

HOW I'M FEELING



I just feel so ashamed that it has come to this.

If I seem belligerent, it's because I'm scared and embarrassed.

I'm depressed, anxious and I feel powerless. I'm overwhelmed by so many things.

I'm really desperate for somewhere to stay...I don't want to be on the streets. It's really hard.

I feel angry. I'm not angry at any person or organisation in particular. I'm just angry.

I'm a bit nervous because I have never been through this before, being homeless.

I'm really hoping that the people who work in the office will understand me and be able to help.

I think I feel a bit optimistic. I've put a bit of trust in the fact that I'll come away from here with a clearer idea of what I can do next.

**TAKE
NOTICE!**



HOW YOU CAN HELP

Please don't make me feel as though I'm being judged.

Help me to stay calm and not to panic.

Please try not to rush me.

Be polite and show me that you understand the complicated issues I'm facing.

Look after me, be kind and sympathetic. Do your best to help me.

A cup of tea always helps!

I need to be spoken to with kindness and sympathy.

Listen to me carefully and be understanding. Treat me with respect.

Be informative and help me understand my options.

