

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 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.

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%).