



DO PEOPLE CHOOSE TO BE HOMELESS?

No, and here's why:

It is easy to mistake someone's *skill* and *confidence* to survive outside with 'choosing' to live outside.



Safety:

Living without a home leaves people susceptible to all kinds of crime and harassment.

Physical & Behavioral Health Worsens:

Substance use disorders and mental health illnesses are both a cause of homelessness and a result of the trauma of homelessness*.

Physical health worsens the longer someone lives outside.

Source: <https://www.samhsa.gov/data/report/2018-nsduh-annual-national-report>



The Bottom Line:

- Homelessness is exhausting.
- Everyone's story and needs are different.
- Don't make assumptions.
- For some, living on the streets is 'better' than the house they left.
- People experiencing homelessness are in trauma.
- It takes time to build trust, adjust to a new reality, and recover from the trauma of homelessness.
- **Show kindness.**