

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

LOCAL HELP IN CHATHAM-KENT



R.O.C.K. MISSIONS – CHATHAM

Drop-in support, harm reduction supplies, outreach & connection to care.

39 Richmond St, Chatham

519-351-1450 reachoutck.com



R.O.C.K. MISSIONS – WALLACEBURG

Meals, coffee, peer support & outreach.

233 Nelson St, Wallaceburg

226-626-8996 reachoutck.com



FREE HELP CK

Free food, pantries, seniors meals & community support.

519-990-5178 freehelpck.ca



CK COMMUNITY NAVIGATORS

Free help with housing, jobs, benefits, forms, tax filing & more.

519-355-1380

chatham-kent.ca/
communitynavigators



CHATHAM-KENT CRISIS LINE

24/7 local mental health & crisis support.

1-866-299-7447

<https://cmha.ca/find-help/if-you-are-in-crisis/>



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.



FOLLOW THESE STEPS. TAKE IT SLOW.

Turning empathy
into action.

1



AM I SAFE?

If you are in danger, call 911.
If you need to talk, call the
Crisis Line: 519-354-8646.

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 9-8-8

You deserve to be heard. We're here to listen.
A safe space to talk, every day of the year.

24/7



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](https://pathtosomewhere.ca)

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

START HERE. ONE STEP AT A TIME.

GET A PLAN. YOU'VE GOT THIS.



Turning empathy
into action.


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.

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 visit a Community Navigator.
They can help you figure it out.

CK COMMUNITY NAVIGATORS
📞 519-355-1380 🌐 [chatham-kent.ca/
communitynavigators](http://chatham-kent.ca/communitynavigators)



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



YOU DON'T HAVE TO DO THIS ALONE.
HELP IS HERE. HOPE IS REAL.
KEEP TAKING ONE STEP.



NEED TO TALK RIGHT NOW?

Call or Text 9-8-8

You deserve to be heard. We're here to listen.
A safe space to talk, every day of the year.



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