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 25 (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

- 1.1% (2.4 million) of 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

- 8.4m: Approximately 8.4 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.3

- $193b: Serious mental illness costs America $193.2 billion in lost earning every year.3

Treatment in America

- Nearly 60% of adults with a mental illness didn’t receive mental health services in the previous year.6
- Nearly 50% of youth aged 8-15 didn’t receive mental health services in the previous year.7

Ways to Get Help

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

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1 This document was adapted and produced by the National Alliance on Mental Illness—Southern Arizona.
2 Statistics provided by Department of Justice.
4 Substance Abuse and Mental Health Services Administration.

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Mental illness Addiction

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- 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.5

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