

Conclusion

To summarize, the homeless community is very likely to experience some mental health issues because of the way of life they are exposed to (Poole, 2015). For example, living on the streets can be very dangerous and can lead to homeless individuals feeling very vulnerable and isolated from society (Academia, 2018). This can lead to the homeless individuals having negative thoughts and can induce mental health problems (American Psychological Association, 2018). Homeless people are also stigmatized by society for living on the streets and are being labelled in a certain way which can influence their opinion of themselves and affect their self-esteem in a negative way (Canadian Observatory on Homelessness, 2017). Additionally, prior to individuals living on the streets, mental health problems can begin before they are homeless (Aratani, 2009).

This is a problem because once an individual starts to have mental health symptoms they need support from surrounding agencies or their family and friends (Mental Health Foundation, 2018).

However, as previously stated, some individuals become homeless because of family breakdown and they do not have anyone to ask for financial help (The Salvation Army, 2018). Finally, some homeless people are too embarrassed to ask for assistance from agencies like counselling or Foodbanks. This can lead to their mental health being affected because if they do not have any social interaction this will eventually lead to feelings of isolation and loneliness being experienced by the homeless person (CTLawHelp.org, 2015).



This image illustrates a homeless person looking very depressed and wearing wet clothes which can be dangerous for an individual living outside because he may become sick (Blog contents, 2004). Also, he does not have many possessions, so overall he is most likely to be experiencing mental health problems due to the lack of company and feelings of isolation (Mind, 2013).

The Homeless community and Mental Health



(Interactive, no date).

This image conveys a homeless person looking very distressed, they do not have many possessions and it is very likely that this man is experiencing some mental health issues due to his environment (Poole, 2015).

The Homeless community and Mental Health

The homeless community can be very vulnerable due to living on the streets (Shelter, 2018). This enhances the likelihood of homeless people experiencing mental health problems (GOV.UK, 2016). An example of the reasons why homeless people can suffer from poor mental health is as follows: they do not have the luxury of 'affordable and safe accommodation that brings stability and security' (Mental Health Foundation, 2018). Another example is the 'stress of experiencing homelessness may exacerbate previous mental illness and anxiety, fear, depression, sleeplessness and substance use' (Canadian Observatory on Homelessness, 2017). However, when considering why a person would experience mental health issues when they are homeless, it is essential to consider the catalyst of becoming homeless to begin with and how that affected their mental health (Academia, 2018).



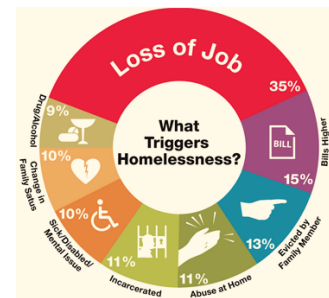
(MDN Limited, 2018).

This image illustrates a sense of vulnerability displayed by the homeless person (Hazelden Foundation, 2016). This can be shown through them having no other option than to sleep on the streets and the way this individual covers the majority of their head shows through their body language that they are feeling uncomfortable about sleeping on the streets (Bloomer, 2016).

Catalyst to becoming homeless– job loss

'A number of different personal and social factors can contribute towards people becoming homeless' (Shelter, 2018). An individual losing their job can cause homelessness because they no longer have a regular income. Therefore, they may start to find it difficult to pay bills etc. (Helpguide.org, 2018). Then eventually if this individual cannot find another means of employment, it could lead to their home being repossessed and they become homeless (Citizens Advice, 2018). This would have a negative impact on the individual's mental health as the stress of not being able to financially support themselves may lead to negative thoughts (Mind, 2013).

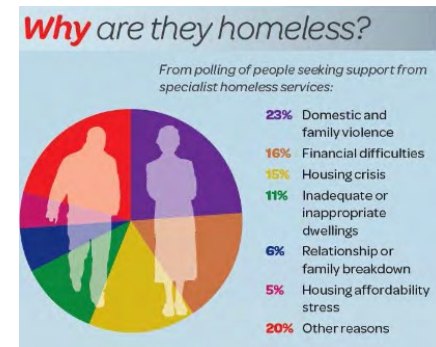
(Nashville Homeless Organizing Coalition, no date).



This pie chart suggests that the main reason individuals become homeless is due to losing their job (The Suitcase Clinic, 2014). This may be the biggest trigger because once an individual loses their job they need to find another one in order to keep their house (Lane, 2016). However, as this pie chart conveys the next biggest trigger is their 'bills are higher than their earnings' (Office for National Statistics, 2016). If this is the case and they have already lost their occupation they no longer have a regular income which would damage their chance of paying their bills and their house being repossessed (GOV.UK, 2015).

Another reason– family breakdown

The most common reasons people give for losing their accommodation is that a friend or relatives are no longer able to provide support or because of relationship breakdown (Homeless Link, no date). Family breakdown may cause homelessness, if an individual has financial problems, the majority of people would ask their family for some support (State of Victoria, 2017). However, if this cannot be done due to a breakdown in the relationship, the individual may not have anyone to support their needs (Lifeline Australia, 2016). Also, some individuals may feel embarrassed to ask for guidance off other agencies such as Job Seekers or benefit agencies (Farlex, Inc, 2018). As these organizations are stigmatized and individuals have such a negative thought process towards them. Some people may want to completely avoid them no matter how difficult their situation gets (The Regents of the University of California, 1989). This factor may cause mental health issues because if an individual does not have the support of their family members this may cause a feeling of isolation, which can lead to mental health problems such as anxiety (MindWise, 2015).



(Kidgell, M. et al, 2015).

This pie chart conveys that the majority of people become homeless due to domestic and family violence (Bernier, 2010). Therefore, suggesting that family problems can have a major effect on the mental health of an individual which could lead to homelessness (Australian Institute of Family Studies, 2018).

Homeless persons and mental health problems

Facts about homeless people

‘Homelessness and mental health often go hand in hand and can be a self-fulfilling prophecy’ (Mental Health Foundation, 2018). This conveys that homeless people will inevitably endure mental health problems due to their surroundings (The Socialist Party of Great Britain, 2018).

‘In 2015, 32% of single homeless people reported a mental health problem and depression’ (Mental Health Foundation, 2018). This could be due to the loneliness of the streets but also the pressure to become involved in substance misuse (Public Health England, 2015). The problem of feeling isolated from their peers, family members and society, could also result in the homeless person having some negative feelings (Mind, 2013).

Homeless people within Wales

Within Wales there are ‘3.9 households for every 1,000’ that are homeless (BBC, 2018). ‘The population of Wales has risen by 0.5% and now stands at 3,113,200 people’ (Media Wales Ltd, 2018).

‘The Housing (Wales) Act 2014 introduced a duty on local authorities to provide housing advice and assistance to everyone within their local area’ (Barton, et al, 2018). This conveys that the government has created a system where individuals that are close to becoming homeless can seek some guidance on how to avoid it (Debate.org, 2018).

Agencies of support for homeless people with mental health issues

‘Nearly 70% of people accessing homelessness services state they have a mental health issue of some kind’ (Homeless link, no date). There are many agencies of support that are available to the homeless community who are dealing with mental health problems (Mind, 2013). For example, counselling is available to those who have a mental health problem which provides support and guidance on methods to cope with mental health issues (NHS Choices, 2017). Another support system that is available to homeless people suffering from mental health problems is food banks that will reduce the stress of the individual trying to find food each day (Reg Charity in England & Wales, 2018). Food banks are a brilliant support system for the homeless community, as they are an aid for them to receive when they need food and also they receive social interaction that may help them not feel isolated (House of Commons Hansard, 2013).

Maslow’s Hierarchy of Needs

According to Maslow an individual can only be completely content when they have reached the top layer of the pyramid (McGuinness, 2018). Therefore, homeless people would not even reach the physiological needs layer because to cover this an individual needs food and water to consume (Kenyon, 2016). This conveys that with Maslow’s opinion in mind the homeless community will never reach their complete ‘self-actualization’ (McLeod, 2017).



(Murray, no date).

This image conveys Maslow’s Hierarchy of Needs theory (Taylor, no date). Where he believes that an individual has to reach each level of the pyramid in order to reach the top (Bilash, 2009). Therefore, if homeless people have mental health problems they will not reach this goal (The British Psychological Society, 2018).