

Mental Health Facts

IN AMERICA

Fact: 43.8 million adults experience mental illness in a given year.



1 in 5 adults in America experience a mental illness.

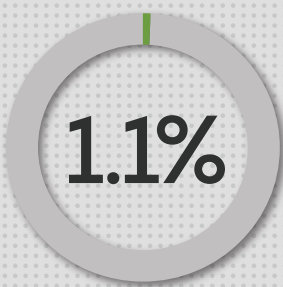


Nearly 1 in 25 (10 million) adults in America live with a serious mental illness.

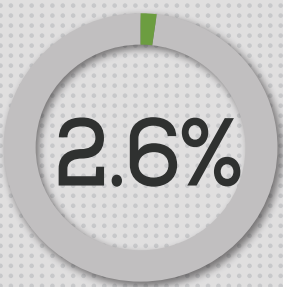


One-half of all chronic mental illness begins by the age of 14; three-quarters by the age of 24.

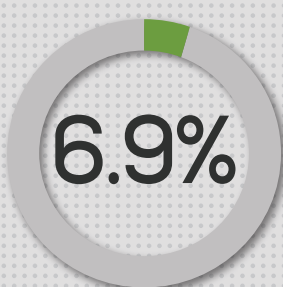
Prevalence of Mental Illness by Diagnosis



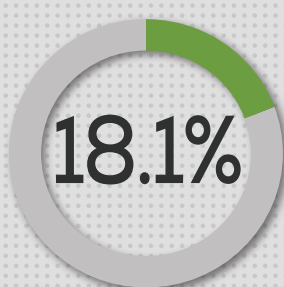
1 in 100 (2.4 million) American adults live with schizophrenia.¹



2.6% (6.1 million) of American adults live with bipolar disorder.¹



6.9% (16 million) of American adults live with major depression.¹



18.1% (42 million) of American adults live with anxiety disorders.¹

Consequences



10.2m

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



26%

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



24%

Approximately 24% of **state prisoners** have "a recent history of a mental health condition".²

Impact



1st

Depression is the leading cause of disability worldwide, and is a major contributor to the global burden of disease.¹



-\$193b

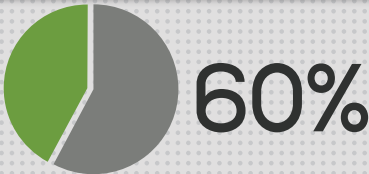
Serious mental illness costs America \$193.2 billion in lost earning every year.³



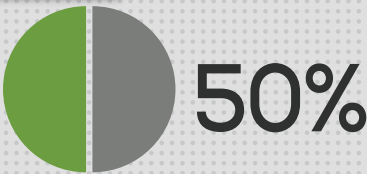
90%

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

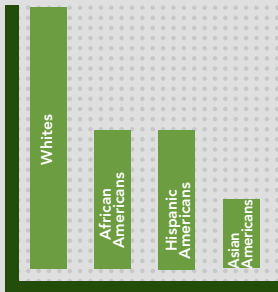
Treatment in America



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



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



African American & 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.¹

Ways to Get Help



Talk with your doctor



Connect with other individuals and families



Learn more about mental illness



Visit NAMI.org

¹ This document cites statistics provided by the National Institute of Mental Health. www.nimh.nih.gov
² Statistics provided by Department of Justice.
³ American Journal of Psychiatry and U.S. Surgeon General's Report, 1999.
⁴ Substance Abuse and Mental Health Services Administration

Follow Us!

[facebook.com/NAMI](https://www.facebook.com/NAMI)

twitter.com/NAMIconnnect