

Homelessness | Reaching Out for Help

Lidia: Being homeless really affected me because it introduced me to depression. I still had the mentality I am victorious, I am an overcomer, I can do anything, but I could not get out of skid row.

Diane: I lost my job, and that was in February 2007. I ran out of unemployment in September of that year and became homeless. I had nowhere to go. I just stayed drunk the entire time so that I didn't feel anything.

Matthew: It was really easy to fall into a depression. I could go and get a quick high, and that practice led me down the path to homelessness.

Harlan: I couldn't make the house payment, and then I got the car repossessed. So it was a progression. And all of a sudden, I found myself out in the streets with nowhere to go. That's when I went to the VA.

Lidia: Once you get to that point in your life, you know you have to get help.

Patrick: I went through the Homeless Veterans Program. They will give you a place to stay, help you with food. If you are willing to work, they actually have a program where you can work.

Diane: Connecting with other people in this program was paramount in my recovery and the people around me's recovery.

Matthew: Since I've been receiving treatment and actively engaged in it, the interactions that I have with people are getting better. The opportunities that are coming are getting better.

Sandra: Those years of getting therapy for my depression, really helped me.

Patrick: Visit a VA. Talk to other veterans.

Harlan: And they will help you if you want, but you got to reach out.



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