



---

# ANNUAL REPORT 2019

---

HELLO LIFE EATING DISORDER  
RECOVERY SERVICES

# 680 HOURS IN MENTORSHIP

---

Hello Life provided over 680 free hours of one-on-one peer mentoring for those in our local community in 2019. Hello Life also served more than 50 individual people through its programs and reached more than 250 people at outreach events.



## \$1,200 IN ASSISTANCE FOR EATING DISORDER TREATMENT

---

Hello Life provided more than \$1,200 in financial assistance to those in our community who needed medical, mental health, and dental treatment for recovery



## OUR STATS

---

Of those that have received mentorship, 85 percent report being in long-term recovery of one year or more. Of those that have received financial assistance for recovery treatment, 75 percent have reported that they are in a better place of recovery than before entering treatment.



## OUR MISSION

---

The mission of Hello Life is to provide mentorship, support, hope and a pathway to healing for those battling eating disorders in Cowlitz County, Wa and surrounding areas. Hello Life provides one-on-one peer mentorship, financial assistance for eating disorder treatment for those who otherwise could not afford it and provide support and education for our community about eating disorder prevention.

## FUTURE GOALS

---

Hello Life's goals are to continue to build an everlasting foundation in Cowlitz County through strengthening our relationships with community partners and through strengthening our core program, The Eating Disorder Recovery Program through fundraising, grants, community outreach and expanding the amount of people we can serve.