At least 8.4 million Americans provide care to an adult with an emotional or mental illness.

Depression is a leading cause of disability worldwide.

Depression and anxiety disorders cost the global economy $1 trillion each year in lost productivity.

18% of U.S. adults with mental illness also have a substance use disorder.

People with serious mental illness have an increased risk for chronic disease, like diabetes or cancer.

Rates of cardiometabolic disease are twice as high in adults with serious mental illness.

Caregivers spend an average of 32 hours per week providing unpaid care.

21% of people experiencing homelessness also have a serious mental illness.

37% of people incarcerated in state and federal prison have a diagnosed mental condition.

70% of youth in the juvenile justice system have at least one mental health condition.

1 in 8 of all visits to U.S. emergency departments are related to mental and substance use disorders.

Depression is a leading cause of disability worldwide.

Having a mental illness can make it challenging to live everyday life and maintain recovery. Let’s look at some of the ways mental illness can impact lives — and how the impact can ripple out.

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

NAMI
National Alliance on Mental Illness