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 ANY MENTAL ILLNESS (ALL U.S. ADULTS)

- 23% of all adults
- 16% of Asian adults
- 18% of Native Hawaiian or Other Pacific Islander adults
- 21% of Black adults
- 21% of Hispanic or Latino adults
- 24% of White adults
- 27% of American Indian or Alaska Native adults
- 35% of adults who report mixed/multiracial
- 50% of lesbian, gay and bisexual adults

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

- 1% Schizophrenia
- 8% Co-occurring Substance Use Disorder and Mental Illness
- 8% Depression
- 19% Anxiety Disorders
- 4% Post-traumatic Stress Disorder
- 4% Bipolar Disorder
- 1% Borderline Personality Disorder
- 1% Obsessive Compulsive Disorder

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