

We are a non-profit organization connecting families in Northern New Mexico with resources. We offer personalized support that promotes stability and self-sufficiency.



**Bridging uncertainty.
Connecting neighbors to opportunity.
Strengthening self-reliance.**

**Serving Rio Arriba,
Los Alamos, Taos, and
northern Santa Fe
Counties**

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Self Help, Inc.
NORTHERN NM

Going Through A Tough Time?

We're here to help

We Can Help With:

Emergency Financial Assistance

- Housing support
- Utility payments
- Other urgent basic needs

Information, Referrals & Advocacy

- Personalized guidance
- Resource referrals

SEED Money Program

- Small business start-up support



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Giving Neighbors a Hand Since 1969

www.selfhelpla.org