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How Mental Health Affects Adults Mental Health

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How Mental Health Affects Adults Mental Health

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Grand Island High School 2022

University of Nebraska-Lincoln



Abstract

Homelessness has been a problem in the USA and around the world for thousands of years. The number of homeless people in the USA is also continuing to increase throughout the year due to the shortage of affordable rental housing as well as the increase in poverty. The state of homelessness has been proven to affect adults' mental health quicker throughout the years, affecting their mood, thoughts, and most importantly, their actions.

Key Points

- Studies show that about 50% of all Americans that find themselves homeless end up in a depressed state.
- In a recent survey 42% of homeless people reported to having had an increase of anxiety explaining that these mental health difficulties have limited the activities in their daily lives.
- Common health problems include bipolar/mood disorder, schizophrenia, and post-traumatic stress disorder (PTSD).
- Homeless people find themselves unable to communicate and act normally in public spaces due to emotional or chemical imbalances.



Collier, Kaila. "What Does Mental Health Mean to You: The A&T Register." The A&T Register | The Student News Site of North Carolina A&T State University, 24 Sept. 2021, <https://ncatregister.com/18993/the-word/what-does-mental-health-mean-to-you/#modal-photo>.



Dale-Harris, Mieke. "Graphics: Mental Illness and Homelessness." Development Roast, 14 Jan. 2013, inesad.edu.bo/developmentroast/2013/01/graphics-mental-illness-and-homelessness/.

Conclusion & Discussions

The fact is that not many people understand the reason why the homeless end up with addictions, committing crimes or committing suicide. The reason is that homelessness has been witnessed to affect the way that these adults think, speak, and act around other people in the community. So, the US government should increase federal spending on homeless relief organizations for places that would help the homeless improve their mental health.

Works Cited

- Clark, Colleen. *Homelessness: Prevalence, Impact of Social Factors and Mental Health Challenges*. Nova Science Publishers, Inc, 2014. EBSCOhost, <https://search-ebSCOhost-com.ezproxy.wsc.edu/login.aspx?direct=true&db=e000xna&AN=841245&site=ehost-live>.
- Why Are People Homeless? <https://nationalhomeless.org/publications/facts/Why.pdf>.
- "Homeless Concept.pdf - a Study of Homelessness an Interactive Qualifying Project Submitted to the Faculty of Worcester Polytechnic: Course Hero." *Homeless Concept.pdf - A Study of Homelessness An Interactive Qualifying Project Submitted to the Faculty of WORCESTER POLYTECHNIC | Course Hero*, <https://www.coursehero.com/file/99307023/Homeless-conceptpdf/>.