

# Mental Health Facts

## IN AMERICA

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



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.

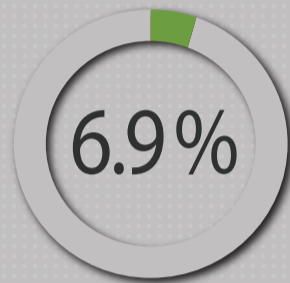
## Prevalence of Mental Illness by Diagnosis



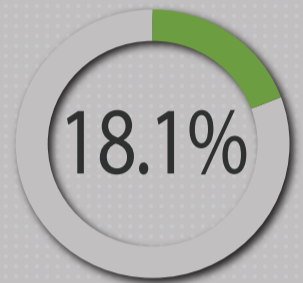
1 in 100 (2.4 million) American adults live with schizophrenia.<sup>1</sup>



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



8.4m

Approximately 8.4 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

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



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



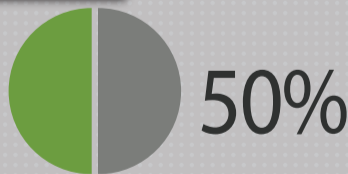
90%

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>

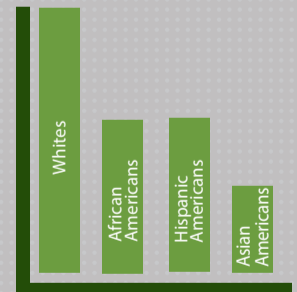
## Treatment in America



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 & 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

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

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