



Health & Help

**OUR MISSION IS
TO SAVE PEOPLE
DYING FROM
CURABLE
DISEASES**





WE EDUCATE OUR PATIENTS ON BETTER HEALTH PRACTICES TO GENERATE HOPE FOR A BRIGHTER FUTURE

Health & Help provides medical care in places with limited resources in developing countries.

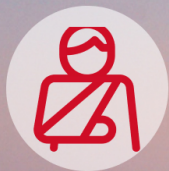


We built two clinics in
Nicaragua and Guatemala



We accept patients 24/7

Our charity organization is entirely dependent on the efforts of our volunteer newtwork and donations from our sponsors.



WE HAVE HELPED OVER 20 000 PATIENTS SINCE PROJECT LAUNCH

GUATEMALA CLINIC
CONSTRUCTION BEGAN

GUATEMALA CLINIC STARTED
ACCEPTING PATIENTS

NICARAGUA CLINIC OPENS

AUGUST
2015

JUNE
2016

JULY
2016

FEBRUARY
2017

NOVEMBER
2018

DECEMBER
2019

HEALTH & HELP
PROJECT FOUNDED

OUR MEDICAL TEAMS VISITED
GUATEMALAN VILLAGES TO PROVIDE
MEDICAL CARE

NICARAGUA CLINIC
CONSTRUCTION BEGINS

OUR CLINICS TAKE CARE OF THE POOREST PEOPLE



Our clinic in Guatemala provides medical help to more than 20 000 patients of Totonicapán and the nearby regions.

The locals are descendants of the Mayans and are engaged in farming. They have limited access to basic facilities and cook over an open fire, few have lavatories and most women give birth on the earth floors of their houses.

The clinic in Nicaragua is situated in the El Rosario region with the population of about 5000 people.

They are mainly fishermen with their families settled by the ocean to provide themselves with food. Here you can find no electricity or water supply, most of the dwellings are built with polyethylene, and meals are prepared over an open fire.





OUR ASSISTANCE IN THE REGIONS WE WORK IS
CRITICAL BECAUSE OF **THE LACK OF MEDICAL
SERVICES**

THERE ARE NO OUTPATIENT CLINICS IN RURAL AREAS

The closest medical posts are poorly equipped and suffer from a lack of medications and specialists. It is very often the case that they don't have enough room and even have to refuse patients.

Traditional medicine is widespread here, and it often has a bad impact and is sometimes lethal.



**LOGISTICS PLANNING IS ONE OF THE TEAM'S MAIN
RESPONSIBILITIES**

- Delivering medicine and equipment
- Volunteer transportation
- Patient transportation to major hospitals if needed

WE PROVIDE MEDICAL HELP 24/7 AND DELIVER PREVENTIVE EDUCATION PROGRAMS



Helping malnourished children



Managing diabetes



Planning and managing pregnancy



Basic diet and hygiene education



OUR WORK REDUCES THE NUMBER OF FATALITIES AND CONTRIBUTES TO DISEASE PREVENTION WHILE RAISING THE SOCIOECONOMIC STATUS OF THE POPULATION IN GENERAL

HEALTH & HELP PROJECT VOLUNTEERS ARE COMMITTED TO ACTIVELY TACKLING GLOBAL ISSUES RATHER THAN BEING BYSTANDERS



They make this world better every day working online or on-site in Guatemala and Nicaragua.

All our specialists have been carefully selected and trained before being sent to the clinics. We also provide medical students with the opportunity to practise under the supervision of skilled doctors.

150

volunteers from around the world took part in our projects

27

online-volunteers help us remotely

15

volunteers are currently working for the projects in Guatemala and Nicaragua

HEALTH&HELP PROVIDES OUR VOLUNTEERS A UNIQUE EXPERIENCE AND SUPPORTS THEIR PROFESSIONAL DEVELOPMENT



«I understand better what medicine is after becoming a Health & Help volunteer. I felt a sense of responsibility for the decisions I made, and now have a greater appreciation of the standard of living we have in Russia. And, of course, I got to learn Spanish as well»

Aleksandr Burakov

Medical student at the Pavlov University Saint Petersburg, Russia



«I felt more confident about myself as a specialist: I came to Guatemala having just graduated and found myself facing responsibility for my patients. People in the project surprised me with their vitality. Discussions immediately resulted in actions without delays. Among all these people it was really easy to become like one of them»

Margarita Tretyakova

Pediatric physician
Brussels, Belgium



«On my way back home to Russia, I provided medical assistance on a train. And interestingly enough, on my way to Guatemala, a woman was sick on the plane. Thus my trip was "framed" with two cases of providing help "before" and "after". I felt a great deal more confident and now it is more comfortable for me to run to a patient, using the phrase: "I am a doctor, let me help you"»

Julia Zhirnova

Pediatric physician
Saint Petersburg, Russia



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OUR TEAM CONSISTS OF FULL-TIME MEMBERS AND VOLUNTEERS SUPPORTING DIFFERENT PROJECT SERVICES

31 PERMANENT PROJECT PARTICIPANTS

- 1 Fundraising and securing resources
- 2 PR, SMM, IT
- 7 Recruiting, volunteer coordination and training
- 5 Project representatives in different countries
- 1 Logistics and resource provision
- 11 Translation Divisions
- 1 Workflow management

OUR PREVIOUS EXPERIENCE GUARANTEES FUTURE SUCCESS

- ✓ 5 years of successfully running an international NGO
- ✓ Working in line with international WHO standards
- ✓ Our volunteers are always ready to provide medical help and through constant communication with local communities are aware of their needs
- ✓ We have the right contacts for the implementation of large-scale projects to improve living conditions within the poorest sectors





OUR MAIN GOALS FOR THE NEXT TWO YEARS

- ✓ **STABILIZING CLINICAL WORK**
- ✓ **IMPROVING THE LEVEL OF PATIENT
SATISFACTION**
- ✓ **OPENING NEW MEDICAL PROGRAMS**

PERMANENT FUNDING WILL LET US



Buy high-quality medicine
and equipment



Scale and create more
socially significant
projects



Effectively support
collaboration with our
volunteers



Optimize internal work
processes and hire
professionals



Improve humanitarian aid
logistics and transportation
of both patients and
volunteers

YOUR DONATION MAKES A DIFFERENCE!

The people and companies who donate to our activities in Health & Help don't just see us as a charity organization but as a tool for the betterment of our planet's future.

FREQUENT DONATIONS HELP US TO
PROVIDE MEDICAL CARE TO THOSE PEOPLE
WHO WOULDN'T GET IT WITHOUT US

**Helping charitable organizations
generates great confidence among
clients and fosters corporate
culture within the team**



SUPPORT OPTIONS



FINANCIAL SUPPORT

- Make one-time or monthly donation by using the form on the official Health & Help website (he-he.org)
- By cash or making a direct bank transfer



NON-FINANCIAL SUPPORT

- Donate medical equipment, medications, medical supplies
- Talk about Health & Help on social networks
- Share your experiences and consult

OUR PARTNERS



Financial support for the clinics in Guatemala and Nicaragua



HELP IMPACT

Grant for purchasing medications and program concerning malnourished children



BROTHER'S BROTHER
FOUNDATION

Supporting the clinic in Guatemala with medications and supplies



Supporting the clinic in Guatemala with medications




EAPTEKA.RU
ДОСТАВИТ ЗАКАЗ БЫСТРО

Supporting the Health & Help clinic with medications and discounts for purchasing goods in eApteka



Comprehensive
Dermatology

Financial support for the Health & Help project



We provide our donors and partners with informational support. We frequently update our social network pages and regularly publish in the media.

We regularly publish the experiences of our patients, doctors, volunteers, donors and partners.

We have more than **50 000** active **subscribers** from around the world on Health & Help social networks and PR-representatives on Facebook and Instagram; and register more than **700 000 views** for our publications.

We promote the idea of charity and volunteering, and also give everyone a chance to make our world better.



**WORKING WITH US IS A
PLEASURE AND HELPING
OTHER PEOPLE IS EASY!**

Write us:

mailbox@he-he.org

More information about
Health & Help:

Website: **he-he.org**

Instagram: **@health2help**

Facebook: **healthandhelporg**

Photos by our volunteers:

Aleksandr Fedorov, Olga Markova, Elena Vlasova, Andrew
Schwark, Kamil Aisin, Vadim Frantsev