

7 WAYS TO HELP HOMELESS FOLKS SLEEP SAFE

National Coalition
for the Homeless

Bringing America Home

National Sleep Awareness Week is celebrated every March.

Sleep is a basic necessity for all humans, yet people who are homeless often suffer from extreme sleep deprivation - due to safety concerns, criminalizing or harassing policies, or shelter policies or environments.

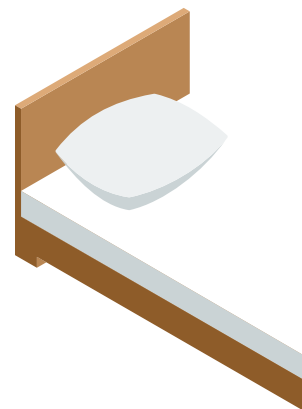
1 LEND A HELPING HAND

Participate in clothing and blanket drives to make sure your homeless neighbors have the supplies they need to cope with the elements outside. You can also raise money for organizations that do this work on a regular basis.



2 ASK FOR MORE SHELTERS

No city in the United States has enough shelter beds to serve their entire homeless population. Challenge your community to provide beds for every man, woman and child in your community.



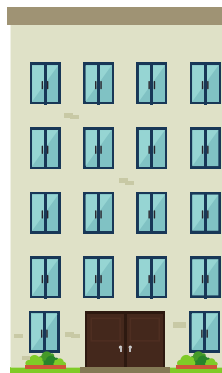
3 FIGHT CRIMINALIZATION

Stand up and advocate for sensible alternatives to criminalizing the activities that people experiencing homelessness have to do every day to survive, such as sleeping or sharing food in public spaces.



4 PROTECT PUBLIC HOUSING

Let your local government know that you value public housing as a resource for preventing and recovering from homelessness for individuals and families, and make sure that all public properties are used for the benefit of all.



5 DEMAND MORE VOUCHERS

Contact your lawmakers at every level and tell them that you want your community to provide enough housing vouchers for everyone who needs them.



6 PUSH FOR HOUSING DOLLARS

Ask your Federal representatives in the House and Senate to increase funding for HUD housing and homeless programs and the National Housing Trust Fund, and be sure the funds protected from misappropriation.



7 STOP HATE CRIMES

One of the worst threats homeless sleepers face is violence from the housed community. Petition your city or state to add protections for people experiencing homelessness to their existing hate crimes legislations.



For more information on how you can help people who are facing or experiencing homelessness in your community, please visit our website: www.nationalhomeless.org

References: <https://www.sleepfoundation.org/>

<https://rewire.news/article/2018/09/27/sleep-deprivation-is-an-unrecognized-problem-for-homeless-people/>