



WHY HOUSING MATTERS FOR YOUR HEALTH

## RENTING 101 - HEALTH, SAFETY AND STAYING WELL

Stable housing is one of the strongest predictors of good health, it supports:

- 1) **Better Sleep**
  - Improves mood, memory, and healing
- 2) **Reduced Exposure**
  - To violence, weather, and infections
- 3) **Improved Mental Wellbeing**
  - And sense of control
- 4) **Safer Storage**
  - For medications, food, and belongings



YOUR STORY MATTERS. YOUR HEALTH MATTERS.  
AND YOU DON'T HAVE TO WALK THIS PATH  
ALONE!



WHERE

COMMUNITY

PARAMEDICS CAN

HELP:

- Wound Care
- Mental Health Support
- Medication Help
- Advocacy for Housing
- Connections to Community Services



## HEALTHY BEHAVIOURS WHILE UNHOUSED

- **Hydration & Nutrition**
  - Drink Water Often
- **Protect Your Skin & Feet**
  - Change socks when you can
  - Keep wounds clean & covered
  - Use lotion to prevent cracking
- **Substance Use Harm Reduction**
  - Never use alone
  - Carry Naloxone
  - Access safe supplies
- **Mental Health Actions**
  - Talk to support staff
  - Ask for a Wellness Check
  - Use breathing technique

Withdrawal Management (Home Detox)  
Community Paramedic Support  
(306) 975-8803

