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Submission date: 09-May-2021 09:35AM (UTC-0400)

Submission ID: 1581811815

File name: Causes_of_Homelessness.edited.docx (12.71K)

Word count: 356

Character count: 1801

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The Mental and Physical Causes of Homelessness.

Homelessness can be described as living without a home, either in shelters or the streets. This is brought about by a couple of factors that can be classified as either mental or physical. Understanding the mental health of the homeless requires one first to understand their reasons for being that way in the first place or the circumstances that lead to their situation.

Most causes of homelessness are intertwined with the effects of homelessness itself. Physically, homeless people face hindrances to school attendance and, as such, lack proper education. In light of this, they are mentally unprepared for the job-seeking society, and therefore most remain poor. Poverty, which is one of the major physical causes of homelessness. The causes of homelessness are different for individuals but describe the same thing whereby some are common for most of the people affected.

Drug abuse can take a toll on family bonds and the mental health of most users; this is another cause of homelessness. Most addicts are mentally unable to recognize that they need help; as such, their behavior takes a toll on their bonds with family and friends, which might lead them to feel alone and left out. In that sense, the physical action of taking drugs leads to the mental reason for leaving home.

Domestic violence is one other reason for homelessness where children and even adults are forced to leave their homes to avoid the same. Violence of any kind causes emotional torture and trauma, which affects the persons affected for the entirety of their lives. Abused children will find it easy to live independently and avoid beatings and other sorts of violence. This is because they don't need much money to survive on their own. This, however, leads to a lack of education and eventually poverty and a cycle of homelessness.

In this view, homelessness is a direct effect of poor mental health due to physical abuse or unfavorable physical situations.

Works Cited

Martens, W. H. "A review of physical and mental health in homeless persons." *Public health reviews* 29.1 (2001): 13-33.

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