

Housing insecurity

What I Need While Housing Is Uncertain

Adults | 10 to 15 minutes

Uncertain housing can make rest, storage, appointments, communication, and ordinary planning difficult. These are real conditions, not failures of motivation. Begin with the need that affects you most immediately and identify what information or assistance is available.

Use a safe format and omit exact locations if privacy matters. Choose one immediate need rather than solving the entire housing situation.

Name the immediate need

Consider a safe place to stay, transport, access to documents, a charging point, storage, accessibility, or continuity of healthcare. Priorities depend on your actual circumstances.

Prepare a service question

Ask an appropriate local service what help is available, what information is required, and how to follow up. Plan for phone, internet, transport, language, or documentation barriers without assuming access.

1. What immediate housing-related need most affects my safety or daily life?**2. What resource or document do I have access to, and what is missing?****3. Which service or trusted person could help me clarify options?****4. What exact question will I ask, and how could I follow up safely?****Clinical use and adaptation**

Address immediate danger and safeguarding through appropriate local pathways. Do not promise shelter availability, tenancy rights, or benefits eligibility. Avoid collecting unnecessary identifying details and coordinate practical assistance rather than assigning coping as the main solution.