

YSA Welfare and Self Reliance Resources

Shared at YSA Leadership Training on 4 October 2023

- **Life Help** - [churchofjesuschrist.org/topics/families-and-individuals/lifes-challenges/hope-and-help](https://www.churchofjesuschrist.org/topics/families-and-individuals/lifes-challenges/hope-and-help)
 - To get to this page, click on the **Libraries** drop down arrow on the main page of the church website, then click on the **Life Help** link. In Gospel Library app, click on **library** and scroll to **Life Help**.
 - This page includes helpful information on 22 different topics. (abuse, divorce, addiction, emotional health, pornography, same sex attraction, finances, preparedness, parenting etc.) The information available for each of these topics includes articles, General Conference talks, videos that show experiences from others who have had similar struggles.
- **Welfare & Self-reliance Leader Resources** - [churchofjesuschrist.org/callings/welfare-self-reliance](https://www.churchofjesuschrist.org/callings/welfare-self-reliance)
 - This is the webpage that the QR code on the bottom of the Tool Kit document points to.
 - This site includes information on Counseling Resources, Services and Programs, and Forms and Resources.
 - The **Counseling Resources** section can help leaders be better prepared as they strive to minister to individuals who may be faced with any of the challenges listed.
 - The Services and Programs section provides information on the many different operations of the church such as Deseret Industries, Family Services, Development Counseling, Employment Services etc.
 - The **Forms and Resources** section includes the links to download the [Self-reliance Plan](#), the [Welfare & Self-Reliance Tool Kit](#) and the [Booklet of One Page Overviews](#).
- **United Way – 211** - 211utah.org
 - This website is a great tool that we can use to search for available resources in our communities. We can search for available resources by county or by zip code. In addition to this website, there is also a 211 app that can be downloaded from the app store.
- **Find Help** – findhelp.org
 - Similar to the 211utah.org website, it is a powerful website that we can use to search for available community resources based on our zip codes. There is also a FindHelp.org app that can be downloaded.
- **Government resources** can be found at [Utah.gov/services](https://utah.gov/services) or through the [Department of Workforce Services](#).
- **BYU Student Resources** - aso.byu.edu/academic-and-campus-resources
 - Accommodations, Career Services, Financial Fitness Center, Food and Housing, Multi-Cultural Services, BYU Counseling and Psychological Services, Tutoring, Student Employment, Women's Services & Resources, and more.
 - A new **BYU YSA Leader Services Website** will launch on October 12th and will have information on other services of interest to leaders with stakes on campus or surrounding BYU at ysaservices.byu.edu.

- **UVU Student Resources** - uvu.edu/success/resources.html
 - Academic and Career Resources, Student Health Services (medical and mental health), Wellness Programs, Food Pantry, Tutoring, Financial Resources, Technology Resources & Support, Women's Success Center, I Am First, Multicultural Center, TRIO, and more
- **Self-Reliance Services** - churchofjesuschrist.org/self-reliance
 - To get to this page, navigate to the Life Help web page as shown above, scroll down through the images and topics and click on the link for Self-Reliance Services.
 - This site includes all of the manuals and videos for all of the self-reliance classes (Personal Finances, Find a Better Job, Education for Better Work, Starting & Growing a Business, and Finding Strength in the Lord - Emotional Resilience). These self-reliance manuals are also available in the gospel library app.
- **General Handbook: Serving in The Church of Jesus Christ of Latter-day Saints**
 - churchofjesuschrist.org/study/manual/general-handbook
 - Section 21 on Ministering
 - Section 22 on Providing for Temporal Needs and Building Self-Reliance shares church policies, purposes, and procedures as well as the role each ward and stake leader plays in caring for those in need.

DIRECT LINKS TO CHURCH RESOURCES

- **Counseling Resources** counselingresources.ChurchofJesusChrist.org
- **Addressing Pornography** addressingpornography.ChurchofJesusChrist.org
- **Addiction Recovery Program** addictionrecovery.churchofjesuschrist.org
- **Mental Health** mentalhealth.ChurchofJesusChrist.org
- **Suicide Prevention Resources** ChurchofJesusChrist.org/get-help/suicide
- **Development Counseling Services** providentliving.churchofjesuschrist.org/development-counseling-services
- **Deseret Industries** deseretindustries.org/what-we-do
- **BYU Pathway** byupathway.org/church-leaders
- **Utah Area Education Initiative** utah.churchofjesuschrist.org/stake-education-mentor-training
- **Employment Services Center** employment.churchofjesuschrist.org
- **Bishops' Storehouse** providentliving.churchofjesuschrist.org/bishops-storehouse
- **Preparing Bishop's Orders** churchofjesuschrist.org/tools/help/preparing-bishops-orders
- **Family Services** providentliving.ChurchofJesusChrist.org/lds-family-services