



I bounced around different jobs, because of self esteem issues and depression which resulted in me fighting with my parents. It was getting really toxic on both sides. I ended up wanting to leave, and my counsellor brought me into the youth shelter.

I was 20 when I left. The first night in the shelter I was lonely, sad and scared because I didn't know what was going to happen to me, and it wasn't home.

Now my situation is better. In here I feel safe, and know that I have a stable roof over my head. I can plan things out more. Here I have my own food and my own room. I get a lot of support from the staff to help me find a job and permanent housing. I have people to talk to when I'm upset. I've met a lot of different people and some have turned into really good friends. My relationship with my parents is better now, although I'm not at home with them, so I miss them.

There are more homeless kids out there than you think. You are not alone, we can all help each other. Talk to people you trust, so that they can understand you and your situation.

Call 211. It's free.  
24 hrs/day

— Marissa, homeless at age 20