ALABARÉ

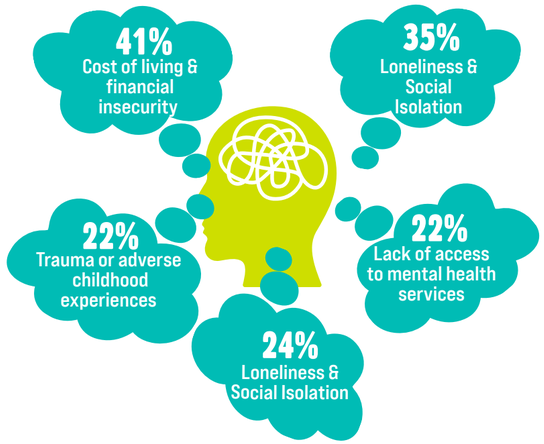
PUBLIC SURVEY 2026

ALABARÉ commissioned Censuswide to ask Brits what their thoughts on Homelessness and poor Mental Health, highlighting the link between the two and the reasons for why both may occur. The survey was answered by 2,500 people aged 18+ from acoss the UK, with a further 500 specifically based in the Southwest.

Homelessness and poor mental health are often treated as separate challenges, yet for many people they are deeply interconnected. Research found that almost seven in ten people believe homelessness and poor mental health are closely linked, while more than half say they see the impact of these issues in their local communities.

5 BIGGEST CAUSES FOR POOR MENTAL HEALTH

According to Brits



5 BIGGEST CAUSES FOR HOMELESSNESS

According to Brits

Addiction	35%
High housing cost	32%
Job loss or insecure work	29%
Mental ill health	28%
Relationship breakdown	23%

54% have or know someone who has dealt with poor mental health

1/10 EXPERIENCED HOMELESSNESS

13% EXPERIENCED HOUSING INSECURITY

Homelessness and poor mental health are linked

- A majority (69%) of Brits agree with the statement: 'Poor mental health and homelessness are closely linked, and often reinforce each other'.
- Over half (51%) of Brits agree with the statement: 'Homelessness and mental health needs are very visible in my local area'.

The consequenses of homelessness and poor mental health according to Brits

1. Increased risk of suicide or self-harm (35%)
2. Worsening physical health (33%)
3. Loss of hope or confidence (31%)
4. Exposure to exploitation or abuse (30%)
5. Isolation from family and friends (28%)

This research clearly shows that the public already understand the connection between homelessness and mental ill-health. The next step is turning awareness into action.

Whether you are a policymaker, commissioner, service provider, employer, community group or concerned individual, everyone has a role to play in developing effective and compassionate responses. We encourage you to share these findings, join the conversation, engage with local homeless and mental health services, explore opportunities for partnership and advocacy, and support initiatives that prioritise prevention, early intervention and integrated care.

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HOW ALABARÉ'S WORK SUPPORTS THESE FINDINGS

The findings throughout the survey show the importance of ensuring the risk of homelessness and mental health issues are considered equally when help is offered to individuals, through person-centred, trauma-informed support. The findings also reflect what frontline services witness every day: when housing insecurity, financial pressure, trauma, isolation and mental ill-health combine, people can be pushed into crisis. This aligns with ALABARÉ's mission of breaking the cycle of homelessness, recognising that housing concerns are just one part of a person's journey, taking other factors into account during a client's route towards independence, sustainability and improved confidence.

Together, we can move beyond crisis response and help create communities where people have access to the housing, support and opportunities they need to thrive.

Download our **Impact Report** and **Causes & Effects of Homelessness info Sheet**

Our Impact 2025/26

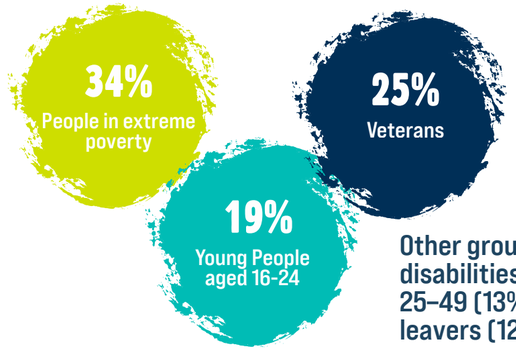
Causes & Effects

40% OF PEOPLE

WOULD CONSIDER DONATING

30% WOULD CONSIDER VOLUNTEERING

GROUPS MOST AT RISK OF HOMELESSNESS



Other groups include Men (17%), People with learning disabilities (17%), Neurodiverse individuals (13%), People aged 25–49 (13%), People with physical disabilities (13%), Care leavers (12%)

AREAS MOST AFFECTED

NHS & Emergency Services	52%
Local Communities	36%
Voluntary & Charity Sector	21%

DONATE

ALABARÉ Riverside House, 2 Watt Road, Salisbury, Wiltshire SP2 7UD
Call 01722 344484 alabare.co.uk.

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People are Trapped in a Cycle of Homelessness

Homelessness can affect people from all walks of life through a combination of unexpected challenges such as financial hardship, relationship breakdown, ill health, or changes in policy and support systems. No matter the circumstance, ALABARÉ's dedicated and compassionate team gives everyone the support and belief to break thecycle of homelessness.

Demand for our Services is Exceeding Capacity

From 1 April 2025 to 31 March 2026, **3,448 people** were referred to ALABARÉ for help.

ALABARÉ supported **39%** of 3448 referrals, with **553 people** provided temporary accommodation in one of our homes, providing a gateway to tailored support.

Our Approach is Inspired by Maslow's Hierachy of Needs

Homes- The Foundation of a Fulfilling Life

Safe, stable housing is the foundation an individual needs to lead a fulfilling life. It provides the platform for improved mental health and wellbeing, the opportunity to re-engage with employment or education, and reconnect positively with communities.

Hearts - Connection and Belonging

The challenge:Isolation, trauma and broken relationships often undermine progress,even when housing is secured

Minds- Recovery and Resilience

The challenge:Untreated mental ill health can be linked to housing insecurity and is often seen as both a consequence and a cause of homelessness. Unresolved trauma and limited access to appropriate support are among significant barriers to longterm independence.

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