

Mental Health & Homelessness: A Closer Look

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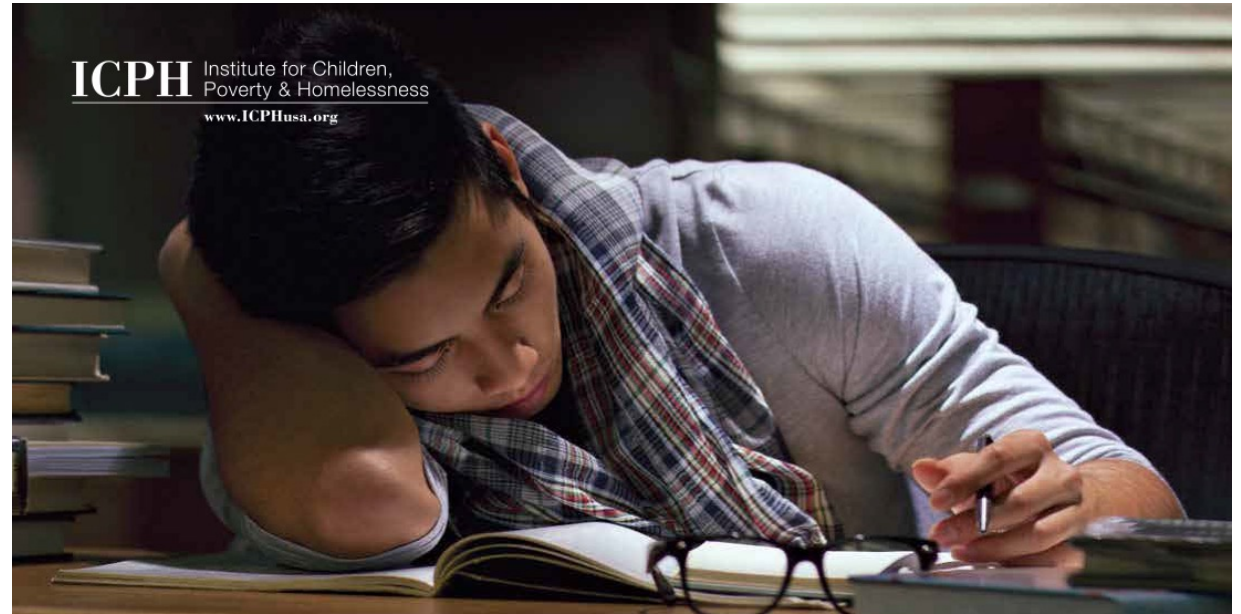
ICPH Institute for Children,
Poverty & Homelessness

www.ICPHusa.org

Homelessness is more than a lack of housing

Homelessness not only impacts a child's education, but also their **health and wellbeing**.

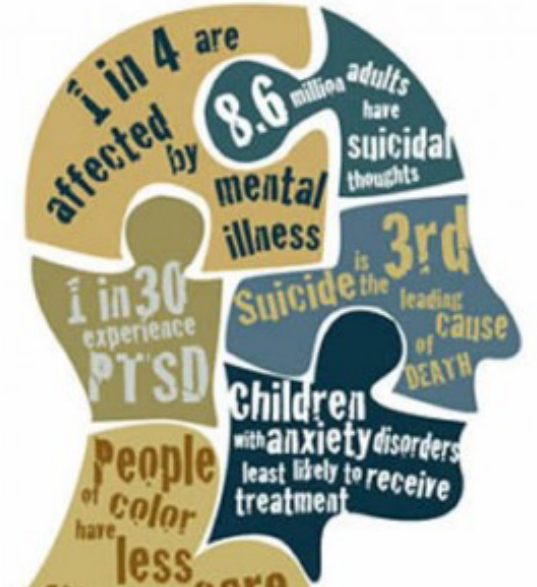
It is a **traumatic** experience: loss of home, friends, routine, security/feeling of safety.



Homelessness impacts mental health

Chronic stress and trauma place homeless students at higher risk for

- Anxiety
- Depression
- PTSD
- Suicidal thoughts
- Disruptive behavioral disorders
- Relationship violence, sexual assault and exploitation

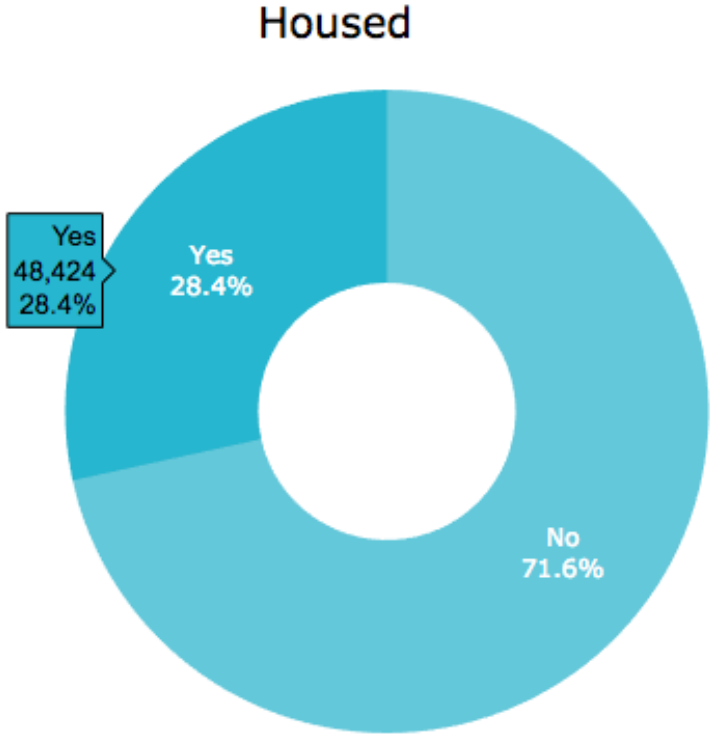
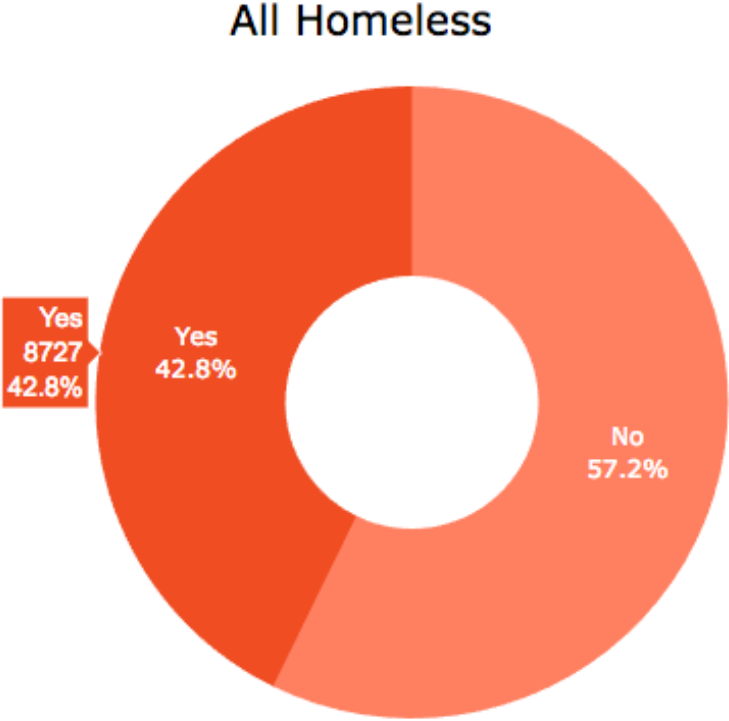


But less than 20% of children and adolescents with diagnosable mental health problems receive the treatment they need.

Homeless high school students struggle with depression

Depression rates are most severe for **homeless** high school students.

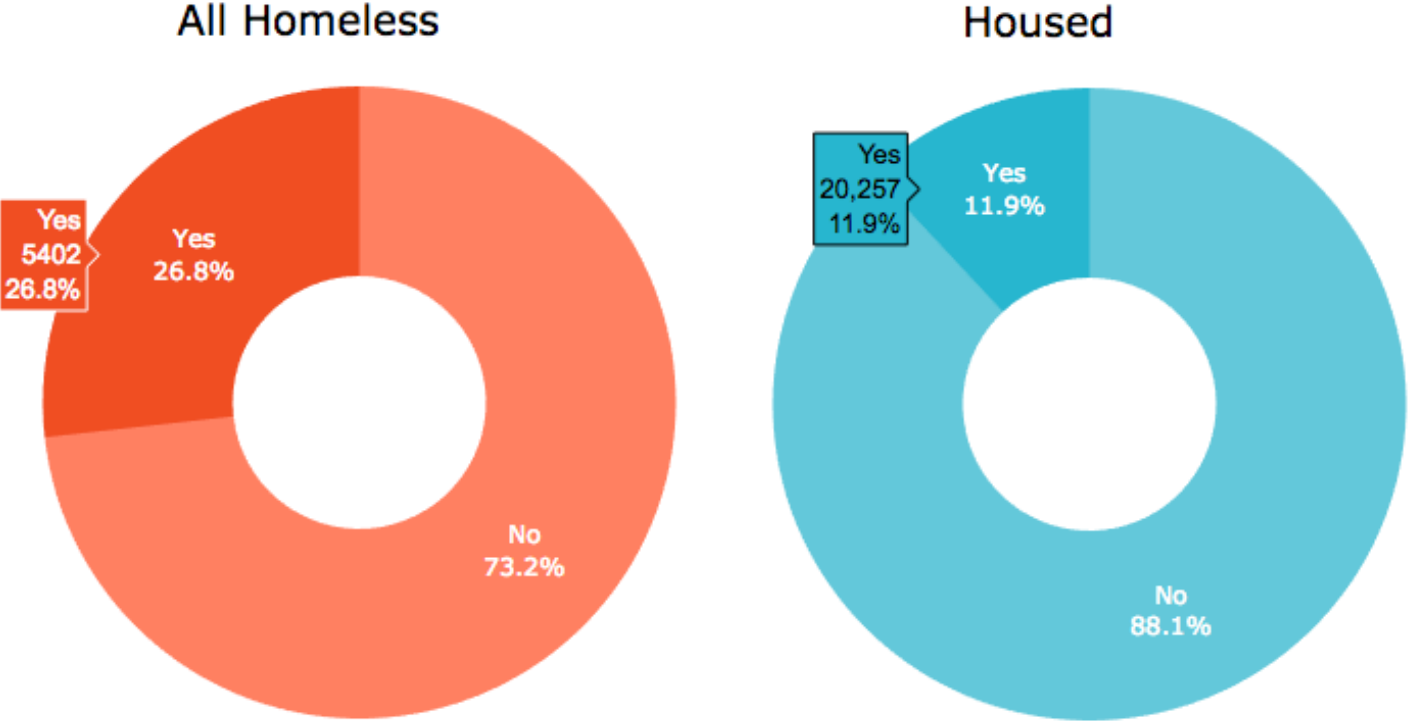
Over 8,700—**close to half (43%)**—felt so sad or hopeless that they stopped participating in some of their usual activities.



Suffered from depression in the last 12 months

Homeless high school students think about ending their lives.

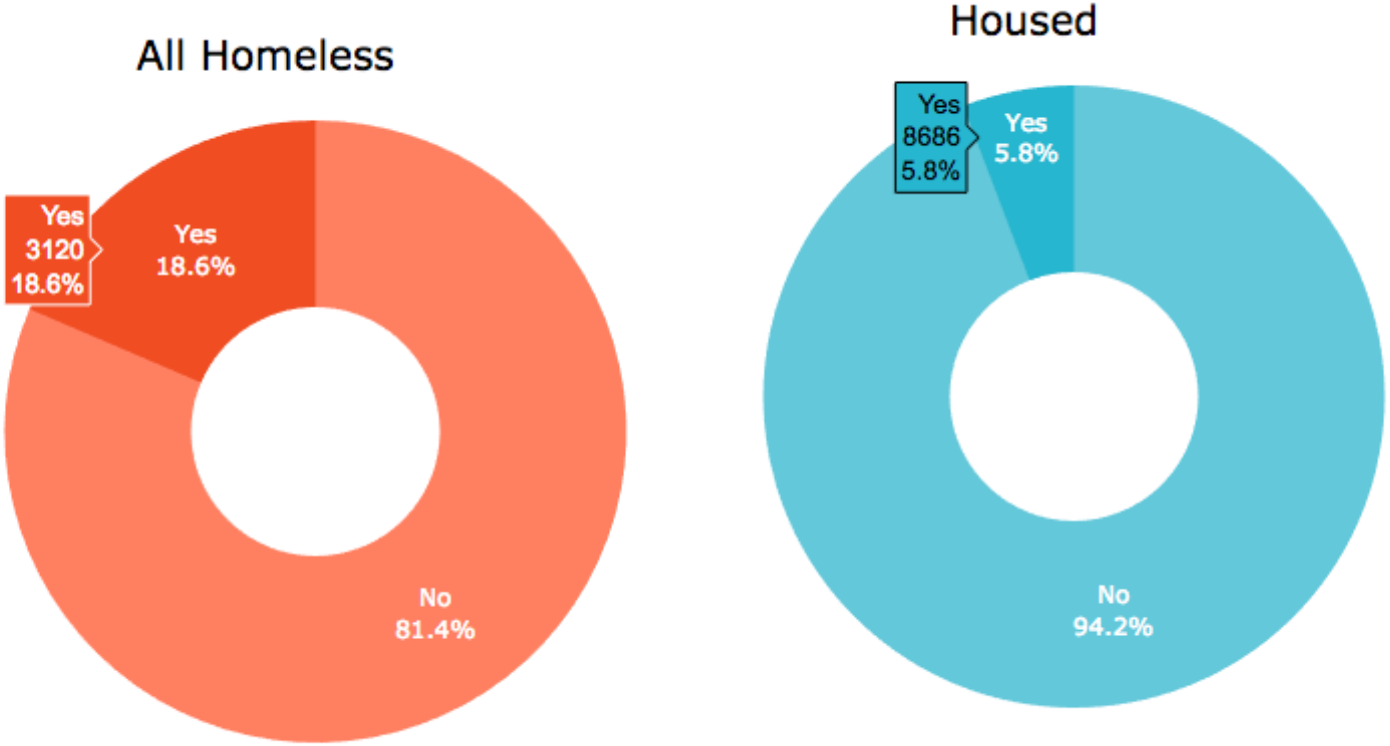
One in five high school students who considered suicide was homeless—more than 5,000.



Had suicidal thoughts in the last 12 months

Homeless high school students attempt suicide more often.

One in four high school students who attempted suicide was homeless.



Attempted suicide in the last 12 months

What's Next?

Educate the public and elected officials

Data is **crucial**

Homelessness is a **national problem**
and a **local issue**

What are the best **solutions** for your
community?

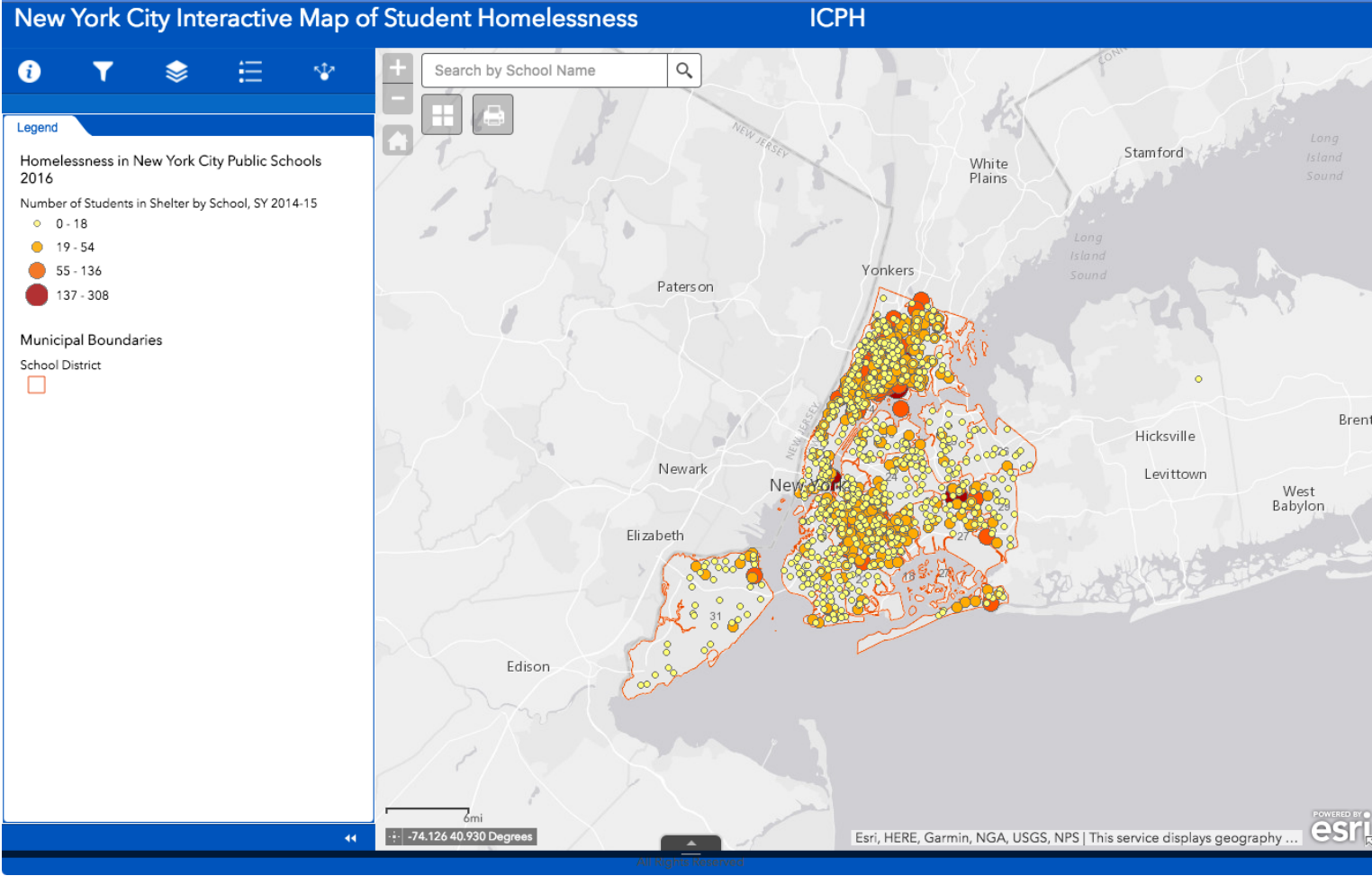
**Homeless high school
students face
greater health risks:**



41%

**suffer from
depression**

What school and neighborhood supports exist?



Thank You!

Thank you to everyone who took the time to share your story.

For info on upcoming events, copies of our research
and to use our interactive data tools please go to:

ICPHusa.org

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