### Mental Health Facts in America

**Fact:** Nearly 44 million adults experience mental illness in a given year.1

1 in every 5 adults in America experience a mental illness.

Nearly 1 in 20 (approximately 13.6 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

<table>
<thead>
<tr>
<th>Diagnosis</th>
<th>Percentage</th>
<th>Number of Adults</th>
</tr>
</thead>
<tbody>
<tr>
<td>Schizophrenia</td>
<td>1.1%</td>
<td>2.4 million</td>
</tr>
<tr>
<td>Bipolar Disorder</td>
<td>2.6%</td>
<td>6.1 million</td>
</tr>
<tr>
<td>Major Depression</td>
<td>6.9%</td>
<td>14.8 million</td>
</tr>
<tr>
<td>Anxiety Disorders</td>
<td>18.1%</td>
<td>42 million</td>
</tr>
</tbody>
</table>

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

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

#### Treatment in America

- **Approximately 60% of adults** with a mental illness received mental health services in the previous year.1
- **Almost one-half** of youth ages 8-15 with a mental illness received no mental health services in the previous year.1
- **Approximately 24%** of state prisoners have “a recent history of a mental health condition”.2

#### Ways to Get Help

- **Talk with your doctor**
- **Connect with other individuals and families**
- **Learn more about mental illness**
- **Visit NAMI.org**

#### Impact

- **1st** Depression is the leading cause of disability worldwide, and is a major contributor to the global burden of disease.4

- **-$193b** Serious mental illness costs America $193.2 billion in lost earning every year.2

- **90%** 99% of those who die by suicide have an underlying mental illness. Suicide is the 10th leading cause of death in the U.S.5

#### Consequences

- **Approximately 8.4 million adults** have co-occuring 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

#### Mental Illness

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- **Addiction**

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1 This document cites statistics provided by the National Institute of Mental Health. www.nimh.nih.gov
2 Statistics provided by Department of Justice. www.ojp.usdoj.gov
5 Data source: Suicide and Life-Table Estimates, Centers for Disease Control and Prevention, 1999.