

Welfare and Self-Reliance

Resources Tool Kit

Through the law of the fast, we can fulfill the two great commandments to love God and to love our neighbors. Local leaders can draw from the Lord's storehouse as they care for those in need. This storehouse includes community resources, the time and talents of ward members, and resources available through the Church.

Welfare and self-reliance managers (WSRMs) are available to counsel with local leaders to understand the needs, goals, and circumstances of their stakes. They can provide training and support in the use of Church and community resources. When invited, they can help local leaders in a stake self-reliance committee or stake bishops' council.

Below is an overview of available Church resources, organized by need. Check with your WSRM to see which resources are available in your area.



“And if thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise. . . . And the Lord shall guide thee continually.”

—Isaiah 58:10–11

Contact:

Immediate Needs

Resources Available



- Basic Needs
- Food, clothing, housing, transportation, health care
 - A plan to become self-reliant

- Self-Reliance Plan (form)
- Fast-offering assistance
- Food and commodities
- Stake welfare and self-reliance resource centers



- Humanitarian, Immigration, and Refugee Support
- Refugee and immigrant needs
 - Legal services
 - Other needs

- Refugee and immigrant support
- Area humanitarian initiatives
- Major humanitarian initiatives
- JustServe (limited availability)



- Emergency Response
- Natural disaster
 - Famine
 - Civil unrest

- Emergency response funding
- Emergency Psychosocial Services
- Helping Hands



- Financial
- Unemployment
 - Sudden or overwhelming debt
 - Catastrophic life event

- Stake welfare and self-reliance resource centers
- Fast-offering assistance
- Community resources*

Education and Employment

Resources Available



Education

- Learning support
- Planning for a career
- Help paying for school

- BYU–Pathway Worldwide
- Perpetual Education Fund (in approved countries)
- Benson Scholarship (limited availability)
- Education for Better Work (self-reliance group)



Language

- English-language skills
- French-language skills
- Portuguese-language skills
- Spanish-language skills

- EnglishConnect 1, 2, and 3
- Gospel Literacy



Employment

- Unemployment
- Underemployment
- Inadequate income
- Inability to keep a job

- Education for Better Work (self-reliance group)
- Find a Better Job (self-reliance group)
- Starting and Growing My Business (self-reliance group)
- Job training: Deseret Industries, Development Counseling Services (limited availability)
- Employment Services

Emotional Health



Emotional and Social Health

- Anxiety and depression
- Suicidal thoughts or attempts
- Marital and parenting difficulties
- Family member support

- Life Help at ChurchofJesusChrist.org
- Family Services leader consultation
- Abuse help line
- Strengthening Marriage; Strengthening the Family (courses)
- Counseling Services (limited availability)



Addiction

- Pornography
- Substance abuse
- Family member support

- Addiction recovery program
- Counseling Services (limited availability)
- Community resources*

Preparedness



Emergency Preparation

- Emergency planning
- Family and individual needs (food, finances, and so on)

- Home storage centers (limited availability)
- Personal Finances (self-reliance group)
- VOAD (limited availability)
- Stake, ward, and family emergency plans



Independence and Life Skills

- Need for missionaries and youth to plan for the future, build their testimonies, and gain direction

- Education for Better Work (self-reliance group)
- Find a Better Job (self-reliance group)
- BYU–Pathway Worldwide
- EnglishConnect 1, 2, and 3
- Counseling Services (limited availability)
- Personal Finances (self-reliance group)



Learn more about each resource by talking with your WSRM, accessing ChurchofJesusChrist.org, or scan this code.

*Resources vary by location. Contact your WSRM for possible resources.