

We've all been there.

You walk or drive past someone holding a sign asking for help. Your heart breaks for them. But you're not sure how best to help them.

Do you give them money? What's the best way to show them true compassion?



HOW TO (REALLY!) HELP A HOMELESS PERSON

Here's what to do (and NOT to do) when you see a homeless person on the street.

WHAT TO DO

1. ACKNOWLEDGE THEM/TREAT THEM WITH DIGNITY

Say hello. Make eye contact. Smile. If the situation feels safe (public, in daylight), take a little time to talk with them. A brief conversation in a friendly, respectful manner often restores their dignity and may also lift their spirits, as many of them battle depression, loneliness and other struggles.

2. BE PREPARED TO HELP BY GIVING FOOD/SUPPLIES

Offer an alternative to giving money by keeping "help packs" with important food and supplies in your car trunk, purse or other carry-all bag when you go out. When you encounter someone who needs help, you'll be ready!

3. DIRECT THEM TO BRIDGEPORT RESCUE MISSION

Print and include the following form in your "help pack" – it lists some of Bridgeport Rescue Mission's services and programs.

WHAT NOT TO DO

1. HAND OUT MONEY

You want to help them because your heart breaks. But the gift from your heart may go toward drugs or alcohol – exactly what you don't want! Giving them money often means they won't get the help they really need.

2. GO SOMEWHERE PRIVATE

Use discernment, especially if you're alone. Stay in public areas, in daylight when possible, and make sure other people can see you. Don't give anyone a ride – it's better to provide a bus pass and directions to Bridgeport Rescue Mission.

HELP IS HERE

Check out help available to you at Bridgeport Rescue Mission.

no alcohol/drugs policy on our premises.

CREATE A HELP PACK!

The following form (pages 2-3) is a printable handout with important information about services and programs at Bridgeport Rescue Mission. Combine it with a bus pass and a food item like a protein bar or crackers, and give this "help pack" to the men and women you encounter on the street.

BY BEING PREPARED, YOU'LL OFFER HOMELESS PEOPLE REAL HELP, NOT A HANDOUT.

cut along line

Check out help available to you at
Bridgeport Rescue Mission.

HELP IS HERE



(203) 333-4087 | BridgeportRescueMission.org

*All services are provided free of charge because of the
caring and generous people in coastal Fairfield County.*

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Daily Meals | 1088 Fairfield Avenue, Bridgeport, CT

Breakfast: 6:45 a.m. - 7:15 a.m.

Lunch: 12:30 p.m. - 1 p.m.

Dinner: 5:30 p.m. - 6 p.m.

Men's Emergency Shelter

Call (203) 333-4087

Women's Emergency Shelter

Call (203) 540-5449

Guest House for Women & Children

Call (203) 908-3955

Food Pantry | 1088 Fairfield Avenue, Bridgeport, CT

Mondays, Tuesdays, Thursdays & Fridays: 2 p.m. - 3:30 p.m.

Need photo ID to register.

*To ensure safety and comfort for others, there is a
no alcohol/drugs policy on our premises.*

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