

## Media Release

*For immediate release*

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### **Sara Riel Inc. Improving Lives of Manitobans**

*Winnipeg, MB – March 1, 2021*

Sara Riel Inc. remains committed to improving the lives of adults living with mental illness and addiction through providing voluntary programs and services in a community-based setting.

Sara Riel Inc. provides case management, employment services, supportive housing and various groups, workshops and courses which have demonstrated great benefit to individuals and added to the level of their successes.

Since beginning SRI services, individuals reported:

- 83% more hopeful about their future
- 80% have better self-esteem
- 86% have more control over their life
- 86% can better identify warning signs

During COVID-19, respondents reported:

- 84% worried about loved ones or friends
- 90% feeling stressed
- 80% feeling depressed and sad
- 80% feeling lonely and disconnected

However, 95% SRI services were helpful to them

*For more information about Sara Riel Inc. and the services we provide, please see contact information below.*

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For media contact, and to arrange interviews, please call:

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