

Why Housing is Important,  
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I wanted to take this opportunity to share that housing is a very important part of being well and staying well, not only for those having difficulties with their mental health, but for everyone. Food clothes and shelter and then people could move on to creating and moving forward with their lives.

I also don't believe that housing should come with any coercion. I was homeless with my children in 1995 and received assistance from shelter plus care. Looking back I could see that I left my ex-husband after building some inner strength within myself. The therapy that I had gotten helped me to get to that point of not allowing his negative behaviors to affect how I was feeling. I started looking to be able to have peace of mind in my home with my children and so I became homeless rather than being in a relationship that was further adding to the distressful condition I was experiencing.

When I got the help from shelter plus care I was told that I needed to continue with therapy, seeing a psychiatrist and I was helped with getting onto disability. I did not have any personal support or direction in my life so I accepted these things. Looking back I would have accepted any help that I received, such as parenting classes, vocational classes, nutrition classes and health classes, things that would have showed me how to move forward to a healthy progressive life, that I am now learning.

I want to share that the housing that I received allowed me to afford a decent place that I otherwise could not have lived in without it. I was able to stop moving my kids around as much and live in one place for much longer than previous situations of living in basements or on peoples floors. My children were able to go to school and have a safe home to come back to.

People are living in conditions where landlords are collecting the maximum rent which is sometimes almost all of people's disability check and then they do little to nothing for the maintenance of the house and people are living in horrible conditions. Without proper representatives to help them how do they get well and stay well when living in inadequate housing or fear of loosing it is on their minds constantly.