

CARLOS' STORY

Watch: vimeo.com/covhouse/carlos



What about Carlos' story surprised you? What inspired you?

Carlos was finally able to talk about his depression while at Covenant House. Who do you turn to when you're feeling down or facing a challenge?

Carlos struggled with his mental health while he was homeless. What other challenges might young people face while they're also experiencing homelessness?

Carlos grew up in an abusive home where they didn't talk about mental health. What do you think parents could do to support their children's mental health and make them feel safe? What about siblings or friends?

Carlos found Covenant House online and walked 8 miles to find safety there. While you are sleeping out tonight, imagine if you had to walk 8 miles to find shelter. How would you feel?

What questions about youth homelessness do you still have?
(Tip: email sleepout@covenanthouse.org and we can help!)

