Self Help
BLUFFTON • HILTON HEAD • HARDEEVILLE

SELF HELP

IMPACT REPORT

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Intentional Partnership in Hilton Head

Our shared location with The Deep Well Project opened in August, bringing Self Help resources to Island neighbors while also building on the strengths of two longtime community organizations.

Gaining Momentum in Jasper County

The Hardeeville Education & Resource Center saw record utilization of education, workforce, and case management resources.

Bridging Gaps in Food Access

Over 550,000 pounds of food shared with neighbors across our communities so far in 2026.



Closer to Home. Closer to Opportunity.

Earlier this year, we shared why stability functions as infrastructure. Then we showed what happens when access expands. This quarter, that work moved closer to home. Neighbors can now connect with Self Help in Bluffton, Hardeeville, and Hilton Head Island, while food, education, and workforce resources are reaching farther into our communities.

But proximity is only the beginning. The goal is progress. A stocked refrigerator can create breathing room in a household budget. A class can open the door to a credential. A conversation with a Client Advocate can help turn an overwhelming season into a fruitful next step. Impact is not simply how many people we reach. It's making it easier for a neighbor to find the right resources, relationships, and opportunities to move forward — one hopeful, dignified step at a time. Thank you for helping bring opportunity closer to home.

Gratefully,

Courtney Hampson

CEO, Self Help

Proximity is only the *beginning*.

Q3 (S)MILE STONES



2,503 households served since January 2026.

$1,398,290 invested through The Market, our Clothing Closet, and Emergency Financial Assistance this year.

$660,195 invested in over **379** students YTD, fueling pathways to higher earnings, credentials, and long-term stability.

42 neighbors received resume support, and 38 secured employment, turning preparation into paychecks.

When a Setback Becomes a Comeback.

Barb wasn't looking for a handout. She was looking for a way forward. When a temporary medical disability forced her to leave her job, she searched for remote work to sustain her while she recovered. What seemed like a promising opportunity turned out to be a scam, leaving her in a bind with bills mounting and confidence shaken. That's when Barb found to Self Help - where a Client Advocate helped her update her resume, navigate credible job opportunities, and prepare for interviews. She also introduced Barb to The Market, where saving on groceries gave her strained budget much-needed breathing room. Accepting help wasn't easy after a lifetime of self-reliance; however, with one pressure eased and a trustworthy ally in her corner, Barb kept moving forward. Then came the opportunity she'd been working toward: a legitimate remote position that fit both her skillset and recovery needs - proof that sometimes a little support is all it takes to find your footing and move forward.

BUILDING FOR THE FUTURE

Sometimes a neighbor first comes to Self Help for groceries. Another may need help navigating a financial emergency, finding work, or earning a credential. The entry point may be different but the goal is the same: enough stability to simply take the next step. That is the story behind this quarter's growth. Bringing resources closer matters because it creates more opportunities for neighbors to connect and more possibilities for what can happen next.

WHAT HAPPENS NEXT MATTERS.

We spent the first nine months of 2026 bringing resources closer. Now we're focused on deepening those connections and helping more neighbors turn access into lasting opportunity.

See the impact. Be a part of what comes next.

