

10 practical ways to help someone experiencing homelessness



**Simple, safe actions you can take –
even if you don't know where to start**

Brought to you by GIVIT.org.au, providing essential
goods and services to people in need.

GIVIT

What would you do

if someone you cared about needed help?



Hundreds of thousands of people across Australia are experiencing homelessness or housing insecurity, but many people feel unsure how to help, or worry about doing the wrong thing.

If that's you, you're not alone.

This guide gives you **clear, practical steps** you can take to support someone **safely and meaningfully** – whether it's a friend, neighbour, colleague, or even a stranger in need.

Why this matters



Around 289,000 people

accessed specialist homelessness services in 2024-25 alone.



Every 2½ minutes

someone impacted by homelessness requested a good or service from GIVIT.



How to recognise

when someone may need support

Homelessness isn't always visible.

Someone experiencing housing insecurity may be:

- ☒ Sleeping rough, in their car, or in temporary accommodation
- ☒ Frequently moving between friends' or family members' homes
- ☒ Experiencing fatigue or low energy due to poor nutrition, or regularly going without meals
- ☒ Lacking access to transport, technology or basic household essentials
- ☒ Struggling to pay rent, bills or other everyday expenses
- ☒ Wearing the same clothing for extended periods
- ☒ Experiencing stress, anxiety or social isolation
- ☒ Facing eviction or living in unsafe housing conditions

Recognising the signs can be the first step in helping someone access support.

10 quick & easy ways

that you can make a real difference



1. Support a real person with a real need

Donate directly to a specific request through GIVIT – whether it's groceries, fuel, clothing, a phone, or help with essential services.

Why it matters: Your support meets an immediate need and helps someone rebuild their life.



2. Give to a trusted appeal

Support GIVIT's Homelessness Appeal, where 100% of publicly donated funds received by GIVIT's Homelessness Appeal will be used to buy essential goods and services for people experiencing or at risk of homelessness.

Why it matters: Your donation goes exactly where it's needed most.



3. Learn how to respond with kindness and dignity

Take time to understand the realities of homelessness and how to engage respectfully with people facing hardship.

Why it matters: A kind conversation, free from judgement, can help people feel seen, valued and supported.



4. Educate yourself about homelessness

Learn about the causes of homelessness and the challenges people face when trying to secure stable housing.

Why it matters: Greater understanding helps break down stereotypes and encourages compassionate action.



5. Donate quality items you don't need

Items such as bedding, kitchenware, furniture, clothing and household essentials can make a significant difference for someone moving into secure housing.

Why it matters: What you no longer need could help someone create a safe, comfortable place to call home.



6. Support local organisations tackling homelessness

Attend community events, fundraisers or awareness campaigns that support people experiencing homelessness.

Why it matters: Community support helps organisations continue delivering vital services to those who need them most.





7. Stay informed and connected

Subscribe to updates from organisations like GIVIT.

Why it matters: You'll discover opportunities to help when support is needed most.



8. Offer your skills or time

Volunteer your expertise, whether it's administration, trades, transport, professional services or other practical support.

Why it matters: Your skills can help people build confidence, access services and move towards long-term stability.



9. Share stories that inspire action

Help raise awareness by sharing GIVIT stories on social media to raise awareness.

Why it matters: The more people who understand the issues, the more support can reach those doing it tough.



10. Start with one small action today

You don't have to solve homelessness on your own. Donate an item. Make a contribution. Volunteer your time. Share a resource.

Why it matters: Small acts of kindness, multiplied across a community, can create lasting change.

Real impact

A fresh start for Tom



After months of sleeping in his car following a job loss, Tom finally secured a rental property. But he had almost nothing to furnish it. Through GIVIT, donations of a lounge, bed, fridge, and essential household items helped transform an empty house into a home.

This is the impact your generosity makes.

What GIVIT does

Not-for-profit GIVIT connects people who want to help with people who need it most.

Through our online platform, you can donate:



Money



Essential goods



Time or skills

Every donation is matched to a real person with a real need - so your support goes exactly where it's needed, with maximum impact.

How GIVIT helps people experiencing homelessness

When people lose stable housing, they often lose far more than just a roof over their head. Many are forced to leave behind furniture, household items, clothing and other essentials. Others move into housing after months of instability with little to start over.

GIVIT connects individuals and families with exactly what they need to regain stability, dignity and independence. From groceries and clothing to beds, furniture, technology and essential household goods, every donation helps someone take an important step forward.

It's practical support that makes a fresh start possible for people experiencing homelessness and housing insecurity.

The reality of demand



Almost 289,000 people sought support from homelessness services in 2024-25.

Real impact



Since 2020, GIVIT has delivered over **1.4 million essential goods and services, worth over \$22 million** to people at risk of homelessness.

What people need most

Right now, based on statistics from GIVIT and charity partners, some of the most requested items include:



Food and groceries



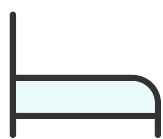
Medication



Toiletries



Clothing



Furniture and whitegoods

Your quick action checklist



Learn to recognise the signs



Choose one way to help



Take action today



Share this resource with others

Ready to make a difference?



Explore real needs you can support right now



Donate, volunteer, or give items



Help someone rebuild their life today

Because nobody should have to start over alone.

[Head to our website to see how you can help](#)

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