How can we address and prevent veteran homelessness in our communities?

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Everyone deserves to have a place to live, and it is no exception for the people who served our country. Sadly about 49% of veterans do not have a place to call home. In order to help these veterans who do not have a home we should help them fight the causes of homelessness. The causes we should help them with are mental health disorders, physical disabilities, and social isolation.

First of all, we must help homeless veterans get help for their mental health disorders. About 53% of homeless veterans have mental health disorders. There are many ways we could combat these problems. One way that we could help them is by getting them mental health counseling. Mental health counseling will help them work through personal problems and get their lives back on track. In order for this to happen, we will need people to get them the help they deserve.

Veterans also deal with physical disabilities. Many veterans who come home from serving have some type of physical disability. They may have troubles walking, they may have a brain injury, and they even could have lost a limb in battle. We could help these people by getting them regular doctors check-ups that they need and therapy to help them as well. There are people now who are trying to help people with these problems, but not everyone gets the help. Another way we can prevent this is by making them get check-ups to make sure they can perform their duties well.

Lastly, we should help them with social isolation. Every veteran has a story to tell. Some might want to tell it but could be too nervous to. One psychiatrist named Jonathan Shay said this: “In combat, you have to shut down your emotions that do not directly serve survival.” This could be another reason why a veteran might have troubles with social occasions and meetings. As stated by Jonathan, they might be unable to share and speak out about their emotions because of the rigorous training they have been through.

In conclusion, veterans becoming homeless is a terrible problem in our country, but we can do things to help by assisting them with mental health disorders, physical disabilities, and social isolation. This could help us get closer to solving veteran homelessness and making the world a better place for all the brave veterans.