The Ripple Effect of Mental Illness

Having a mental illness can make it challenging to live everyday life and maintain recovery. Beyond the individual, these challenges ripple out through our families, our communities, and our world.

**PERSON**
- 34% of U.S. adults with mental illness also have a substance use disorder
- Rates of cardiometabolic disease are twice as high in adults with serious mental illness

**FAMILY**
- Caregivers spend an average of 32 hours per week providing unpaid care
- At least 8.4 million Americans provide care to an adult with an emotional or mental illness

**COMMUNITY**
- 21% of unhoused people experience serious mental illness
- Depressive disorders are the #1 cause of hospitalization for people aged <18 after excluding those related to pregnancy and birth
- Psychosis spectrum and mood disorders lead to nearly 600k hospitalizations per year for people aged 18-44

**WORLD**
- Depression is a leading cause of disability worldwide
- Depression and anxiety disorders cost the global economy $1 trillion each year in lost productivity

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