
gives them a
sense of
purpose.



83%

say
volunteering
increases their
happiness.

“
*The feelings that volunteering brings
to me are more than I can describe. It
truly helps my mental state.*
”

- 2024 UWNEMN Volunteer Survey Response

UWNEMN's volunteer site, GetConnected,
is provided with support from:



Essentia Health



**GET CONNECTED.
VOLUNTEER.**

LEARN MORE:

218-254-3329 • info@unitedwaymemn.org
608 East Drive, Chisholm MN 55719 • www.unitedwaynemn.org

*Source: Value of Volunteer Time report from Independent Sector, with the Do Good Institute



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**2024 VOLUNTEER
FEEDBACK**

“ Volunteering has changed me in a way I wasn't quite expecting. Personally, I feel my outlook has changed, and while I've always had compassion, now I feel I have a sense of humility.

“ Volunteering has always fostered a connection to my community and like-minded people, working toward a common goal of improving the lives of those we set out to serve.

“ We lost our daughter three years ago, and doing some volunteering and trying to help people in my community has helped me cope.

“ I feel I really made a difference, and it has also helped me learn to be more compassionate and helpful.

“ Volunteering has given me the opportunity to build relationships with people who make a difference in their communities. I admire the volunteers that make things happen instead of complaining about the place that they live.

“ Volunteering has made me be willing to talk to others and get to know them with confidence.

- 2024 UWNEMN Volunteer Survey Responses



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