

# 2020



## Mental Health By the Numbers

### YOUTH & YOUNG ADULTS

Youth and young adults experienced a unique set of challenges during the COVID-19 pandemic - isolation from peers, adapting to virtual learning, and changes to sleep habits and other routines.

We must recognize the significant impact of these experiences on young people's mental health - and the importance of providing the education, care and support they need.

#### Among U.S. ADOLESCENTS (aged 12-17):



**1 in 6** experienced a major depressive episode (MDE)

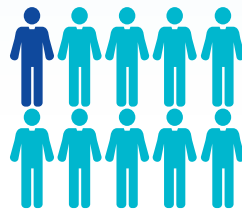
**3 MILLION** had serious thoughts of suicide

**31%** increase in mental health-related emergency department visits

#### Among U.S. YOUNG ADULTS (aged 18-25):



**1 in 3** experienced a mental illness



**1 in 10** experienced a serious mental illness

**3.8 MILLION** had serious thoughts of suicide

## 1 in 5

young people report that the pandemic had a significant negative impact on their mental health.



of adolescents



of young adults

## NEARLY 1/2

of young people with mental health concerns report a significant negative impact.

## 1 in 10

people under age 18 experience a mental health condition following a COVID-19 diagnosis.

Many increasingly used alcohol or drugs to cope with stress or self-medicate.

Increased use of alcohol among those who drink:



of adolescents



of young adults

Increased use of drugs among those who use:



of adolescents



of young adults

Data from CDC, NIMH and other select sources. Find citations for this resource at [nami.org/mhstats](http://nami.org/mhstats)

NAMI HelpLine  
800-950-NAMI (6264)

