

“Thank you for providing help and hope. Thank you for believing in me during my darkest moments.

Without Self Help I could not have begun feeling hopeful for my future.”

-FROM A CLIENT LETTER



CONTACT US

*get help · donate
volunteer · learn more*

contact@selfhelpla.org

www.selfhelpla.org

505.662.4666

2390 North Rd
Los Alamos, NM 87544



SELF HELP, INC.

Giving neighbors a hand since 1969

ABOUT US

Local help for local needs.

Serving Los Alamos, Rio Arriba, northern Santa Fe, and Taos counties, Self Help represents neighbors helping neighbors.

Self Help fills a gap for fast, flexible aid in crisis. We also maintain the only seed grant program in the region!

400+

families who received vital assistance from Self Help every year



50+

years that Self Help has been lifting neighbors across Northern NM out of crisis

WHAT WE DO

Thanks to the generosity of our donors, Self Help can offer emergency financial aid to our neighbors, provide essential advocacy, and grant seed money to local entrepreneurs.

OUR AIM

To connect families in Northern New Mexico with aid that empowers their long-term outcomes and promotes self sufficiency.

OUR VISION

A Northern NM where basic needs are met and communities thrive.

