



Outreach

Tips & Tricks for Success

If you want to go out and offer help to individuals experiencing homelessness but don't know where to start, this guide is for you!

1. Make a Plan

Decide where you want to visit to offer resources. Chances are, you're already aware of encampments and shelters in your area, but you can also reach out to local homeless service non-profits to ask for advice. Many, including Eddy House, can also use volunteers to assist with their outreach!

2. Bring lots of water

One of the highest needs for these folks is water, for themselves and for their pets. While unhoused individuals can be great pet caretakers, we all tend to forget that pets require a lot of water. So, be sure to offer plenty of water to the person and their pet.

3. Food

Many folks experiencing homelessness receive granola bars and sweet treats. These can have a long shelf life, but a balanced diet is essential for us all. Unprocessed food items are less commonly distributed to unhoused folks, so if you can give a salad or sandwich with fresh veggies, it goes a long way!

4. Other Essentials

Bring items like toothpaste & brushes, menstrual products, soap and sanitizer, sunscreen- anything you can purchase that will help with hygiene. Single use packets of sunscreen are great, or you can offer spray. Smaller, travel-size items are easier to keep than full-size items.

5. Safety Measures

Use the buddy system, and avoid risk by leaving any cash and valuables at home. While not all unhoused folks are likely to steal, you never know who you'll meet. Like anywhere else, be aware and careful when visiting folks at encampments and shelters. Bring a friend or colleague along to stay safe.

6. Listen, learn, and be respectful.

Many unhoused folks don't often get to talk to someone. Be willing to listen and offer a friendly, nonjudgmental ear. This will probably be the most valuable resource you offer.

Thank you for helping our unhoused neighbors!