2020 Mental Health By the Numbers

Among U.S. ADULTS:

1 in 5 experienced a mental illness
1 in 20 experienced a serious mental illness
1 in 15 experienced both a substance use disorder and mental illness
12+ MILLION had serious thoughts of suicide

1 in 5 report that the pandemic had a significant negative impact on their mental health
45% of those with mental illness
55% of those with serious mental illness

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

Among U.S. ADULTS who received mental health services:

17.7 MILLION experienced delays or cancellations in appointments
7.3 MILLION experienced delays in getting prescriptions
4.9 MILLION were unable to access needed care

26.3 MILLION adults received virtual mental health services in the past year
34% of those with mental illness
50% of those with serious mental illness

Many struggled to get necessary mental health care, with telehealth proving an essential option.

Data from CDC, NIMH and other select sources. Find citations for this resource at nami.org/mhstats

2020 was a year of challenges, marked by loss and the uncertainty of the COVID-19 pandemic.

We must recognize the significant impact of the pandemic on our mental health – and the importance of increasing access to timely and effective care for those who need it.