MENTAL HEALTH & EXPERIENCING HOMELESSNESS

HOMELESS ACTION NETWORK OF DETROIT

Here we examine the Inverse relationship between mental health & experiencing Homelessness. Mental illness can contribute to homelessness and homelessness can worsen mental health.

1. EMPLOYMENT AND FINANCIAL INSTABILITY

Mental illness can impact a person's ability to maintain employment and earn a stable income, increasing the likelihood of poverty and homelessness.



2. SOCIAL ISOLATION AND SUPPORT

Mental health conditions can make it difficult to form and maintain social connections, which can lead to isolation and reduce access to support systems that can help prevent homelessness.

3. TRAUMA AND ITS IMPACT

Experiencing homelessness can be a traumatic event, leading to the development of mental health problems like PTSD or exacerbating existing trauma-related issues.



4. EXACERBATION OF EXISTING CONDITIONS

The stress and trauma of homelessness can trigger or worsen pre-existing mental health conditions, such as anxiety, depression, and PTSD. making it more challenging for individuals to manage their symptoms and access necessary treatment.

5. SUBSTANCE USE AS A COPING MECHANISM

Some individuals with mental health conditions or experiencing homelessness may turn to substance use as a coping mechanism, further complicating their situation and increasing the risk of homelessness or mental health decline.



SOURCES

https://bit.ly/3EBxnqo
https://bit.ly/443nlZm
https://bit.ly/42PKPz3