

REAL HELP. REAL PEOPLE. REAL CHANGE.

NEED HELP? START HERE.



Turning empathy into action.

YOU ARE NOT ALONE. TAKE ONE STEP.

WHAT DO YOU NEED MOST RIGHT NOW?



A PLACE TO STAY

Shelter & housing help



FOOD

Meals, food banks & programs



SOMEONE TO TALK TO

Mental health & crisis support



HELP FIGURING THINGS OUT

Community Navigators can help



MONEY & SUPPORT

Income support, bills, ODSP, Ontario Works

HELP IS AVAILABLE ANYWHERE IN CANADA



IN IMMEDIATE DANGER?
Call 911 for police, fire or ambulance. Available 24/7.



DON'T KNOW WHERE TO START?
Call or text 211
Visit 211.ca
Free | Confidential | 24/7



MENTAL HEALTH CRISIS?
Call or text 988
Free | Confidential | 24/7
Support for anyone in Canada.



NEED LOCAL HELP?
Find shelter, food, income support, health services and more.
Use our Find Help tool:
PATHTOSOMEWHERE.CA/FIND-HELP



RESOURCES IN OTHER LANGUAGES?
Visit:
211.ca/languages
Many services are available in multiple languages.



NEED TO TALK?
You are not alone.
Reach out. Support is here.



SCAN TO FIND MORE LOCAL RESOURCES
PATHTOSOMEWHERE.CA/FIND-HELP

PEOPLE AREN'T FAILING SYSTEMS. SYSTEMS ARE FAILING PEOPLE.



PATH TO SOMEWHERE FOUNDATION



Empathy. Action. Change.



Together we build stronger communities.

GET INVOLVED.
DONATE.
MAKE A DIFFERENCE.

Learn more or find resources at PATHTOSOMEWHERE.CA

START HERE. STEP BY STEP.

YOU CAN GET THROUGH THIS. ONE STEP AT A TIME.



Turning empathy
into action.

FOLLOW THESE STEPS. TAKE IT SLOW.

1



AM I SAFE?

If you are in danger, call 911.
If you need to talk, call or text 988
(crisis support).
You matter. Your safety
comes first.

YOU MATTER.

Your safety is the first priority.
You don't have to face this
alone.



2



REACH OUT

Pick one number or place
from the list on the front.
You don't have to have it
all figured out.

ASK FOR HELP.

People want to help.
One call or visit can
change everything.



3



SAY THIS

"Hi, I'm not sure what to do
and I need help. Can you
guide me?"

IT'S OKAY NOT TO KNOW.

You don't need all the answers.
Asking is a strength, not
a weakness.



4



GET A PLAN

They will help you figure out
your next step. Write it down
(see tracker on back).

WRITE IT DOWN.

Small steps add up.
You don't have to fix
everything today.



5



TAKE ONE STEP

You don't have to fix
everything today.
One step is enough.

YOU ARE STRONGER THAN YOU THINK.

You've already taken the
hardest step—starting.



YOU ARE NOT ALONE.
HELP IS HERE. HOPE IS REAL.
KEEP TAKING ONE STEP.

NEED TO TALK RIGHT NOW?

Call or text 988 (crisis support)
or visit 988.ca



HELP IS AVAILABLE ANYWHERE IN CANADA

911

IN IMMEDIATE DANGER?

Call 911 for police,
fire or ambulance.
Available 24/7.

211

NOT SURE WHERE TO START?

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or visit 211.ca
Free | Confidential | 24/7

988

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FIND LOCAL HELP

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START HERE. ONE STEP AT A TIME.

GET A PLAN. YOU'VE GOT THIS.

WRITE IT DOWN. TAKE IT ONE STEP AT A TIME.

You don't need to have it all figured out today.
Small steps lead to big change.



Turning empathy
into action.

1  **WHAT DO I NEED MOST RIGHT NOW?**
Circle all that apply.

A place to stay Food Someone to talk to Help figuring things out Money & support

Other: _____

2  **WHAT IS MY FIRST STEP?**
What can I do or who can I contact today?

3  **WHO CAN HELP ME?**
List people, places or services I can reach out to.

1. _____

2. _____

3. _____

4  **WHAT WILL I DO TODAY?**
One small step I will take:


5  **WHY DOES THIS MATTER TO ME?**
What am I working toward? Write it down.





NOT SURE WHAT TO DO NEXT?

Call or text 211 in Canada.
They can help you figure it out.
Visit 211.ca
Use our Find Help tool:

 PATHTOSOMEWHERE.CA/FIND-HELP



CALL & CONTACT TRACKER

Keep track of who you contact.
You don't have to remember it all.

DATE / TIME	WHO I CONTACTED	WHAT THEY SAID / NEXT STEP



WORDS TO REMEMBER

It's okay to ask for help.
It's okay to take your time.
You are not alone.
You are doing your best.



TODAY I WILL BE KIND TO MYSELF BY:

_____ 

NOTES / THOUGHTS / REMINDERS



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