

# About Us

United Way of Northern New Mexico and Self Help, Inc. have formed a partnership to assist the community of Los Alamos in accessing mental health care. The [losalamomenmtalhealth.org](http://losalamomenmtalhealth.org) website includes information for individuals who struggle with mental health issues, their families, co-workers, friends, clergy, and teachers and gives community members a place to turn to for current information.

**To provide information with regard to the website, contact Ellen Morris Bond:**

[Self Help, Inc.](#)

505-662-4666

[selfhelpla@gmail.com](mailto:selfhelpla@gmail.com).

## **17.0% of students seriously considered...**

attempting suicide in the previous 12 months (22.4% of females and 11.6% of males).

## **8.0% of students attempted suicide one or more times...**

in the previous 12 months (10.6% of females and 5.4% of males).

## **Firearms accounted for 56% of used methods...**

...for male suicide. Poisoning is the most common method of suicide for females (34.8%).