

Mental Health and Homelessness 10: Activity 1

Use the number next to the term to match to definitions

| Term | no. | Definition |
|----------------------|-----|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1.Mental health | | When people face ongoing barriers that make life harder, such as poverty, discrimination, lack of access to healthcare or unstable housing. |
| 2.Mental illness | | When a person does not have a safe, stable or secure place to live. Homelessness can look different for different people, including sleeping rough, staying in shelters, or moving between temporary places. |
| 3.Disadvantage | | A relationship where two things affect each other. In this context, mental health can affect housing and income, and housing and income can affect mental health. |
| 4.Two-way link | | An integral part of every person's overall health; a state of well-being that involves interrelated patterns of thoughts, emotions and behaviours. It can change over time. It also influences (and is influenced by) other life domains such as work / study, relationships and physical health. |
| 5.Eviction | | Lack of stable, safe or affordable housing. |
| 6.Homelessness | | When a person is legally required to leave their home. Eviction can be very stressful and may increase the risk of homelessness. |
| 7.Housing insecurity | | A repeating pattern where one problem leads to another, making both problems harder to escape. For example, mental health challenges and homelessness can reinforce each other. |
| 8.Vicious cycle | | A health condition that affects a person's thinking, emotions, or behaviour in ways that make everyday life more challenging over a period of time. It is not a personal weakness or a choice. Mental illnesses are influenced by a combination of biological, psychological, social and environmental factors, and people experience them in different ways. With the right support, treatment and understanding, many people learn strategies to manage their mental health and live meaningful, connected lives. |