



WELFARE AND SELF-RELIANCE RESOURCES

One-Page Overviews

Introduction

Welfare and Self-Reliance Services Department Vision

We strive to follow Jesus Christ by embracing the two great commandments to love God and love our neighbors. We do this as we:

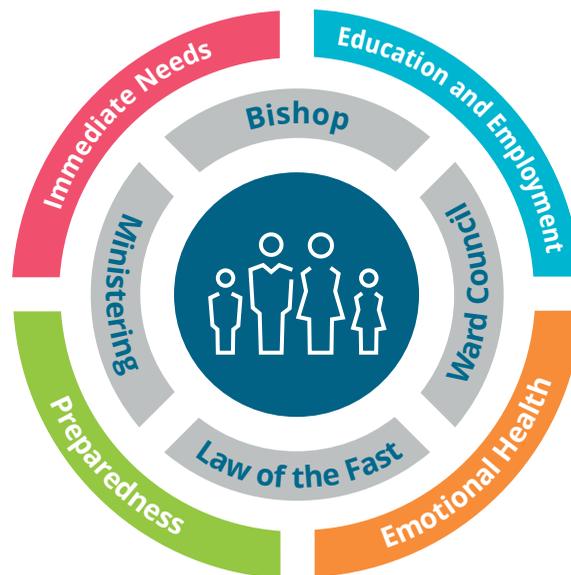
- Minister to temporal needs.
- Build spiritual and temporal self-reliance.
- Bless both givers and receivers.

Resources Tool Kit

As Church leaders seek to care for those in need in their areas, they may be overwhelmed with the various needs of different people. Church leaders can use resources from the Lord's storehouse to fulfill the two great commandments to love God and to love our neighbors.

The Lord's storehouse has everything that a Church leader could use to meet temporal needs, including fast-offering funds and the resources and abilities of each ward member. Resources could include contributions from the immediate family of the person in need or the time and talents of ward members. Also available are community resources and support from the Church itself.

This booklet gives a short overview of Church resources for Church members and leaders. Local leaders can use this guide to choose the tools and services that will be most helpful in caring for those in need in their area. More in-depth information on each tool can be found using the links at the end of each topic. Not all resources are available in your area. Ask your welfare and self-reliance manager (WSRM) which resources are available to you. As a reminder, Church resources are not the only tools in the Lord's storehouse that leaders could use.



“When we love God with all our hearts, He turns our hearts to the well-being of others in a beautiful, virtuous cycle.”

—RUSSELL M. NELSON, “The Second Great Commandment,” *Ensign or Liahona*, Nov. 2019, 97

Welfare and Self-Reliance Resources



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Immediate Needs

Self-Reliance Plan



Needs

When Church members are struggling with self-reliance, it's important for leaders to understand the challenges faced. This will help them find likely solutions for immediate, short-term, and long-term self-reliance needs. The Self-Reliance Plan form can help leaders and members analyze needs and make a plan for moving forward.



Description

The Self-Reliance Plan form helps members assess needs, income, and expenses. It will help them create a plan with their leader for becoming more self-reliant. It can be used to help find possible resources and identify types of service the members can give in return for support received. The Self-Reliance Plan form replaces the formerly used Needs and Resources Analysis and Needs and Resources Analysis Supplement.



Who is this for?

This is for members seeking to become self-reliant. It is also for members receiving Church assistance, the leader who is working to help them, and maybe a mentor.



How it works

The Self-Reliance Plan is available on the Church's website in both interactive and printable forms. The member fills out the form alone or with help from a mentor. The leader then meets with the member to review the plan together. If needed, the leader can

suggest additional resources from the Lord's storehouse. These include the member's own resources and family as well as community and Church resources. The member makes commitments, and the bishop or assigned leader follows up regularly with the member. They will discuss further needs, concerns, and progress made on the plan.



Where to learn more

The Self-Reliance Plan is available in 39 languages on the Church's website: [ChurchofJesusChrist.org/callings/welfare-self-reliance/self-reliance-plan](https://www.ChurchofJesusChrist.org/callings/welfare-self-reliance/self-reliance-plan).

Contact:

Fast-Offering Assistance



Needs

Fast offerings are used when people need immediate, temporary aid in meeting physical needs. These could be housing, food, medicine, or other necessities. A priesthood leader can use fast-offering funds to help those with immediate needs. Long-term or chronic needs should be addressed with other tools found within this guide.



Description

Many guides exist to help Church leaders give fast offerings and assist those in need:

1. **General Handbook: Serving in The Church of Jesus Christ of Latter-day Saints (2020), 22.2.2, "The Law of the Fast and Fast Offerings."**
2. **Self-Reliance Plan form**
Church members in need fill out this form on their own or with the aid of a mentor. The form helps members assess their needs, income, and expenses and find resources within the Lord's storehouse. It will also help them decide what service they can give in return for assistance received and make their own plan for becoming more self-reliant.
3. **Providing in the Lord's Way**
This in-depth booklet details the doctrine, the principles, and the duties of leaders regarding self-reliance and providing Church assistance.
4. **Welfare and Self-Reliance Leader Resources**
This website gives leaders a place to find training materials and other aids. These include handbooks, online links, Self-Reliance Plan forms, and information relating to welfare duties.

Depending on local or area needs, other fast-offering assignments and duties include:

1. Preparing medical fast-offering requests up to \$10,000 USD.

2. Reviewing fast-offering use and training needs or other action.



Who is this for?

The primary audience for these resources is priesthood leaders at the ward or branch level who give help to those in need. Ward and stake council members may also use these resources to support bishops as they give others assistance.



How it works

A priesthood leader will usually not give funds to the recipient directly. More precise information is given in the resources listed below.

These guides and forms are available online. *Providing in the Lord's Way* is also available in print and can be ordered from Church Distribution at store.ChurchofJesusChrist.org.



Where to learn more

General Handbook, 22.4, "Principles for Providing Church Assistance"

ChurchofJesusChrist.org/study/manual/general-handbook?lang=eng

Self-Reliance Plan

ChurchofJesusChrist.org/topics/welfare/leader-resources/topics

Providing in the Lord's Way

ChurchofJesusChrist.org/bc/content/ldsorg/topics/welfare/summary-leaders-guide-to-welfare.pdf

Welfare and Self-Reliance Leader Resources

ChurchofJesusChrist.org/callings/welfare-self-reliance

Contact:

Food and Commodities



Needs

At times, food and other life-sustaining resources may not be readily available to members. This can happen due to product shortages, loss of income, or other factors. The guides listed below can help priesthood leaders as they help members in these situations.



Description

Many guides exist to help Church leaders provide emergency food and commodity assistance to members:

1. **General Handbook, 22.2.1, "The Lord's Storehouse"**
2. **Self-Reliance Plan form**
Church members in need fill out this form on their own or with the aid of a mentor. The form helps members assess their needs, income, and expenses and find resources within the Lord's storehouse. It will also help them decide what service they can give in return for assistance received and make their own plan for becoming more self-reliant.
3. **Providing in the Lord's Way**
This in-depth booklet details the doctrine, the principles, and the duties of leaders regarding self-reliance and providing Church assistance.
4. **Welfare and Self-Reliance Leader Resources**
This website gives leaders a place to find training materials and other aids. These include handbooks, online links, Self-Reliance Plan forms, and information relating to welfare duties.



Who is this for?

The main audience for these materials is bishops and other unit leaders who are helping members with physical, emotional, or behavioral needs or providing bishop's orders for food and other commodities.



How it works

These guides and forms are available online. *Providing in the Lord's Way* is also available in print and can be ordered at store.ChurchofJesusChrist.org.



Where to learn more

General Handbook, 22.2.1, "The Lord's Storehouse"

ChurchofJesusChrist.org/study/manual/general-handbook?lang=eng

Self-Reliance Plan

ChurchofJesusChrist.org/topics/welfare/leader-resources/topics

Providing in the Lord's Way

ChurchofJesusChrist.org/bc/content/ldsorg/topics/welfare/summary-leaders-guide-to-welfare.pdf

Welfare and Self-Reliance Leader Resources

ChurchofJesusChrist.org/callings/welfare-self-reliance

Contact:

Stake Welfare and Self-Reliance Resource Centers



Needs

Many people have serious, immediate self-reliance needs involving employment, education, finances, and other topics. These urgent needs often cannot be met in a self-reliance group.



Description

There are different ways a stake may choose to provide the support and assistance that members need. Some stakes may choose to establish a stake welfare and self-reliance resource center. The purpose of a resource center is to help members become self-reliant, including by providing them access to information about community resources, one-on-one coaching and mentoring, and any additional workshops, classes, or services that might be needed.



Who is this for?

Stake welfare and self-reliance resource centers are for people who have immediate self-reliance needs and are looking to improve their current situation. Needs may include employment, education, help with finances, and so on.

These centers are not just for Church members. Anyone is welcome to visit a resource center.



How it works

Stake welfare and self-reliance resource centers help people find solutions for needs that are often beyond what a self-reliance group can help with. Resource centers can be located in meetinghouses or family history centers, or they may be set up in existing welfare facilities. Some centers are virtual and connect people across the stake electronically. If a center is in a physical location, each stake will decide how often the center is open and how it is staffed.

Volunteers will be called from the stake to help staff the center. The stake self-reliance committee oversees the center's operations, ensuring that volunteers are trained to provide services. The committee may call upon the local welfare and self-reliance manager for assistance and support.



Where to learn more

For site locations, contact your stake welfare and self-reliance specialist.

Contact:

Refugee and Immigrant Support



Needs

Refugees and internally displaced people (IDP) who are fleeing persecution or violence often need life-sustaining help. They are cut off from their previous social networks, face severe language barriers, and often cannot work in their places of resettlement. The Church can play a lifesaving role in helping refugees successfully integrate into their new countries and communities.



Description

The Church's Emergency Response and Refugee Services team works with Latter-day Saint Charities and other global partners to provide shelter, food, and medical assistance. They also provide clean water, sanitation, hygiene items, and nonfood items, all of which may be needed in refugee crises around the world. This team also helps with longer-term needs, such as education, psychosocial support, and help for refugees settling into camps or other communities.



Who is this for?

Refugee support services are offered to people in various global resettlement communities. This includes communities within the United States and Canada as well as people who have been forced to flee their homes due to political unrest or persecution.



How it works

Outside the United States and Canada:

In collaboration with trusted global partners, the Church provides assistance to refugees and IDPs through three channels:

- Emergency response: This is for natural disasters affecting refugees.
- Refugee immediate support: This primarily means life-sustaining food and shelter.

- Refugee sustained support: This is for longer-term needs, such as education or mental health counseling. It could also be for job training support offered in extended-stay situations, such as resettlement camps. In Europe, these services and others may be offered at Friendship Centers.

Within the United States and Canada:

Depending on the location, the Church offers three main types of service for refugees and immigrants: volunteer support, donations to the refugee resettlement service providers, and training for refugee associates employed at Deseret Industries. The Church also partners with local entities to give free help to immigrants. In the US, this may include:

- Legal clinics
- Welcome centers
- Cultural adaptation classes
- Immigration workshops



Where to learn more

ProvidentLiving.ChurchofJesusChrist.org/immigrant-services

(Utah, Arizona, Georgia, Texas)

latterdaysaintcharities.org

(International)

Contact:

JustServe (US, Canada, UK, Australia)



Needs

Communities and vulnerable populations need volunteer service. Both the Church and its members benefit from engaging in such service. This Church-sponsored effort enables Church leaders to manage member involvement, transcend perceived boundaries, and build valuable relationships with others in the communities where they live.



Description

JustServe is an initiative that helps members work “in the service of [their] fellow beings” (Mosiah 2:17) by providing a place to both post and find volunteer opportunities for assisting those in need. Under the direction of local Church leaders, nonprofits and others are invited to share volunteer needs through the JustServe web portal and mobile app. It is a free service sponsored by the Church. Projects on the JustServe portal are intended to care for those in need, build bridges of friendship, and enhance the quality of life within one’s own community.

As JustServe becomes established in your area, other faith-based, nonprofit, community, and government organizations can be invited and authorized to post their own volunteer needs and service opportunities. They can then share JustServe as a resource for their audiences to engage with those opportunities.



Who is this for?

JustServe supports several internal Church priorities:

- Members can invite others to “come and help.”
- Service projects can be carried out with the help of service missionaries.

- Projects can be made available to full-time proselytizing missionaries and returned missionaries.
- Through service, the reactivation and retention of members can be supported.
- Service opportunities can be provided for children and youth.
- Service opportunities can be provided for those with Church membership restrictions.
- Service opportunities can be provided for households receiving fast-offering assistance.



How it works

A JustServe working group is established at the stake or coordinating council level as determined locally. The group lead can be a JustServe specialist or the communication director. The working group counsels together to determine which organizations are invited to post projects, and then the group invites those organizations to participate and benefit. The working group strives to have a robust and continually updated slate of meaningful projects to meet both the needs of the community and the needs and desires of Church members and missionaries to give valuable Christian service to their communities.



Where to learn more

Please contact your local JustServe specialist or welfare and self-reliance manager for help in getting started.

Contact:

Emergency Response Funding



Needs

Individuals and communities may need short-term, life-sustaining support after natural disasters, civil unrest, or famine. This can be given through emergency response funding.



Description

The Church works to care for those with the greatest need following a disaster. Emergency response is a program of Latter-day Saint Charities, the official humanitarian arm of the Church. Latter-day Saint Charities gives relief by partnering with government ministries, nongovernmental organizations (NGOs), and community-based organizations, helping millions of people worldwide.

The following are some of the emergency events Latter-day Saint Charities responds to:

- Hurricanes and tornadoes
- Flooding
- Wildfires
- Disease outbreaks
- Civil conflict
- Famine and drought



Who is this for?

Latter-day Saint Charities helps those in need without regard to race, religious affiliation, gender, or nationality.



How it works

If an emergency happens, Church leaders may be asked to help in response efforts and to organize volunteers. When emergencies mainly affect members, bishops may consider using fast-offering funds. The Humanitarian Aid Fund is used to help communities on a larger scale. All projects using the Humanitarian Aid Fund must be approved by the Area Presidency and follow other funding rules.



Where to learn more

Stake and Ward Emergency Preparedness Planning Guide

ProvidentLiving.ChurchofJesusChrist.org/emergency-preparedness-and-response/stake-ward-emergency-planning-guide

Area Emergency Preparedness and Response Guide

ProvidentLiving.ChurchofJesusChrist.org/leader/emergency-preparedness-and-response/area-planning-guide

Latter-day Saint Charities website

latterdaysaintcharities.org

Contact:

Helping Hands



Needs

Helping Hands provides service opportunities for Church members, with projects chosen and led by local Church leadership. Helping Hands strengthens the reputation of the Church by helping to dispel negative stereotypes. It introduces Church members to their neighbors and community leaders as Christians who minister in their communities.



Description

Under local priesthood direction, members may be invited to provide community service or to help others. This planning usually happens in the stake welfare and self-reliance and communication councils. Helping Hands work may range from beautifying city streets and parks to helping with disaster relief. Service work also allows the Church to build relationships with other groups, such as community leaders, opinion makers, and press. These associations can influence public opinion and help create a positive perception of The Church of Jesus Christ of Latter-day Saints.



Who is this for?

Helping Hands is for Church leaders and members with a desire to give service in their areas. It builds bridges of understanding with neighbors and influential community leaders. Helping Hands projects can be formed in all areas of the Church.



How it works

Projects are usually planned by local communication councils and stake welfare and self-reliance councils. These councils work with local priesthood leaders.



Where to learn more

Visit [ChurchofJesusChrist.org/topics/humanitarian-service/helping-hands](https://www.ChurchofJesusChrist.org/topics/humanitarian-service/helping-hands).

Contact:

Emergency Psychosocial Services



Needs

Following a disaster or critical event, such as an accident or unexpected death, people may experience emotional reactions such as shock, grief, anxiety, and depression. Some people may need supportive psychosocial services or crisis intervention to help them cope.



Description

Family Services counselors can give help after a disaster or critical incident. They do this at the request of Church leaders. They can counsel with leaders and provide assessments, crisis intervention, counseling, or assistance with finding the right resources. All services are designed to increase well-being and emotional self-reliance.

Emergency Response Telesupport: When emergency response psychosocial services cannot be provided in person, Family Services can offer telesupport (by phone or videoconference) at the request of mission presidents, stake presidents, bishops, or leaders in the ward council. Church leaders can contact Family Services to coordinate an urgent-care call for members in need. Emergency response telesupport is crisis counseling, not therapy. The call is typically a one-time contact, lasting 10-20 minutes. Emergency response telesupport does not require any paperwork or payment.



Who is this for?

Emergency psychosocial services are for members who experience distress or for members with mental health or emotional challenges related to a disaster or critical event.



How it works

Following a disaster or critical event, Church leaders contact their local Family Services

professional. They will consult about possible needs and available resources. Family Services staff can recommend appropriate actions to take.



Where to learn more

The following website provides information about Family Services resources and how to find a Family Services office:

ProvidentLiving.ChurchofJesusChrist.org/lds-family-services

This page provides counseling resources for Church leaders addressing a number of social, emotional, and welfare issues:

ProvidentLiving.ChurchofJesusChrist.org/leader/ministering-resources?lang=eng&rdb_v_counseling-resources_eng

[Life Help](#) on the Church website and the Gospel Library app provides additional resources for psychosocial well-being and welfare support.

Leader consultation services:

- United States and Canada: Call the Family Services contact number listed in the Church Directory of Organizations and Leaders. Or call the Church Global Services Department at 1-855-537-4357.
- International: Call the area office to contact the area Family Services representative.

Contact:

Area Humanitarian Initiatives



Needs

Local humanitarian needs may not be covered by the Church's major humanitarian initiatives. An area may meet these needs by including a humanitarian initiative in the area plan.



Description

Area initiatives are community-based projects tied to the area's annual plan. These are carried out by welfare service missionaries or area personnel under the direction of the area welfare and self-reliance manager (AWSRM). These initiatives are funded by the Church's Humanitarian Aid Fund.

Projects expected to cost under \$25,000 USD are approved by the Area Presidency. Church headquarters staff will help develop plans and obtain approval for projects expected to cost more than \$25,000 USD.



Who is this for?

Area humanitarian initiatives are intended to serve both the general public and Church members as directed by area leadership. Area initiatives can be proposed and considered within all areas of the Church.



How it works

The area leadership chooses priorities for initiatives. For each project, welfare service missionaries or area personnel find local organizations that can help. The missionaries or area personnel submit a proposal in writing to the AWSRM, who then submits the proposal to the Area Presidency for approval. Once the project is approved, funds are made available. The missionaries or area personnel manage the project, monitor progress, and report results to the AWSRM.



Where to learn more

Contact the AWSRM, or visit latterdaysaintcharities.org/what-we-do/other-efforts.

Contact:

Major Humanitarian Initiatives



Needs

Certain needs are common in many parts of the world, such as the need for disaster relief or the need to ease poverty by building capability. Major humanitarian initiatives are designed to respond in a consistent way to these needs.



Description

Humanitarian Services, or Latter-day Saint Charities, is the official humanitarian arm of The Church of Jesus Christ of Latter-day Saints. Latter-day Saint Charities focuses on eight programs that seek to ease the challenges of vulnerable populations. Major initiatives include

- Emergency response
- Food security
- Clean water
- Immunization
- Refugee response
- Maternal and newborn care
- Vision care
- Wheelchairs



Who is this for?

Latter-day Saint Charities works to help those in need without regard to race, religious affiliation, or nationality. Key partners in this service are government ministries, nongovernmental organizations (NGOs), and community-based organizations.



How it works

1. Major initiatives are recommended and approved by the areas and headquarters as part of area annual plans. (See the *Humanitarian Services Operations Guide* for more information.)
2. Managers of major initiatives (MMIs) set global priorities and recommend project locations.
3. Area welfare and self-reliance managers (AWSRMs) may request major initiatives:
 - As defined and prioritized by country governments
 - Aligning with Church humanitarian efforts
 - In places where extreme suffering exists
4. MMIs and technical specialists make and keep relationships with global partners.
5. MMIs enlist members of the Church with technical expertise. These members may be asked to serve as technical specialists, trainers, or volunteers. Or they may be asked to serve as volunteers for maternal and newborn care, wheelchair services, vision care, and clean water projects. Roles for these specialists include project development and management, technical training, project coordination, and other support.



Where to learn more

Visit latterdaysaintcharities.org.

Contact:



Education and Employment

BYU–Pathway Worldwide: PathwayConnect



Needs

Millions of Church members throughout the world don't have a university degree because of high costs or lack of access to quality higher education. With BYU–Pathway Worldwide, everyone can access low-cost online higher education within the framework of the gospel of Jesus Christ.



Description

PathwayConnect is a one-year (three-semester) reduced-cost online program offered through BYU–Pathway Worldwide. It prepares students to start or finish a degree by building spiritual confidence and teaching foundational academic skills. After PathwayConnect, students can apply their course credits toward a degree at the same low price.

Each semester, students take a manageable course load of academic and religious education. All course credits count toward future BYU–Idaho degrees, presented and coordinated through BYU–Pathway Worldwide.

In addition to the online coursework, students also gather once a week to get support from their peers and to attend educational and leadership activities related to their courses. Depending on the location, gatherings may be held at a Church meetinghouse, at an institute building, or virtually through online groups. After PathwayConnect, students are encouraged to continue their education by earning BYU–Idaho certificates and degrees online.



Who is this for?

This is for people who want to start on the path to a Church-based education that leads to better employment, a certificate, or a university degree. Students do not need to have completed a high school diploma, pass any standardized test, receive an ecclesiastical endorsement, or be members of the Church in order to participate. But they do need to meet other admission requirements, and they need to be able to understand written and spoken English.



How it works

Students complete online courses and meet either virtually or in person each week with other local PathwayConnect students. PathwayConnect students may then choose to continue with BYU–Idaho online certificates and degree courses through BYU–Pathway Worldwide. They must have a B average or higher to continue on.



Where to learn more

Visit byupathway.org/pathwayconnect.

Contact:

BYU–Pathway Worldwide: Certificates and Degrees



Needs

Millions of Church members throughout the world don't have a university degree because of high costs or lack of access to quality higher education. With BYU–Pathway Worldwide, everyone can access low-cost online higher education within the framework of the gospel of Jesus Christ.



Description

Students who fulfill PathwayConnect requirements and satisfy other BYU–Pathway admission requirements can begin a certificate or degree program directly. These students can choose from more than 30 BYU–Idaho online certificates that lead to focused degrees through BYU–Pathway Worldwide. Certificates and degrees are available in business, technology, applied health, family studies, and professional studies.

Students start by earning a job-ready certificate, typically by taking just five courses that can be completed in one year or less. Certificates help students gain marketable skills and increase their income potential before receiving a degree. Of the students who complete certificates and are seeking new or better employment, 72 percent have seen immediate job improvement. Those who complete a certificate are also more likely to continue toward a bachelor's degree.

Degrees are built by stacking certificates. This means that no credits are ever lost. Earning certificates enables students to start building skills that can help them get jobs. After their first certificate, students can gain an associate degree by completing a second certificate plus general education and elective courses. They can then gain a bachelor's degree by completing a third certificate plus more general education. Through this approach, students earn three job-ready certificates, an associate degree, and a bachelor's degree for the same cost and time

it would have taken to earn only a bachelor's degree.



Who is this for?

To be eligible for BYU–Idaho online certificates and degrees, students must meet all [admission requirements](#). They may also enter directly into an online degree program or successfully complete all three semesters of PathwayConnect with a 3.0 GPA or higher.



How it works

Students take online courses beginning in January, April, and September. Courses are 14 weeks long and are taught by skilled BYU–Idaho online instructors.



Where to learn more

Visit byupathway.org/degrees.

Contact:

Perpetual Education Fund (in Approved Countries)



Needs

When Church members need help funding vocational or technical training for local in-demand skills, the Perpetual Education Fund (PEF) can help.



Description

PEF gives loan funding for approved vocational and technical training to members living in PEF-approved countries. This can empower these members to become successful and self-reliant by obtaining skills that lead to better work. PEF helps pay for training programs that are less than two years long, and repayment is required.



Who is this for?

PEF is for all adult members who live in approved countries and who

- Would benefit from learning skills that are in demand.
- Need to increase their income to become self-reliant.
- Struggle to consistently provide for themselves and their families.
- Dream of a professional career but are not financially prepared for university costs.

Members must hold a current temple recommend, have a need for the financial help, and be determined to complete their training, work, and repay the loan. See the list of approved countries at [ChurchofJesusChrist.org/self-reliance/pef-perpetual-education-fund](https://www.ChurchofJesusChrist.org/self-reliance/pef-perpetual-education-fund).



How it works

To apply for a loan, a member must do the following:

1. Complete an approved self-reliance group. This is usually Education for Better Work.
2. Complete the lesson in the *Perpetual Education for Self-Reliance* booklet.
3. Get a priesthood endorsement from his or her bishop or branch president.
4. Create an account at pef.ChurchofJesusChrist.org and request money.
5. Start attending school after approval has been gained and payment has been made to the school.
6. Make small monthly payments during school.
7. Following completion (or withdrawal) from school, begin work and make monthly payments to pay off the loan.



Where to learn more

Visit [ChurchofJesusChrist.org/self-reliance/pef-perpetual-education-fund](https://www.ChurchofJesusChrist.org/self-reliance/pef-perpetual-education-fund).

Contact:

Benson Scholarship (Limited Availability)



Needs

The Ezra Taft Benson Agriculture and Food Scholarship, or Benson Scholarship, grants members in developing countries university-level training in agriculture and related fields. Benson scholars will help to improve access to good nutrition where they live.



Description

The Benson Scholarship is a grant, meaning that students are not required to repay the funds. They are required to study in an approved program in agriculture or a related field that should provide food security. Possible fields could include agronomy, horticulture, animal husbandry, nutrition, and so on. The scholarship can cover postsecondary studies, including workshops, one- and two-year diplomas, and four-year degree programs.



Who is this for?

This is for members who want to have careers in food, water, and agricultural sciences. Benson Scholars remain in and benefit their countries after receiving their formal credential.

The Benson Scholarship program is not in all Church areas at this time. Area welfare and self-reliance managers (AWSRMs) will verify availability in a given country.



How it works

Where the scholarship is available, interested members should do the following:

1. Complete program prerequisites, such as the Education for Better Work self-reliance group.
2. Get a signed endorsement from their local priesthood leader.
3. Submit the scholarship application form and any required documentation.

The application is reviewed by the area. If the candidate's application is approved, scholarship funds will be sent by the area finance office.



Where to learn more

Contact the local welfare and self-reliance manager for more information.

Contact:

EnglishConnect 1, 2, and 3



Needs

Many people need education, employment, and other life-enhancing opportunities. English-language skills can give them greater access to these opportunities.



Description

EnglishConnect is an English-learning program from The Church of Jesus Christ of Latter-day Saints. Its purpose is to help learners increase their English proficiency in a gospel-centered environment. Each course includes personal study and support for group practice. The manuals for EnglishConnect 1 and 2 are available in both digital and print formats.



Who is this for?

This is for both members and friends of the Church.

- EnglishConnect 1 is for new to high-beginner learners. This class requires literacy in the person's native language and the ability to read the English alphabet and basic words. These things are determined by the learner and the teacher's evaluation.
- EnglishConnect 2 is for high-beginner to low-intermediate learners. It builds on EnglishConnect 1. This class requires literacy in the person's native language and the ability to read basic English sentences. A learner must have the ability to ask and answer basic questions on common topics. These things are determined by the learner and the teacher's evaluation.

- EnglishConnect 3 is for low-intermediate to high-intermediate learners. It is a self-paced online course, which means learners complete assignments at their own pace. The course includes a student-led weekly gathering online or in a local meeting-house. Students who successfully complete this third level of training are prepared to seek admission to PathwayConnect through BYU-Pathway Worldwide. (Visit byupathway.org/pathwayconnect for more information.)



How it works

EnglishConnect 1 and 2 conversation groups are created by local wards, stakes, and missions. They are taught by members and missionaries under the direction of local Church leaders. Each course has personal study aids and a 90-minute conversation class held weekly, usually at a local meetinghouse.

EnglishConnect 3 is offered through BYU-Pathway Worldwide with support from local Church members and leaders. Interested leaders can work with the welfare and self-reliance manager (WSRM) and BYU-Pathway area managers to open classes in their locations.



Where to learn more

Visit englishconnect.org.

Contact:

Education for Better Work (Self-Reliance Group)



Needs

People often need help finding jobs in their area. They also may need help acquiring the necessary training to get hired.



Description

The Education for Better Work group helps people create a local market-based educational plan. This plan includes finding a career interest and analyzing the market need for the desired career. It also includes understanding the skills required for the job, exploring the best training options, and determining how to pay for training. The course covers skills for successful learning, 12 spiritual foundation principles, and habits to help people become self-reliant.



Who is this for?

This workshop group helps people find and prepare for a career. It can help young adults looking to start a career, and it can also help older adults who want to improve their career or reenter the workforce. The group is not limited to Church members; anyone is welcome to attend.



How it works

Education for Better Work is often implemented as a 12-week self-reliance group. Self-reliance groups work like councils and are enhanced by the experiences of each person as well as the influence of the Holy Ghost. The skills formed in the workshop can be practiced alone or in a coaching situation. A printed version of the manual is available at store.ChurchofJesusChrist.org, and a digital version and supporting videos are available on the Gospel Library mobile app.



Where to learn more

Visit ChurchofJesusChrist.org/self-reliance/course-materials/education-for-better-work.

Contact:

Find a Better Job (Self-Reliance Group)



Needs

Searching for a job can be difficult, complex, and stressful. Employment is critical to self-reliance, but many qualified people struggle to find work because they lack job-seeking skills. This struggle can negatively affect their finances, relationships, and mental and spiritual health.



Description

The Find a Better Job course helps qualified, job-ready, and actively searching job seekers learn practical job-search skills. It can help them pursue the right activities and work with God to find employment as quickly as possible. Under the direction of a group facilitator, group members follow a course manual. The length of the course can be set by the group and priesthood leaders. It may be held in Saturday-only groups, 3-week groups, 9-week groups, or 12-week groups.



Who is this for?

This is for any job seeker who is ready and qualified to get and keep a job. It is for those prepared to work hard in the job-search effort. People who are not currently qualified for the job they want or who may not be job-ready can counsel with their Church leader, who can direct them to other Church and community resources. The group is not limited to Church members. Anyone is welcome to attend.



How it works

Find a Better Job can be implemented as a self-reliance group. Depending on the needs of the local unit and group members, the materials can be completed over different time periods. For example, group members could complete the materials over 12 weeks, meeting for two hours per week. For an accelerated schedule, they might complete two five-hour sessions by meeting on two back-to-back Saturdays.

Some people don't feel comfortable learning job-search skills in a group setting. This manual can also be reviewed and practiced alone or in one-to-one coaching situations with a welfare and self-reliance specialist. A printed version of the manual is available to purchase at store.ChurchofJesusChrist.org, and a digital version and supporting videos are available on the Gospel Library mobile app.



Where to learn more

Visit ChurchofJesusChrist.org/self-reliance/course-materials/find-a-better-job.

Contact:

Starting and Growing My Business (Self-Reliance Group)



Needs

In many economies, owning a business is the best way to earn a living wage. People contemplating this option need to understand basic business principles as well as the financial and emotional realities of self-employment.



Description

The Starting and Growing My Business course teaches how to save money. It helps people explore their readiness to own a business and practice selling and talking with customers. It also teaches how to keep business financial records, how to turn to God and work with others to solve business problems, and how to grow in faith and build the confidence necessary to run a profitable small business.



Who is this for?

This course helps those facing challenging job environments. It's also helpful for people who have entrepreneurial talents and interests. The group is not limited to Church members. Anyone is welcome to attend.



How it works

Starting and Growing My Business is often implemented as a self-reliance group for 12 weeks. Self-reliance groups work like councils and are enhanced by the experiences of each person as well as the influence of the Holy Ghost. The skills in this manual can also be reviewed and practiced alone or in a coaching situation. A printed version of the manual is available at store.ChurchofJesusChrist.org, and a digital version and supporting videos are available on the Gospel Library mobile app.



Where to learn more

Visit ChurchofJesusChrist.org/self-reliance/course-materials/starting-and-growing-my-business.

Contact:

Job Training: Deseret Industries, Development Counseling Services (Limited Availability)



Needs

Many people have barriers that make it harder for them to secure good jobs and have long-term self-reliance.



Description

Deseret Industries (DI) gives on-the-job training within a thrift store and donation center. People learn basic work skills to find and keep better jobs. DI also helps with other training, including paying for associates to take classes and get certifications.

Development Counseling Services (DCS) offices can be found within the DI stores and in limited locations across the US and Canada. Development counselors consult with individuals and their bishops to plan services. They also help individuals make work plans and support them in obtaining work skills and internship training.



Who is this for?

This is for those who

- Are returning to the workforce.
- Have struggled in previous jobs.
- Need more work skills or education.
- Lack work experience.
- Struggle with poor work habits or lack of self-confidence.
- Are preparing to leave for a mission or have recently returned from one.
- Struggle finding a career direction.

DI stores are in 44 different locations in the western United States.

DCS offices are located throughout the United States and in select regions of Canada.



How it works

Priesthood leaders can refer people for services by using the Bishop's Authorization for Services—United States and Canada (31480). They can also refer an individual to DI or Development Counseling Services by contacting a development counselor over the phone, via email, or in person.



Where to learn more

Visit deseretindustries.org/for-leaders and latterdaysaintjobs.org/dcs.

Contact:

Employment Services



Needs

Searching for a job can be difficult, complex, and stressful. Employment is critical to self-reliance, but many qualified people struggle to find work because they lack job-seeking skills or needed resources like contacts or job leads. The struggle can negatively affect their finances, relationships, and mental and spiritual health.



Description

Individualized job search coaching and support are available through Employment Services. Individuals can get help by visiting the Church's Employment Services website, found at employment.ChurchofJesusChrist.org. In some areas, they may also visit an employment resource center for in-person assistance.

Available resources include:

- The Accelerated Job Search program. This provides skill practice, peer support and feedback, accountability, networking, and resource sharing. Groups meet daily, both online and in person.
- Live, online job search skills workshops. These are offered daily and provide professional training on topics such as where to find job leads, résumés, networking, and interviewing.
- One-on-one coaching and support. These are available both in person and virtually.
- Employment resources such as employers, job leads, and networking contacts.
- Career exploration and planning assistance.
- Self-employment support and resources such as training, funding information, and mentors.



Who is this for?

Employment Services helps those who are unemployed, underemployed, reentering the workforce, or looking to improve their current employment situation. Services provided are not just for Church members. Anyone is welcome to visit the website employment.ChurchofJesusChrist.org or an employment resource center.



How it works

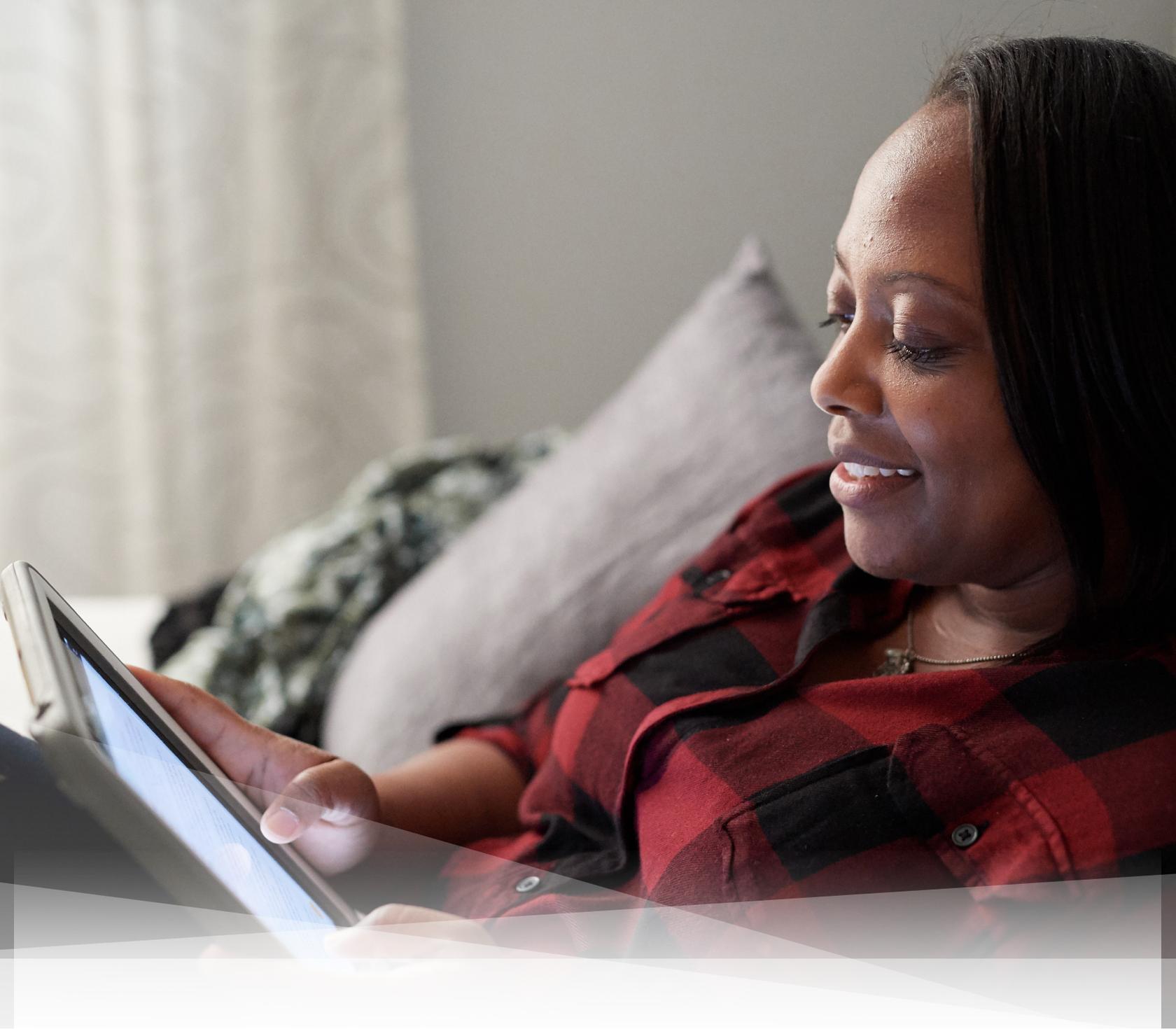
Employment Services specializes in assisting individuals who are actively job searching with an immediate need. To get help and learn more about the services available, visit employment.ChurchofJesusChrist.org.



Where to learn more

Visit employment.ChurchofJesusChrist.org.

Contact:



Emotional Health

Life Help at ChurchofJesusChrist.org



Needs

People often need help dealing with the challenges of life. They may have unmet physical and emotional needs, or they may be struggling with their education or their relationships. They may be affected by addiction, suicide, or other serious issues.



Description

This Church website connects people facing challenges with Church-developed or Church-approved help and information.



Who is this for?

This website is for those struggling with life challenges and for family, friends, and leaders seeking to help others.



How it works

People can visit the Life Help page on ChurchofJesusChrist.org to find information about wellness issues. They can also find this information on the Gospel Library app under "Life Help."



Where to learn more

Visit HopeandHelp.ChurchofJesusChrist.org.

Contact:

Family Services Leader Consultation



Needs

Many people come to leaders seeking help on sensitive issues. Leaders may need professional insight and advice on how to give support. They may also need help to know when to refer someone for professional help.



Description

Leader consultation is a free service for leaders needing to speak with a Family Services consultant. This can help Church leaders better understand the social and emotional needs and challenges of their members. Family Services consultants can also help Church leaders learn what resources exist. They can advise on how to move forward if a member needs professional help.

Consultation specialists in the United States, Canada, and a few other locations are licensed mental health professionals. They can help with issues of social and emotional health. International Family Services employees can direct leaders to resources in other nations.



Who is this for?

Leader consultation services are for ward and stake council members.



How it works

Leaders can get consultation help by sending a referral through the Family Services Leader Resources website (see the link below). Or they can get help by contacting their local Family Services office. Family Services can also help Church leaders find local community tools.

US and Canada: 1-855-537-4357

International: Call your area office



Where to learn more

Visit the following resources:

ProvidentLiving.ChurchofJesusChrist.org/lds-family-services

ProvidentLiving.ChurchofJesusChrist.org/lds-family-services/leader-resources

Contact:

Abuse Help Line



Needs

Physical, emotional, and sexual abuse are urgent and sensitive issues that must have an immediate and specific response.



Description

The abuse help line is a critical tool for local leaders who encounter any form of abuse.



Who is this for?

This is for priesthood unit leaders, which includes bishops, branch presidents, stake presidents, district presidents, and mission presidents. When other ward or branch organization leaders learn of abuse, they should immediately report it to legal authorities. They should also counsel with their bishop or stake president.



How it works

Priesthood unit leaders who are informed of abuse by either the abuser or the abused are required to immediately contact the abuse help line. They should also call if they become aware of a member viewing, purchasing, or distributing child pornography. Priesthood leaders will be given counsel on legal requirements and ministering support from legal and clinical professionals.

Here are the various help line numbers across the world:

- United States and Canada: 1-801-240-1911 or 1-800-453-3860, extension 2-1911
- United Kingdom: 0800 970 6757
- Ireland: 1800 937 546
- France: 0805 710 531
- Australia: 02 9841 5454 (from within the country)
- New Zealand: 09 488 5592 (from within the country)

In countries that do not have a help line, a bishop who learns of abuse should contact his stake president. He will seek guidance from the area legal counsel at the area office.



Where to learn more

For general information on situations of abuse, see “Abuse (Help for the Victim)” and “Abuse (Help for the Offender).” These are on the Counseling Resources website at ProvidentLiving.ChurchofJesusChrist.org/leader/ministering-resources.

Contact:

Addiction Recovery Program



Needs

Those struggling with addiction and other harmful behaviors need guidance and support from a gospel-centered viewpoint. In equal measure, family members and loved ones of those struggling with such behaviors need support too.



Description

The addiction recovery program provides free confidential support groups for individuals as they strive for recovery. Each meeting has a facilitator—someone recovering from addiction—who provides hope by sharing his or her personal story and testimony of recovery. Participants find a sponsor, or mentor, to help them work through each step of recovery. Participants study the manual *Addiction Recovery Program: A Guide to Addiction Recovery and Healing* to work through each of the 12 steps in the program.

Meetings are held in person, over the phone, or by video. These groups are not intended to be treatment groups; they are run by volunteers who are not professional therapists. Members may need professional treatment in addition to the addiction recovery support groups.

Spouses and family members may think the only solution to their problems is their loved one's recovery. However, spouse and family support groups can help them heal from the impact of their loved one's addiction whether or not the loved one chooses recovery. These groups operate in a similar way to addiction recovery support groups. Additionally, the manual *Support Guide: Help for Spouses and Family of Those in Recovery* provides critical principles, skills, and support.

Church leaders can encourage members they counsel to attend recovery meetings. Leaders and other members are also welcome at the meetings and can help a member feel comfortable attending a meeting.

Church leaders can use *Addiction Recovery Program: A Guide to Addiction Recovery and Healing* and *Support Guide: Help for Spouses and Family of Those in Recovery* when working with members who struggle with addiction. They can discuss steps and principles during visits, go through the study sections together, and make assignments from the book. Each guide can provide a framework for charting progress toward recovery.



Who is this for?

This is for those affected by addiction and other harmful behaviors, including the families and friends of those who struggle with such behaviors. It's also for Church leaders seeking support as they minister to those so affected.



How it works

Meetings for those struggling and for friends and family can be found at AddictionRecovery.ChurchofJesusChrist.org.



Where to learn more

Visit AddictionRecovery.ChurchofJesusChrist.org.

Contact:

Counseling Services (Limited Availability)



Needs

Each of us deals with challenges in life. Sometimes those challenges can overwhelm us, and we need help. Such experiences may include abuse, depression, addiction, or even natural disasters.



Description

Short-term professional counseling for missionaries, individuals, couples, and families is available through Family Services.

Pre-mission social and emotional assessments are given at no cost to future missionaries who may need additional support to be successful in the mission field. Family Services can also consult with Church leaders to help a future missionary prepare for service. Some current missionaries may receive support from Family Services counselors or other qualified professionals as approved by their mission president.



Who is this for?

This is for anyone experiencing overwhelming social and emotional challenges, such as depression, anxiety, abuse, addiction, and so on. Missionary candidates, serving missionaries of any age, couples, single expectant mothers, family members, and other individuals may benefit from counseling.



How it works

A Church leader must give a referral before Family Services can provide counseling. Leaders can use fast offerings to pay for services as needed. Counselors can recommend alternative treatment options when long-term care is necessary or if someone needs specialized or comprehensive care. These options can include community resources as well.

Missionaries who return home early may have up to six counseling sessions at no cost.



Where to learn more

General social and emotional health information and support for local leaders are available at [ChurchofJesusChrist.org/mentalhealth](https://www.ChurchofJesusChrist.org/mentalhealth).

Contact:

“I testify to you that your body, mind, and spirit can be transformed, cleansed, and made whole, and you will be freed.”

—M. RUSSELL BALLARD, “O That Cunning Plan of the Evil One,” *Ensign or Liahona*, Nov. 2010, 110

Strengthening Marriage; Strengthening the Family (Courses)



Needs

People may want to improve marriage relationships or understand conflict management in a relationship.



Description

These courses can help families increase harmonious and loving family relationships.

- **Strengthening Marriage:** This manual covers six topics: applying gospel principles, communicating with love, fostering equality and unity, overcoming anger, resolving conflict, and enriching marriage.
- **Strengthening the Family:** This manual covers the following topics: parenting principles and practices, understanding child development, communicating with love, nurturing children, fostering confidence, overcoming anger, resolving conflict, teaching responsible behavior, and applying consequences.



Who is this for?

The relationship skills taught in these courses are helpful for all members, whatever their current marital or parenting status. Unit priesthood leaders may invite people to attend either course.



How it works

Course manuals for Church leaders and members can be found on the Gospel Library app or online. These courses in their entirety, or certain chapters or sessions, may be taught at ward and stake levels as needed—for example, in a second-Sunday elders quorum and Relief Society class or in youth classes. Local leaders may also want to teach these courses anytime during the week or after Church meetings on Sunday.



Where to learn more

Visit [ChurchofJesusChrist.org/topics/family/strengthening-marriages-and-families](https://www.ChurchofJesusChrist.org/topics/family/strengthening-marriages-and-families).

Contact:



Preparedness

Home Storage Centers (Limited Availability)



Needs

Church members are encouraged to obtain short-term and long-term supplies of essential food items.



Description

Home storage centers sell food products and food preparation and storage materials. This is to help Church members and others build a basic supply to meet their unique home storage needs. Several prepackaged items are also available through the online store.



Who is this for?

Home storage centers are for Church members and others who want to build a supply of food storage and drinking water. These centers are found across the United States and Canada. Find exact locations at ProvidentLiving.ChurchofJesusChrist.org/self-reliance/food-storage/home-storage-center-locations.



How it works

Church members and others may visit a home storage center in person or online to purchase products they desire. The price list of home storage center items can be downloaded from ProvidentLiving.ChurchofJesusChrist.org/food-storage/home-storage-center-locations-map.

This site also includes an order form that customers can print, fill out, and take with them to the home storage center.

Home storage items can be purchased online at store.ChurchofJesusChrist.org/usa/en/food-storage-3074457345616678849-1.



Where to learn more

Visit ProvidentLiving.ChurchofJesusChrist.org/food-storage.

Contact:

Personal Finances (Self-Reliance Group)



Needs

All individuals and families, at all income levels, need personal financial management skills. How they manage their personal finances can affect their relationships, spiritual resilience, ability to serve, and ability to provide for their basic needs.



Description

This workshop helps people do the following:

- Understand that the spiritual and the physical are connected
- Work with God to plan and solve problems and work to improve their financial state
- Learn how to talk about finances, either with a partner or spouse or with the Lord
- Gain financial skills like tracking expenses, budgeting, and saving
- Learn how to get out of debt, prepare for hard times, and invest for the future



Who is this for?

The spiritual and practical principles in this course will help any member of the Church. They are especially helpful for those who want to improve or understand their personal finances better, such as young adults, single adults, or the recently married. Those who are divorced or widowed and those who have

temporal challenges could also find these principles helpful. If a person is in a committed relationship, he or she is encouraged to attend with his or her partner or spouse.

The course is not limited to Church members. Anyone is welcome to attend.



How it works

Personal Finances is often implemented as a self-reliance group for 12 weeks. Self-reliance groups work like councils and are enhanced by the experiences of each person, as well as the influence of the Holy Ghost. The skills in this manual can also be reviewed and practiced alone or in a coaching situation. A printed version of the manual is available at store.ChurchofJesusChrist.org, and a digital version and supporting videos are available on the Gospel Library mobile app.



Where to learn more

Visit ChurchofJesusChrist.org/self-reliance/course-materials/personal-finances.

Contact:

“If there is any one thing that will bring peace and contentment into the human heart, and into the family, it is to live within our means.”

—Teachings of Presidents of the Church: Heber J. Grant (2002), 122

VOAD (Limited Availability)



Needs

To help us fulfill our mission of inviting all to come unto Christ and serving those in need, the Church has representatives on local VOAD councils and forums.



Description

VOAD stands for Voluntary Organizations Active in Disaster. The Area Presidency calls someone to serve as the official Church representative on a state-level VOAD council.



Who is this for?

State VOAD representatives are called by their Area Presidency and serve under an Area Seventy. Regional and community VOAD representatives serve under stake or district leadership.



How it works

The Church VOAD representative counsels and plans with other members of VOAD. A VOAD representative has three primary duties:

1. Represent the Church on the state or community VOAD committee. (Community representatives are called by their stake president to serve on local councils, where applicable.)
2. Build relationships of trust with partner, civil, and community agencies.
3. Serve as an emergency response subject-matter expert to local Church leaders and welfare and self-reliance managers.



Where to learn more

Visit the following resources:

nvoad.org

nvoad.org/our-members

Contact:

Stake, Ward, and Family Emergency Plans



Needs

Families, wards, and stakes should plan and prepare for emergencies.



Description

An emergency plan should include the following steps:

- List likely risks or disasters.
- Gather critical information.
- Outline assignments and procedures.
- Name emergency communication tools and methods.
- Encourage members (of the stake, ward, or family) to be prepared.



Who is this for?

This is for people in families, wards, and stakes or in branches and districts.



How it works

Church members and units are encouraged to create plans for responding to natural disasters and other emergencies. Emergency plan outlines, checklists, and more tools are on the Church's website.



Where to learn more

Visit the following resources:

ProvidentLiving.ChurchofJesusChrist.org/leader/emergency-preparedness-and-response/area-planning-guide/quick-reference

ProvidentLiving.ChurchofJesusChrist.org/emergency-preparedness-and-response/stake-ward-emergency-planning-guide

Contact:

