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

- 1.1%: 1 in 100 (2.4 million) American adults live with schizophrenia.
- 2.6%: 6.1 million of American adults live with bipolar disorder.
- 6.9%: 16 million of American adults live with major depression.
- 18.1%: 42 million of American adults live with anxiety disorders.

Consequences

- Mental Illness & Addiction: Approximately 10.2 million adults have co-occurring mental health and addiction disorders.
- 26%: Approximately 26% of homeless adults staying in shelters live with serious mental illness.
- 24%: Approximately 24% of state prisoners have a recent history of a mental health condition.

Impact

- 1st: Depression is the leading cause of disability worldwide, and is a major contributor to the global burden of disease.
- -$193 billion: Serious mental illness costs America $193.2 billion in lost earning every year.
- 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.

Treatment in America

- Nearly 60% of adults with a mental illness didn’t receive mental health services in the previous year.
- Nearly 50% of youth aged 12-18 didn’t receive mental health services in the previous year.

Ways to Get Help

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

NAMI.org
National Alliance on Mental Illness
www.nami.org

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*1 Statistics provided by Department of Justice.
3 Statistics provided by Department of Health and Human Services’ NAPM Division.

The National Alliance on Mental Illness is a national non-profit organization dedicated to improving the lives of persons with mental illness and their families.