

# Mental Health Facts in America

**48.3 million adults experience mental illness in a given year.**



**1 in 5** Adults in America experience a mental illness.



**1/2** One-half of all chronic mental illness begins by the age of 14; three-quarters by the age of 24.



**10m** Nearly 1 in 25 (10 million adults in America live with a serious mental illness.

## Prevalence of Mental Illness by Diagnosis



1 in 100 (2.4 million) adults live with schizophrenia.<sup>1</sup>



2.6% (6.1 million) of American adults live with bipolar disorder.<sup>1</sup>



6.9% (16 million) of American adults live with major depression.<sup>1</sup>



18.1% (42 million) of American adults live with anxiety disorders.<sup>1</sup>

## Consequences

**10.2m**

Approximately 10.2 million adults have **co-occurring** mental health and addiction disorders.<sup>1</sup>

**26%**

Approximately 26% of **homeless** adults staying in shelters live with serious mental illness.<sup>1</sup>

**24%**

Approximately 24% of **state prisoners** have a recent history of a mental health condition.<sup>2</sup>

## Impact

**1st**

Disability is the leading cause of disability worldwide, and is a major contributor to the global burden of disease.<sup>1</sup>

**-\$193b**

Serious mental illness costs America \$193.2 billion in lost earning every year.<sup>3</sup>

**90%**

90% of those who die by suicide have an underlying mental illness. Suicide is the 10th leading cause of death in the U.S.<sup>3</sup>

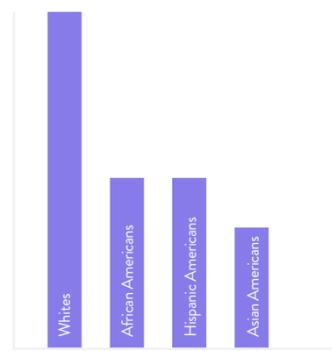
## Treatment in America



Nearly 60% of adults with a mental illness didn't receive mental health services in the previous year.<sup>4</sup>



Nearly 50% of youth aged 8-15 didn't receive mental health services in the previous year.<sup>1</sup>



African American and Hispanic Americans used mental health services at about 1/2 the rate of whites in the past year and Asian Americans at about 1/3 the rate.<sup>1</sup>

## Ways to Get Help



Talk with your doctor



Connect with other individuals and families



Learn more about mental illness



Visit NAMI.org