

HELP ME HELP YOU - JULY NEWS



NEUROCOGNITIVE
 SCHIZOPHRENIA SPECTRUM & PSYCHOTIC
 ANXIETY & OBSESSIVE-COMPULSIVE DISORDERS
 DEPRESSIVE, BIPOLAR & RELATED
 SOMATIC SYMPTOM & RELATED
 PERSONALITY & IMPULSE CONTROL
 TRAUMA AND STRESS
 INTELLECTUAL
 AUTISM SPECTRUM
 NEURODEVELOPMENTAL
 EATING DISORDERS

NAVIGATE SOCIAL SECURITY MENTAL DISABILITY CLAIMS FOR SUCCESS

Individuals with mental health conditions whose work/schooling is limited or eliminated may qualify for regular monthly payments via Social Security Disability Insurance (SSDI) benefits and Supplemental Security Income (SSI). Read our blog to navigate the Social Security Disability claim/appeals process.

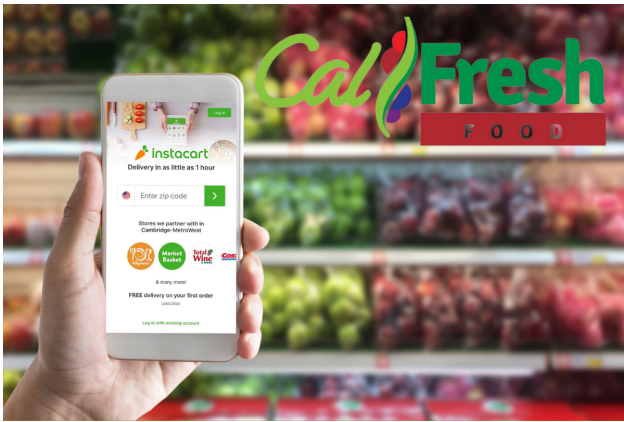
[Read Blog](#)



BREAKING NEWS: NEW NUTRITION KNIGHTS SCHOOL FOOD PANTRY

Help Me Help You commences 5th Nutrition Knights school food pantry location at Whittier Elementary School, on Wednesday, July 21st from 11:30 AM to 12:30 PM, to feed all in need with free nutritious groceries. This food pantry will operate every 3rd Wednesday of each month. See schedules for our 9 food pantry locations.

[Learn More](#)



CALFRESH - SHOP ONLINE AND GET HOME DELIVERY

Did you know? You can use your CalFresh EBT card to buy groceries online and have them home delivered from Aldi, and Walmart when shop via instacart.com. Our expert advocates provide free CalFresh enrollment assistance.

[Learn More](#)



SHOP AT RALPHS AND SUPPORT HELP ME HELP YOU

Simply go to ralphs.com account and select UT851 for Help Me Help You as your designated charity, and Ralphs will donate up to 4% of your purchase to Help Me Help You each time you shop. It's a great way to effortlessly give year-round with no extra cost to you. Remember to select: UT851

[Learn More](#)

website: www.helmehelpu.org

email: info@helpmehelpu.org

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Established in 2004, Help Me Help You is a 501(c)(3) community based non-profit organization dedicated to uplifting homeless and low-income individuals/families by increasing access to food, public benefits, economic security, and affordable housing as well as providing Social Security Benefits enrollment assistance to the public.

Every week, Help Me Help You improves the lives of more than 1,000 residents in need.

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