You are NOT ALONE

Millions of people are affected by mental illness each year. Across the country, many people just like you work, perform, create, compete, laugh, love and inspire every day.

1 in 5 U.S. adults experience mental illness

1 in 20 U.S. adults experience serious mental illness

17% of youth (6-17 years) experience a mental health disorder

12 MONTH PREVALENCE OF COMMON MENTAL ILLNESSES (ALL U.S. ADULTS)

- 4% Schizophrenia
- 1% Borderline Personality Disorder
- 3% Bipolar Disorder
- 19% Anxiety Disorders
- 8% Depression
- 1% Obsessive Compulsive Disorder
- 4% Post-traumatic Stress Disorder

12 MONTH PREVALENCE OF ANY MENTAL ILLNESS (ALL U.S. ADULTS)

- 21% of all adults
- 14% of Asian adults
- 17% of Black adults
- 17% of Native Hawaiian or Other Pacific Islander adults
- 17% of Hispanic or Latínx adults
- 18% of American Indian or Alaska Native adults
- 19% of white adults
- 32% of adults who report mixed/multiracial
- 44% of lesbian, gay and bisexual adults

WAYS TO REACH OUT AND GET HELP

- Talk with a health care professional
- Call the NAMI HelpLine at 800-950-NAMI (6264)
- Connect with friends and family
- Join a support group

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