According to the Huffington Post article, “Men and women who risked their lives defending America may be far more likely to die on its streets.” Veteran homelessness is a problem. According to Romeo Vitelli in Psychology Today a total of 310,685 military individuals are homeless. A lot more veterans than people think are homeless. In order to solve the problem of veteran homelessness, the causes need to be recognized.

There are several causes of veteran homelessness that exist. The causes are: disabilities like physical injury or mental illness, substance abuse as in drug abuse or alcoholism, family breakdown, joblessness and poverty, a lack of low cost housing, and post traumatic stress disorder (PTSD). Looking into these for example veterans may receive a physical disability while on duty losing a limb, such as a leg or arm. Mental illness includes PTSD, depression, etc. Substance abuse also occurs. Abuse of drugs and alcohol can be related to mental illness. Veterans lack coping skills in how to adapt to coming back from services. Families also breakdown when servicemen return home from duty. The soldiers no longer can relate to their spouses and divorces happen. Veterans can’t afford to live in medium to high cost homes. They do not earn enough money to buy homes and there are little to no low cost homes available across the country. Usually, the low cost homes are already occupied. PTSD is a problem for veterans. Some have PTSD severe enough that they will freak out when hearing a loud noise. They may even shoot or pretend to shoot a weapon at the noise. These all can lead to homeless veterans.

In order to find a solution to veteran homelessness, the United States must address the causes. Charities already exist to help out veterans, but that is not enough. One solution would be to offer rehabilitation so veterans can adjust back to their regular lives. When soldiers return,
housing should made available to them. Some people may even join the military because they
don't have a family at home. When they return home, they will need a place to live. Another
solution would be to provide therapy for soldiers with PTSD. Instead of turning to drugs and
alcohol, veterans would learn coping skills. If veterans are not helped with these problems, it is
extremely hard to become employed. In addition to the other supports, job training also needs to
be made available.

The people who protect our country deserve our help. There is no real reason why we
should have veterans who are homeless in the United States. All citizens could donate money to
charities, such as the National Coalition for Homeless Veterans, United States Department of
Veteran Affairs, United States Department of Housing and Urban Development, and The
American Legion. No one who has served their country should live without a home.