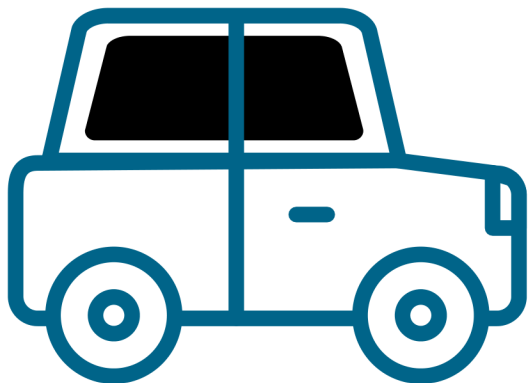


# HOME ON THE ROAD:

Information for when living in your vehicle is your only choice

Hi, I put some tips together for folks who need to live in their car. This information is from my personal experience and research. I hope you find the information here useful. You deserve to feel safe.





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Life is unpredictable.

Being forced to live from your car can feel scary,  
infuriating, lonely, and really confusing.

Consider, however, maybe this is  
something you can make work.

Nobody deserves to have their pain ignored  
or be forced into survival-living  
and yet some of us will find ourselves here, we will  
survive. The elite will not win in the end.  
We feed resilience into our bloodline.



**553,742**

*That's how many of  
us there are at any  
given time.*

#### TOP CAUSES OF HOMELESSNESS

- Domestic Violence
- Lack of Affordable Housing
- Unemployment
- Systemic Poverty
- Low Wages
- Inaccess to Medical Care
- ..I.E. It's oppression.



# *To Start:*

## Let's **Check the Weather**

If the Weather will be uncomfortable please make sure you have the appropriate supplies. Cars amplify outside temperature and by far the most dangerous part of car sleeping (for us) has been it getting too cold/hot.

# *Next:*

## Let's **Get Your Stuff Stored**

- A car is not usually large enough to store all of a person's belongings. Here are some options:
- If you have money you can rent a storage shed.
    - You can ask a friend to use their garage.
  - You might choose to sell or donate your things.
  - You can use the roof of your car for extra storage.
    - Maybe you can pull a trailer.

**It's okay to ask for help**

# PARKING

## Where to Park

Rest Areas - Find on map. Limited to 8-12 hrs (when staff rats you out). Bonus has bathroom, water, space.

Street Parking - Move right when waking up. Street parking has increased risk of authority involvement. Look for a tall fence to park near to decrease intervention risk. Sometimes a friend will let you use their driveway to park at nights.

Parking Lots - High risk of authorities knocking on your window. Generally avoid.

Campground - Cost \$ . Access to bathrooms and showers. Usually safer than random parking.

BLM Land - Find on map. Not supposed to sleep without permission but they usually dont find you if you move around. No bathrooms.

**REST AREA  
1 MILE**

## **Parking Considerations**

NIMBYs - Parking in wealthy neighborhoods or near businesses increases chances of a NIMBY calling authorities on you. Beware.

Car Condition - A clean , nice looking, car helps reduces the possibilty of police intervention. Keep car well maintained as a priority.

Trash - If you have trash around your car you increase the chance of police intervention. Only clean out car at car washing facilities.

Move Around - Staying in one place too long increases chances of intervention, move around as often as possible to be left alone.

Lights, Sound, Privacy - When parking consider lights, noise level, and if you have any privacy. These all can affect quality of sleep greatly.

# SLEEPING

Learning to sleep in a car is a journey for many of us.

Concerns arise about safety, privacy, & what's going on around you. It can be helpful to remember all the folks who lived this before us. We can do this.

## TIPS:

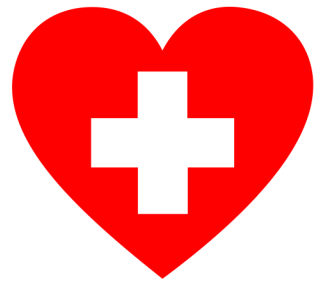
- **Trust your instincts. Go to a new parking spot when necessary or anytime something feels off.**
- **Cover your windows when you sleep for privacy (and to keep light out). Try not to use window coverings like t-shirts, trashbags etc..as it attracts authorities.**
- **Figure out how to move seats around to your highest comfort.**
- **Pillows help a lot. Lots of pillows.**
- **If you feel too unsafe to sleep at night then switch your sleep schedule and sleep days.**
- **Talk to a care provider if needed.**
- **Sleeping medications are sold at Dollar Tree.**



## Useful Items

- Ear Plugs &/or Noise Cancelling Headphones
- Zero Degree Sleeping Bag
- Woobie Blanket
- Travel Pillows
- Herbal Sleep Aid
- Window Shades

# HEALTH



*Sleeping in a vehicle poses specific health risks.*

## TIPS:

- Lay flat when possible. The curve in car seats is designed for survival in a crash - not for spine health.
- Stretch every morning. Our muscles can get tight from restricted sleeping and that causes pain.
- Sleep with your feet UP....or relax during the day with elevated feet. It is likely your feet will swell if always in down position which can cause water retention and eventually affect the heart.
- Be aware of CO<sub>2</sub>. It is important to open your windows and let in fresh air when you can. If you feel dizzy or nauseous those are warning signs of CO<sub>2</sub> poisoning. A car is a small space.
- Keep up with hygiene to best of your ability. Not having a private bathroom or easy access to showers can make bathing and teeth care hard. Do your best to find solutions.
- Keep your feet dry. Wet feet are a leading cause of health concerns in the unhoused population. It leads to bigger issues.
- Keep your nutrition in mind. Without a kitchen it can be hard to eat well. Do your best to eat a variety of food when possible.
- Throw your trash out often. Mold and Mildew can cause breathing and other health issues. Rotten trash attracts bugs.
- Be aware of your mental health. Seek care when needed. Depression, anxiety, PTSD are very common during homelessness.



# SAFETY

## USEFUL:

- First Aid Kits
- Beware of Dog/ Security Alarm stickers
- Spare tire, gas can, jumper cables
- Working phone & car charger
- Local map & compass
- Emergency rations



### **The four-square box above highlights the top four safety concerns while sleeping from a car (in my experience):**

**Authorities:** This refers to police officers, security guards and park rangers. These people can ticket you, take away your vehicle or just consistently ask you to leave. Sometimes deadly. To be avoided.

**Other People:** Street harassment is a real threat while unhoused. Housed people often commit acts of violence against the homeless, even kids, and with little repercussion. Caution recommended.

**Your Vehicle:** If not properly cared for your vehicle can kill you. An unkempt car can also attract authorities.

**Mind & Emotions:** Homelessness increases chances of experiencing trauma, depression, anxiety, PTSD, substance abuse and suicidal thoughts. It's critical one finds a consistent way to honor and care for their mind as well as acknowledge your own beauty and humanity.

# LAWS

The laws for "car camping" differ everywhere you go. Although the Civil Liberties Defense Center says the unhoused should be a protected people ..unfortunately we are not. Every county has different laws so please research, ask social services and/or talk to other houseless folks in the area.

## Be Aware Of:

- Camping Laws
- Time Allowed at Rest Areas
- Loitering Laws
- Car Maintenance Laws
- Littering Laws
- Where Allowed to have Pets
- Panhandling & Busking Laws

"Homelessness is a profound assault on dignity, social inclusion and the right to life. It is a prima facie violation of the right to housing and violates a number of other human rights in addition to the right to life, including non-discrimination, health, water and sanitation, security of the person and freedom from cruel, degrading and inhuman treatment."

- Special Rapporteur on the right to adequate housing (**A/HRC/43/43**, para.30)

# FOOD & COOKING

## STORAGE

Food storage from a vehicle is difficult. For the most part it's not something we can do. When possible keep any dry foods in an air-tight container to avoid bugs. You can use a cooler but know that the ice melts every day or two (if you are lucky). Most storage facilities do not allow food storage so if you are counting on that check ahead or keep it well hidden.

## COOKING

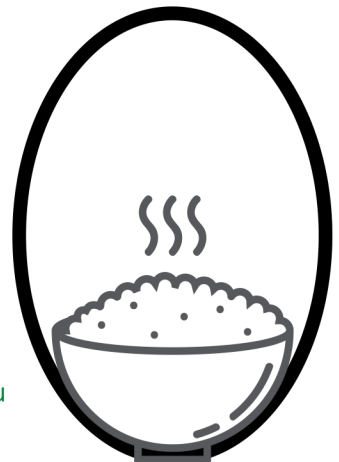
- Portable propane/ coal stove
- Day campsite fire
- Rent a kitchen
- Hot water (from gas station - makes ramen)

**\*Be sure to have a can opener and utensils**

Hot tip: Social media sites like Instagram and Facebook host several accounts from people who are "van lifers". While these folks might have more privilege than us and thus their information is not always useful...they do host great camp recipes! You can even send them a message and ask for a post about low budget options.

## DON'T HAVE FOOD?

- Google search "food pantry near me" to find a local food bank
- Locate a local hot food group. Try a Facebook search for "Food Not Bombs + (your location)"
- Ask local restaurants for leftover food
- Hold a "need food" sign (beware of soliciting laws)
- Call 211 and ask about food
- Contact your local human services office to find out about food stamps and other options
- Go to your local Farmer's Market at closing and ask for any older produce they might otherwise toss



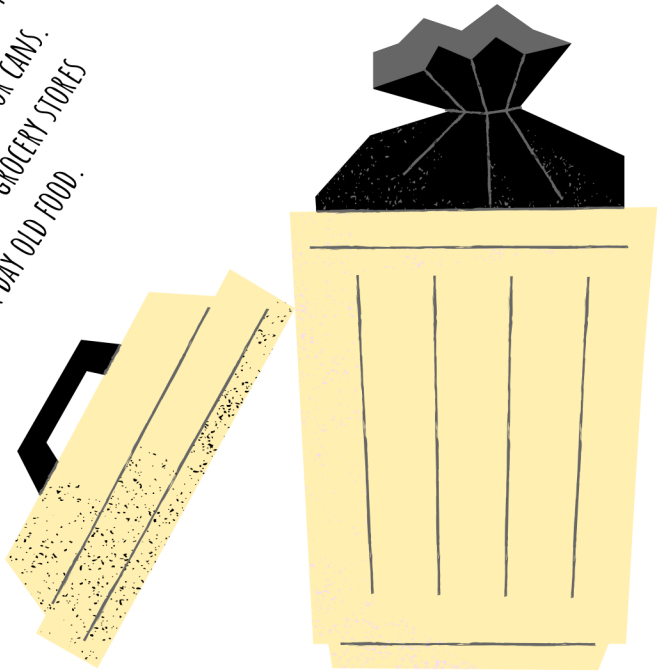
# TRASH DISPOSAL

When unhoused you suddenly lose your ability to throw away trash. Disposal is costly and yet the cars targeted by police most are the ones with trash around them. Yet, if trash is kept inside it's easy to get ill. Therefore, it's important to find a place to dispose of your garbage.

- Use a rest area after workers leave for the day.
- Slyly use the bins in an apartment complex as if you are new there.
- Use the trash cans inside a Walmart parking lot.
- Late at night fill neighbor's trash bins who are not yet full.
- Pay to use the County dump.

\*MOST OF THESE IDEAS CAN GET YOU FINED IF CAUGHT

*TIP: IF YOU REALLY NEED SOME CASH YOU CAN GO TO REST AREAS AT NIGHT AND LOOK THROUGH THE BINS FOR CANS. YOU CAN ALSO LOOK IN TRASH BEHIND GROCERY STORES AND RESTAURANTS FOR DAY OLD FOOD.*



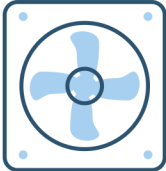
# HOT WEATHER

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Cars act as amplifiers for extreme weather. That means when it is hot outside, it is usually hotter inside the car. Even if you have air conditioning it's unlikely you can use it 24 hours a day. Here are some tips to stay safer in hot weather.

**In my experience tiny USB/Battery fans don't help with heat at all BUT certain water bottles will keep fluids cold all day.**



**Reminder: Some medications make our bodies more sensitive to sunlight**



- If you can get the gas money then it's very worth it to drive somewhere with better weather.
- Make sure each person has a spray bottle and ample water.
- Use window shades and keep windows cracked or open.
- Parking in shade and near water makes a difference..
- Ice is a blessing on hot days, it can be used to ingest or to wrap up in a bandana and keep you cooler.
- Stay inside public places as long as possible to keep cool.

**Don't leave pets in hot cars!**

# COLD WEATHER

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My least favorite part of being Unhoused, besides human cruelty, has been surviving the cold. Without shelter the cold can be very painful and cause frequent illness. Every year Unhoused people die from freezing to death.



If you are able to travel to the coast during the Winter consider doing so, the weather stays temperate and it's easier to survive without pain.

- Cold thrives off exposed skin, wearing Long Johns can help keep in body heat significantly.
- Woobie blankets can be bought at Military supply stores and are the best blanket for trapping heat. Zero degree sleeping bags are also very effective.
- Though a car acts like an amplifier and your car can feel like an icebox it's not safe to run the heat all night if the windows are closed.
- If you make a tent of blankets inside your car you will sleep much warmer because it reduces cold air exposure. The same goes for putting thick blankets or towels on the ground of the car and covering the windows.
- If you sleep with bedding in your car take precautions that it doesn't develop mold during the Winter.

You can buy chemical hand warmers in bulk at most major supermarkets, these help with sleeping .

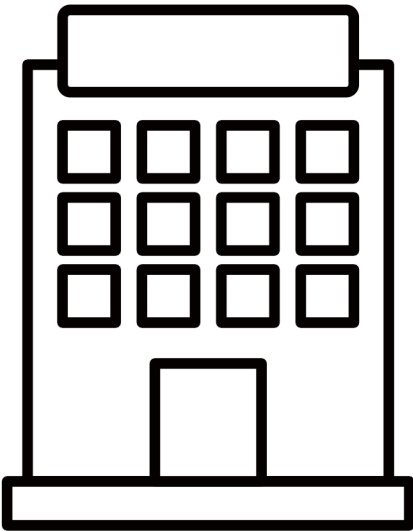
Most gas stations sell cheap coffee hot water for tea which can really help in the mornings.



# CAMPSITES & HOTELS

Campsites and hotels can be a nice temporary relief if you have some extra funds. They often provide an opportunity to lay flat, shower, and have a bit of privacy. Unfortunately they are priced to be vacations for those who already have homes and are therefor typically more per month than a rental.

Air BnB has the least requirements for rental but also causes systemic homelessness so should be used as a last resort.



Call ahead to make sure all details are in order.

Many of these places discriminate against the Unhoused. Typically Walmart bank cards won't work so make sure you have appropriate payment.

# VITAL DOCUMENTS

Vital documents are a general set of paperwork that folks need to function smoothly in society.

Why is this even important?

This paperwork is critical for moving out of homelessness.

Birth Certificate  
Social Security Card  
Insurance Cards  
Car Title & Registration  
Passport\*  
Parole Paperwork\*  
Proof of Child's School  
Proof of Address  
Medications/Allergies List  
Green Card\*  
Proof of Custody\*  
Living Will  
Copy of Tax Returns

All these items should be stored in a plastic or airtight case when possible. A lockbox is best but can attract attention of thieves. It's almost impossible to get out of homelessness without having these documents in order. If you don't know where to start, begin by getting these together one by one until you have the complete set. Include any additional medical or legal paperwork relevant to your life.

\*if applicable



# MAILING ADDRESS



Having a mailing address isn't only important for receiving mail..it also serves as a status symbol, one necessary for many parts of life. For example most jobs require folks to have an address, also banks, the DMV, car insurance and so forth. While USPS says they offer a p.o. box that serves as a mailing address that's not exactly true. The address does look like a street address but often still reads as a business in the Chex system. This means it might work to get a library card but it definitely doesn't work to get a bank account. With this in mind you might need to be creative about getting a mailing address to use on record.

- Some homeless shelters will provide a mailing address even if they don't offer you a bed. You can call around to see if there is one near you. Remember not all shelters allow children indoors.
- Some folks might have family that will allow them to use their home address for mail and legal residency purposes.
- If you don't have family then you can ask a friend to use their address, renters might incur risk for doing this but homeowners face little risk for helping out in this way.



# EMERGENCY CONTACTS



Another paperwork roadblock I've run into is the Emergency Contact. Both jobs and medical paperwork sometimes require one to three contacts to be complete. Being the cheeky person I am, I often write "just call 911" under emergency contacts. During the last couple years I've been told repeatedly this isn't sufficient. Unfortunately being homeless hasn't allowed me opportunity to make friends , particularly ones I'd trust with an emergency call. To get past this all you have to do is write in a name and fake phone number. Human Resources and Receptionists don't verify the phone numbers on the Emergency Contact list.

# BANK ACCOUNT

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Having a credit/debit card is necessary for most people in today's society. In fact without a bank card it can be almost impossible to book a hotel, campsite, get car insurance and so forth. Unfortunately most banks require a residential address to open an account.

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Tips on getting a bank account without a proper address:

- Some banks will accept paperwork from homeless shelters. Ask them to provide you with the complete list of acceptable documents to find out.
- if you know someone who owns (not rents!) their home then ask if you can be their roommate in paperwork only. Since you don't pay rent and won't live there it is unlikely to affect them negatively.
- Unfortunately P.O. boxes, even ones that offer a 'real mailing address' do not work to get bank accounts as it will register as a business vs. a residence.
- Some day shelters offer homeless folks a mailing address that works as a residential address. Call local day shelters to find out.

## A Partial Fix:

Walmart offers a reloadable Visa or MasterCard that is compatible with Venmo, Paypal, and most Company paychecks. One can get donations or payments online and transfer the money easily onto this debit card. The debit card works at most grocery stores and for most bills. However this card is not accepted at car dealerships, hotels, campsites or for most medical needs.

Research studies have repeatedly come up with the same results: pets of the Unhoused are often in good health relative to their situations and drastically improve the mental condition of their Human companions. It is absolutely possible to care for pets while Unhoused.

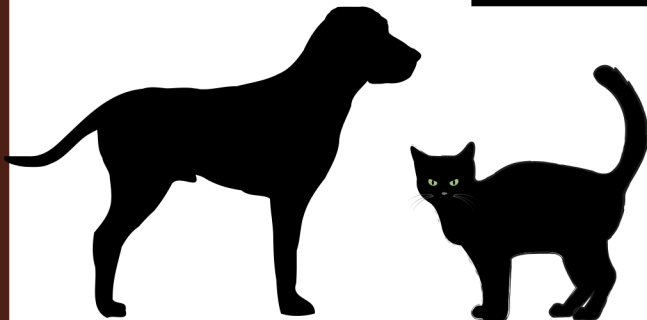
Many towns have special vet services for pet's of Unhoused humans and Food Banks often offer free pet food.

While dogs are the easiest pet to care for from a car - I have seen people successfully retain cats as well. Any animal that needs an electronic heater however , such as birds and reptiles, will be harder to maintain.

While people don't seem to care if we are Unhoused they absolutely will call police on you for leaving a pet in the car even if windows are down on mild temperate day. I know it's hard but do not leave pets unattended whenever possible.

Your pet is your responsibility. If you can no longer care for it you MUST find it a SAFE home. Do not abandon living creatures.

Keeping your pet leashed and their poop picked up will reduce chances of harassment and Authority intervention.



**PETS**

# PARENTING

One of the most heart wrenching emotional components of being an Unhoused parent is knowing your kid deserves a "normal and comfortable" childhood but then being unable to, or blocked from, providing this. Our kids are resilient and will survive this with us but we know they deserve better.

Helpful Tips:

- Kids thrive on routine. Try to create a daily routine and stick to it. In doing so kids of all ages will feel safer and be less prone to outbursts.
- Plan regular activities to help keep kid's minds off of their poor situation.
- Make sure your kids have a chance to socialize even if it's just online.
- Create a safety plan for when you are away from the car or are being questioned by authorities. Practice it regularly.
- Make sure your kids are reminded regularly who it's okay to tell they are homeless and who it's not.



*We deserve homes but what makes us feel safest is you.*

It's critical to teach your kid not to yell or scream when upset. People will call cops fast when they hear this.

If harassed by Authorities it's important to have some paperwork on you to show you are able to care for your kid while Unhoused. For us this has been proof of school or homeschool enrollment form, proof of custody, proof of Foodstamps, and knowing the name of my kid's assigned Pediatrician (even though we never use them).

Most school districts have a McKinney-Vento program which helps homeless youth get into public school if you want them to. This often includes gas money or bus service. They don't help with daycare however.

# ENTERTAINMENT

It's important to find ways of bringing joy into your life.  
You deserve joy. Even if just in moments.



Write a Zine

Take Pictures

Handball

Watch a Show

Read a Book

Color, Create, Draw

Sit in Nature

Hike

Quarter-Arcade

Sing Out Loud

## Escapism vs. Being Present

People experiencing trauma are likely to live outside themselves, in their minds or imaginations or in numbness. Sometimes we externalize this and escape through video games, books, or television.

But to be healthy it's critical we take time to be present and in our bodies from time to time. It's okay if we can't be present always but it's important we make sure it happens regularly.

## Place Yourself in Time

Days can flow together into one long trauma, with each day being the same struggle. To combat this one tip is to make a visual representation of your time being Unhoused.

Perhaps you'll go positive and write in journal weekly listing at least one beautiful thing you saw. Or perhaps you'll play at emotions and take one photo a week that represents homelessness and place it into an album.

Whatever it is ..going back through the journal/album can help you keep yourself placed accurately in time which provides a reminder to our brain and body that everything is temporary (including our trauma).

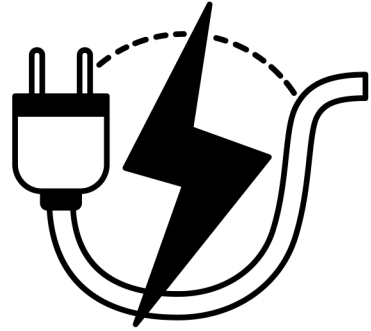


# Charging Electronics

The best place to charge your phone is through your car's lighter port. Some cars charge when off, others require the car to be running.

Investing in a good USB nubbin helps get a good charge. When this isn't available or you need to charge something bigger the library or local university Commons is the easiest place to find charging without being hassled. Occasionally rest areas will also have charging ports inside the bathroom. It's not a fun place to wait though.

**ELECTRICITY**



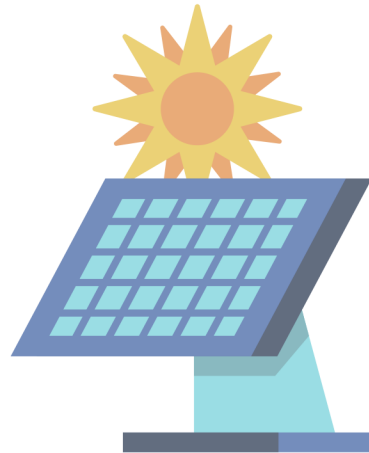
*PEOPLE WILL STEAL YOUR BELONGINGS SO  
ALWAYS WATCH THEM WHILE CHARGING*

# Solar Panels

Solar panels can be portable and affordable. Having a folding solar panel can help a lot when one is camping or car living.

Panels can charge small appliances like phones and water boilers. The downside is the smaller panels do not charge very quickly.

**40\$ AND UP**



# TEMPORARY INCOME

*Survival costs money. The suggestions listed below aren't to get anyone out of poverty but to provide inspiration on ways in which we might meet our survival needs:*

- Pan Handle - asking for money from strangers. Be careful of local loitering and panhandling laws.
- Delivery Driver - there are a lot of independent driving jobs for Uber, Door dash and similar if your car is clean and in good shape.
- Crowd Sourcing - use social media to fundraise on a platform where several people can donate small amounts to help reach your goal. Best achieved through social media platforming.
- Gig Work - clean someone's house, watch their kids or repair something at a discount. Craigslist, Care.com, and Fiverr are examples of where one might find gig work.
- "Temp" facility - if all your paperwork is in order you might try getting hired at a temporary labor facility.
- Create - create and sell. Food, Art, Jewellery, Poetry, Zines, Buttons, Stickers, Clothes etc.
- Resell - Purchase discounted items and re-sell them online at higher cost. This works best for people who specialize in some area of expertise like brand named clothes or in-need music equipment.
- Teach a class - if you know a topic or have good teaching skills then teach a class online or in your community and charge for attendance. Be sure to advertise.
- Patreon - become a Patreon. This allows people to pay you monthly for information or art you post online or print & mail. Visit other Patreons for ideas. Must have internet access.

## Tip!

Purchase a receipt or invoice list and record your gig work. This will provide "proof of income" for social services. This is used to get foodstamps.





# WITNESSING VIOLENCE

Once forced into a position of powerless it's unbelievable what folks will do in front of you. As such it's very common to witness violence while Unhoused.

## So what do we do?

It's critical we remember that if we call authorities we have a high chance of being victimized ourselves. Cops do not have a history of listening to or working with folks who are Unhoused. We also increase the chances that the authorities will raid the place we are at and boot all homeless people nearby. It's also critical we remind ourselves that legally the police don't have to protect us, or anyone for that matter. But! We do have options:

- If there is a community run defense group it is good to get their number. True also for mobile crisis networks in your area. Note: Call in advance to see if they notify police before responding .
- Document the incident in case someone asks later.
- Intervene when possible. Research effective intervention strategies. Cause a distraction.
- Report to Media or Social Media for public accountability.

**After witnessing violence it's essential to self-care in whatever way is accessible to you.**

**Ideas: Rub your own feet, journal, call a friend, listen to music.**



# EXPERIENCING VIOLENCE

**Proceed with Caution -  
Homelessness seriously increases  
your chance of being victimized.**

Researchers have found that the homeless population is more likely to be a victim of crime than commit one. This holds particularly true for violent crimes.

Not only do we experience increased interpersonal violence but we experience increased systemic violence as well. As a result homeless people are expected to live 17 years less than average.

## What to do if you experience violence:

- Prepare in advance. Have a copy of your i.d., diagnoses, plan for pets/kids, & list of meds ready.
- Assess your most immediate need and fulfill it. If you cannot call a friend or 911. 911 may bring police. (hospitalization, go someplace else, call a friend)
- Find care through a friend or support group.
- Record what happened.
- Determine if you need to involve any authority in further steps.
- Make a plan to stay safe from victimizer.

# GENERAL TIPS

**Check the Forecast Often**

**Plan for the Potential of Being Harassed**

**Make a Plan to Manage Your Anger**

**Avoid Urinating in Public Spaces**

**Get Some Bug Spray**

**LittleFreeLibrary.Org**

**Ground Covers Provide Extra Warmth  
and Improve Cleanliness**

**Move Around Frequently**

**The Police Don't Care About You**

# FINDING RESOURCES



“ I've found that most social resources lie about what they offer or treat folks really poorly. To find actually useful resources I had to rely on feedback from other homeless people. They know what's worth pursuing and what isn't. ”

## **Department of Human Services -**

Applying for FoodStamps and Medical Care is an essential first step in getting help. This can usually be done from your local DHS office.

## **211 -**

By calling 211 or visiting 211.org you can create a list of potential social services to check out in your local area.

## **Life Coach -**

This option costs money. Typically Therapists don't want to help guide your decisions, if you need that kind of help and can afford it then a Life Coach might prove useful.

## **Community Support -**

I've found the most help from caring community.

Participation in community groups can be very useful.

## **Document Everything**

Keep a Notebook of every resource you try even if they deny you. Record names of specific employees and dates if you remember. This can be useful for police contact, custody court, and applying for disability if these issues ever come up.

# PLAN PAGE

Here is my example of a plan page. Having a plan can help direct the misery of homelessness into more than just depression. You can work on your plan at your own pace, some days will be easier than others.

- 1. Make a list of places to use a bathroom, shower, eat and sleep. Use 211 or ask around if you don't know where to start with this.**
- 2. Get all vital documents in order. This makes all the next steps exponentially easier. It takes time to do this.**
- 3. Check your credit score and make list of debts. Sometimes caring community will help to pay these off one by one to help you get housed.**
- 4. Go resource hunting. Figure out all the places that claim to be of help and go see what they actually have to offer. Apply for everything, even if you don't think it'll be useful. Document every place you go, who you talk to and the date.**
- 5. Secure a Mailing Address. Finding a homeless shelter or community member that will let you have a mailing address is a huge part of moving forward.**
- 6. Secure Bank Account. If you don't already have a bank account call ahead and make an appointment to talk to someone about what steps you need to take in order to qualify for one. Have your fake address ready.**

# PLAN PAGE

(Continued)

.....

**7. Explore the local employment center or ways to earn temporary income. Make a resume, see if temporary employment places near you will hire you. Record it all, even failures.**

**8. Start a fundraiser. Start an online fundraiser you can direct people to when they say they want to help. Ask folks to help spread your fundraiser.**

**9. Join a community group. Community can be very helpful in moving forward. Connection helps success.**

**10. Explore medical treatment. Try your best to get appointments for medical and mental health needs. Sometimes this avenue leads to housing resources.**

**11. Make an estimated budget and income plan. Document what your expenses would be if housed in your area and in what ways you might be able to get income to support that need (or not!).**

**12. Find someone to help make a plan on what you need to do next. It's useful to get feedback and new ideas. You'll be able to show them your documentation of everything you've tried already.**

# SOCIAL ACTION

## **Caravan:**

Not having a home often traps us in survival mode but when/if we have the energy we can consider Organizing for Change. Caravans are a way we can build community and avoid long-term camping laws. When we move and live in community it's easier to get our needs met. This also gives us more political power being together vs. apart.

## **Sleep Out:**

Hosting "Sleep-Outs" is a good way to bring awareness to homelessness as well as sleep deprivation. It's also a good opportunity to request donations. A Sleep Out is when you choose a night and encourage Housed folks to rough sleep for a night to bring attention to issues of Housing Rights.

## **Homeless Gathering:**

It can be hard to get folks facing hardship in one spot but when we can succeed it is worthwhile. Hosting Spaghetti Dinners, Movie Nights, Talking Circles etc for the Unhoused community helps us stay safer and gain political power. It also bring joy back into our lives. Heck, we can even host a Homeless Prom if we want.

# HOTLINES

Not all hotline workers are helpful.

Hotlines vary greatly in how well trained their workers are. If one hotline is rude or unhelpful it's entirely possible a different one will be better. That said, Hotlines can also be dangerous. Many are mandatory reporters to the police even if you are depressed and only speaking about potential harm to yourself. I have not found these a useful tool but know many who have.

- **911 - General Emergencies/Police**
- **211 - Social Service Connections**
- **988 - Suicide Prevention Hotline**
- **741741 - Crisis Line (Text)**
- **800-799-7233 - Domestic Violence**
- **866-488-7386 - Queer Youth (25 )**
- **877-565-8860 - Trans Lifeline**
- **877-360-5428 - Elder Queers (SAGE)**

