

What to do if you have a problem or argument with your housemate in supported housing



Other people you live with in [supported housing](#) are your housemates.

Housemates are people you live with who are not your family.



Having a problem or argument with your housemate is never a nice thing.



It can make you angry and upset.



You might even start thinking about moving out.



But moving out is a big decision because:



- it can be very difficult to find a new place



- the new place could be even worse than where you are living now



- you could become homeless.



It is a good idea to try to make things better first.

If problems are fixed, you might enjoy living with your housemate again.



Speak to your housemate if you can

Try to speak to your housemate to see if you can work things out together to make things better.

Only speak to your housemate if it is safe.

Do not put yourself at risk of being hurt.



Ask someone for help to talk to your housemate

Speak to your support worker , social worker or a family member about what is going on.

They could give you advice about what to say and do.

You could also ask them to:



- talk to your housemate in a calm way



- tell the landlord about your housemate's behaviour



- organise a meeting for you and your housemate to talk.



Organise a meeting to talk to your housemate

Your support worker, social worker or a family member could help you have a meeting with your housemate.

Having a meeting could help you sort things out and agree how to make things better in the future.



Your support worker or social worker could also talk to you and your housemate separately.

Knowing each other's feelings and points of view can make it easier to agree what to do to make everyone feel better.



Think about telling your landlord

You could tell your landlord about your housemate's behaviour.

Your landlord could:



- warn your housemate about their behaviour



- give them a notice to leave.



Your landlord could also offer to move you or your housemate to another place if they have one.



But your landlord could tell you to solve the problem yourself.



Or they could give you a notice to leave.



Call the Learning Disability Helpline on **0808 808 1111** for advice if you are told to leave.



Only tell your landlord if you think it is safe.

Do not put yourself at risk of being hurt by your landlord or your housemate.



Always tell your support worker, social worker or a trusted family member or friend if someone:



- hurts you or says they will hurt you



- scares you



- takes your money.



Call the police on **999** if someone is treating you badly or hurting you.



Call the Learning Disability Helpline on **0808 808 1111** for more advice on what to do.



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