

Homelessness and Mental Illness

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Imagine a man on the streets, who society has forgotten. This man emits the smell of garbage; he has not bathed in months. This man sits quietly mumbling to himself. To the outer world he is just one of the many homeless, but little does society know that this man has a mental illness as well. Homelessness and mental illness are linked. These two happenings have similar beginnings. [Homelessness](#) is influenced by drug and alcohol disuse, being homeless at a young age, money problems, and trauma symptoms. Mental illness is caused by many of the same things, but it can also happen at birth. The effects that each entity has on a person are comparable. Rehabilitation is a necessary process if a victim of homelessness and or mental illness wants to rejoin society. Homelessness and mental illness have similar, if not the same causes, effects, and rehabilitations. Although homelessness and mental illness are two separate experiences, they have similar starts. Those that suffer from infantile misfortune are probable to becoming homeless by the time they are adults and could have physical or mental health difficulties (Montgomery et al. S265). Having a history of abuse, being a woman, and long periods of homelessness are big factors in the development of a mental illness (Helfrich et al. 116). The victimization state of mind experienced by many homeless is detrimental in why they cannot cope with their current situation. This also means that they could focus too much on one thing and become hysterical or paranoid. Witnessing a traumatic event is increased

by homelessness and is more likely to cause mental disorders (qtd. in Helfrich et al. 116).
Illnesses like PTSD are linked directly to the victim seeing a traumatic scene (Helfrich et al...

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