



Mental Health/Behavioral Health Issues impact one in four adults each year. Ranging from medically diagnosed depression to suicide, mental illness is costly for families with a loved one suffering from this condition and to our society in total for lack of treatment of those afflicted, including our Veterans.

APPROXIMATELY 1 IN 5 ADULTS IN THE U.S. – 51.5 MILLION, OR 20.6% - EXPERIENCES MENTAL ILLNESS IN A GIVEN YEAR

Here are statistics that prove these disorders touch more people than you might think.

- [5.2%](#) of U.S. adults experienced serious mental illness in 2019 (13.1 million people). This represents 1 in 20 adults
- [1 in 6](#) U.S. youth aged 6-17 experience a mental health disorder each year
- [50%](#) of all lifetime mental illness begins by age 14, and 75% by age 24
- Suicide is the [2nd leading](#) cause of death among people aged 10-34



\$100,000,000,000

The estimated economic cost of untreated mental illness in the U.S. This includes unemployment, unnecessary disability, substance abuse and more.

An estimated 26% of homeless adults staying in shelters live with serious mental illness and an estimated 46% live with severe mental illness and/or substance use disorders.

25%

The approximate amount of people with a mental illness who feel that others are compassionate or understanding toward those suffering from one of the disorders.

40,000,000

The number of adults who suffer from anxiety disorders in the U.S.

30%

The number of college students who reported feeling depressed to the point where it negatively impacted their ability to function. Approximately 7.5 percent of college students also reported earlier this year that they seriously considered suicide in the last 12 months.



3,500,000

The number of Americans who suffer from schizophrenia. The disorder usually develops between ages 16 to 25.

6,100,000

The number of individuals in the U.S. who suffer from some form of bipolar disorder.

21%

The percentage of mothers polled in a recent BabyCenter survey who stated they have been diagnosed with postpartum depression. Approximately 40 percent of them did not seek medical treatment.

5,200,000

The estimated number of adults who suffer from post-traumatic stress disorder in a given year.



SUICIDE IS THE 10TH LEADING CAUSE OF DEATH IN THE US. THE 3RD LEADING CAUSE OF DEATH FOR PEOPLE AGED 10-14, AND THE 2ND LEADING CAUSE OF DEATH FOR PEOPLE AGED 15-24

You Are Not Alone

70% - 90%

The percentage of individuals with mental illness who saw improvement in their symptoms and quality of life after participating in some form of treatment

Key Findings and Action Items

- **More Americans have access to services...** Access to insurance and treatment increased, as healthcare reform has reduced the rates of uninsured

adults. The greatest decrease in uninsured Adults with mental illnesses was seen in states that expanded Medicaid.

- **...But most Americans still lack access to care.** 56% of American adults with a mental illness do not receive treatment. Even in Maine, the state with the best access, 41.4% of adults with a mental illness do not receive treatment.
- **There is a serious mental health workforce shortage.** In states with the lowest workforce, there is up **6 times** the individuals to only 1 mental health professional. This includes psychiatrists, psychologists, social workers, counselors, and psychiatric nurses combined.

Resources:

<https://www.nami.org/learn-more/mental-health-by-the-numbers>

<http://www.mentalhealthamerica.net/issues/state-mental-health-america>

<https://www.cdc.gov/nchs/fastats/mental-health.htm>

<https://www.nami.org/mhstats>

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