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% 2.6% 6.9% 18.1%
1 in 100 (2.4 million) American adults live with schizophrenia.1

2.6% (6.1 million) of American adults live with bipolar disorder.1

6.9% (16 million) of American adults live with major depression.1

18.1% (42 million) of American adults live with anxiety disorders.1

Consequences

10.2m
Approximately 10.2 million adults have co-occurring mental health and addiction disorders.1

26%
Approximately 26% of homeless adults staying in shelters live with serious mental illness.1

24%
Approximately 24% of state prisoners have “a recent history of a mental health condition”.2

Impact

1st
Depression is the leading cause of disability worldwide, and is a major contributor to the global burden of disease.1

$193b
Serious mental illness costs America $193.2 billion in lost earning every year.2

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.1

Treatment in America

60%
Nearly 60% of adults with a mental illness didn’t receive mental health services in the previous year.4

50%
Nearly 50% of youth aged 8-15 didn’t receive mental health services in the previous year.4

Ways to Get Help

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

Follow Us!
facebook.com/NAMI
twitter.com/NAMI

References:

1 This document cites statistics provided by the National Institute of Mental Health. www.nimh.nih.gov
2 Statistics provided by Department of Justice.
4 Substance Abuse and Mental Health Services Administration

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