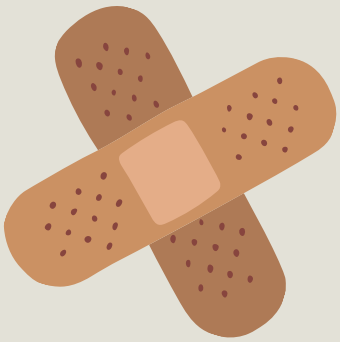


Mutual Aid



What is Mutual Aid?

Originally practiced by Black, Indigenous and Chinese Americans, Mutual aid can be best described as the collective cooperation to serving members of a community. This is critical since mutual aid helps fill in the gaps the system leaves when it is unable or unwilling to aid those in need with the intent of eliminating the cultural stigma of needing assistance to meet basic needs.

What does it look like?

Mutual aid can looking like providing or receiving goods and services without the expectation of reimbursement. This can look like funding for an individual or organization, providing food or teaching a skill such as sewing or how to prepare meals. It can even look like helping a friend move.

Mutual Aid + Homelessness

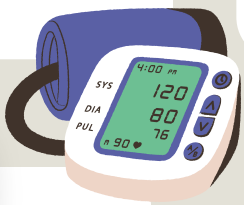
Individuals who are experiencing homelessness or are at risk, demonstrate particular needs. Meeting these needs can look like:

- **Allocation of funds**
- **Community healthcare** (ex. free blood pressure screenings, free HIV and STI testing, etc.)
- **Food and clothes drives**
- **Legal support** (can be critical in system that criminalizes homelessness)

How can I help?

Speak about mutual aid not only in your interpersonal circles but with your community. Speaking openly about mutual aid can reduce stigma, normalize reaching out for help and foster community. Giving what you can toward the community is also imperative. This isn't exclusive to money or material possessions, but can also be time dedicated to serving the community. Because of this, mutual aid is often referred to as "**solidarity not charity**."





Sources

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