

# Prevalence of Mental Illness

- Approximately 1 in 5 adults in the U.S.—43.8 million, or 18.5%—experiences mental illness in a given year.<sup>1</sup>
- Approximately 1 in 25 adults in the U.S.—10 million, or 4.2%—experiences a serious mental illness in a given year that substantially interferes with or limits one or more major life activities.<sup>2</sup>
- Approximately 1 in 5 youth aged 13–18 (21.4%) experiences a severe mental disorder at some point during their life. For children aged 8–15, the estimate is 13%.<sup>3</sup>
- 1.1% of adults in the U.S. live with schizophrenia.<sup>4</sup>
- 2.6% of adults in the U.S. live with bipolar disorder.<sup>5</sup>
- 6.9% of adults in the U.S.—16 million—had at least one major depressive episode in the past year.<sup>6</sup>
- 18.1% of adults in the U.S. experienced an anxiety disorder such as posttraumatic stress disorder, obsessive-compulsive disorder and specific phobias.<sup>7</sup>
- Among the 20.2 million adults in the U.S. who experienced a substance use disorder, 50.5%—10.2 million adults—had a co-occurring mental illness.<sup>8</sup>



## Social Stats

- 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.<sup>9</sup>
- Approximately 20% of state prisoners and 21% of local jail prisoners have “a recent history” of a mental health condition.<sup>10</sup>
- 70% of youth in juvenile justice systems have at least one mental health condition and at least 20% live with a serious mental illness.<sup>11</sup>
- Only 41% of adults in the U.S. with a mental health condition received mental health services in the past year. Among adults with a serious mental illness, 62.9% received mental health services in the past year.<sup>8</sup>
- Just over half (50.6%) of children aged 8–15 received mental health services in the previous year.<sup>12</sup>
- African Americans and Hispanic Americans used mental health services at about one-half the rate of Caucasian Americans in the past year and Asian Americans at about one-third the rate.<sup>13</sup>
- Half of all chronic mental illness begins by age 14; three-quarters by age 24. Despite effective treatment, there are long delays—sometimes decades—between the first appearance of symptoms and when people get help.<sup>14</sup>



## Consequences of Lack of Treatment

- Serious mental illness costs America \$193.2 billion in lost earnings per year.<sup>15</sup>
- Mood disorders, including major depression, dysthymic disorder and bipolar disorder, are the third most common cause of hospitalization in the U.S. for both youth and adults aged 18–44.<sup>16</sup>
- Individuals living with serious mental illness face an increased risk of having chronic medical conditions.<sup>17</sup> Adults in the U.S. living with serious mental illness die on average 25 years earlier than others, largely due to treatable medical conditions.<sup>18</sup>
- Over one-third (37%) of students with a mental health condition age 14–21 and older who are served by special education drop out—the highest dropout rate of any disability group.<sup>19</sup>
- Suicide is the 10<sup>th</sup> leading cause of death in the U.S.,<sup>20</sup> the 3<sup>rd</sup> leading cause of death for people aged 10–24<sup>21</sup> and the 2<sup>nd</sup> leading cause of death for people aged 15–24.<sup>22</sup>
- More than 90% of children who die by suicide have a mental health condition.<sup>23</sup>
- Each day an estimated 18–22 veterans die by suicide.<sup>24</sup>



# Citations

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- See more at: <http://www.nami.org/Learn-More/Mental-Health-By-the-Numbers#sthash.drjovkDj.dpuf>