2020
Mental Health
By the Numbers

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
- 3.8 MILLION had serious thoughts of suicide
- 1 in 10 experienced a serious mental illness

1 in 5 young people report that the pandemic had a significant negative impact on their mental health.

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:
- 15% of adolescents
- 18% of young adults

Increased use of drugs among those who use:
- 15% of adolescents
- 19% of young adults

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