

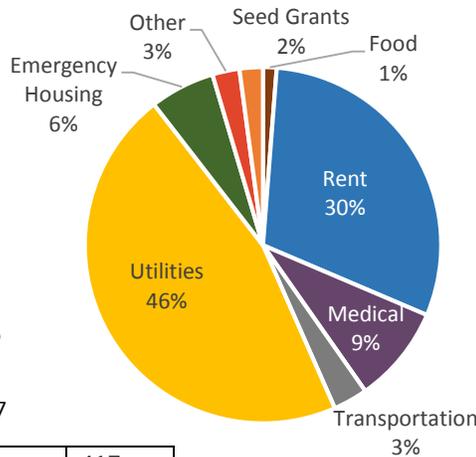
**Assistance by the Numbers**

**Families helped: 394**  
**Individuals helped: 965**

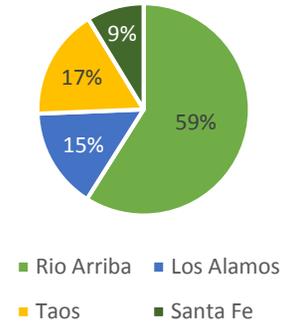
**Consultations via phone: 1,776**  
**Referrals via phone: 2,148**  
**Resource website visits: 12,667**

211 Calls	417
211 Referrals	545
211 Web Visits	9,163
Self Help Calls	1,359
Self Help Referrals	1,603
Mental Health Access Project Visits	3,504

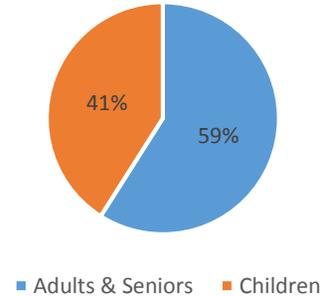
**Assistance by Type**



**By County**



**By Age Group**



**Need in Northern New Mexico**

Most of our clients fall into one or more of the following categories:

- Families facing an unexpected emergency (medical or funeral expenses, car repair, loss of a job, etc)
- Victims of domestic violence
- People with disabilities
- Undocumented people or DACA recipients
- Single parents or grandparents raising children on limited incomes
- People seeking behavioral health treatment

Families we work with often face obstacles on multiple fronts, carrying a load that is unimaginable to many. Self Help gives clients the help they need to overcome these obstacles; we believe no one should be homeless, cold, or without basic needs such as food and clothing. By connecting clients with emergency assistance and referrals for jobs, housing, and social services, we form a bridge to future self-reliance.

**Organizational Update**

This is an exciting time at Self Help—we’re almost to our 50<sup>th</sup> anniversary, and in 2018 we completed our first Executive Director transition since 2000! Ellen Morris Bond retired after 19 dedicated years of service, handing the reins to Maura Taylor, a Los Alamos native with a background in community nonprofit work and financial services. Through generous community support, we were able to complete the transition with no impact to client services. We also hired Self Help’s first Program Assistant, with the intention of expanding outreach efforts while maintaining our high standard of client service. As Los Alamos County’s Salvation Army outpost, we raised funds to fund our basic needs assistance in Los Alamos County, and will be able to beef up our reserves for disaster response. Our volunteers lent a hand, logging over 800 hours. In the works: plans for a satellite office in Española, expanding our board, and a 50<sup>th</sup> birthday party in April. Thank you for helping us help so many New Mexicans this year!



Self Help, Inc.

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January 2019

Testimonials: Who Did Self Help Assist This Year?

“Thank you for saving our butts! We really appreciate all that Self Help has done for us over the years. You are angels and we are forever grateful.”

-From a family of 3; Self Help prevented a utility disconnection after a medical emergency left them high and dry.

“You just made me the happiest person in NEW MEXICO! All you have done for me is so amazing! You really saved the kids and I! ... I know you're working your hardest and doing all you can for my family and truly you're a miracle!”

-From a single mother of 4 who had to quit a job due to temporary loss of childcare; Self Help paid her rent to keep her in her home until her new job could start.

“Thank you thank you for keeping the lights on! ... Being born and raised in New England, I find needing to ask for help very awkward and humiliating. I appreciate you being so kind.”

-From a client facing a serious illness; Self Help prevented disconnection of his electricity and got him set up on a medical utilities program.

“Again, thank you so much for your kindness and willingness to help my family.”

-From a Grandmother raising two grandchildren; Self Help prevented her eviction after she lost her job.

“I just wanted to say God bless you....Thank you for helping me. You took care of everything and I really needed it.”

-From an elderly woman who lost her only son to suicide; Self Help arranged for payment of all funeral expenses.

“Nobody helped us until you helped us, and now I know we'll be okay ... We really can't thank you enough.”

-From a family of 6 whose breadwinner lost his job after the family car was totaled in an accident; Self Help prevented their eviction until his new job could start.

Self Help Scrapbook: Some Memories from a Busy Year



Director Maura Taylor presents Anna Froman with a small business seed grant for Crowfeather Cleaning, a new eco-friendly cleaning service.



As a stakeholder in the health of our community, Self Help works with committees such as the Domestic Violence Taskforce—we're grateful to have so many collaborators in Northern New Mexico.



Students in Scott Johnson's first grade class at Mountain Elementary School (the Bun Buns) raised money for Self Help by making and selling tote bags!



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