1 in 5 U.S. adults experience mental illness each year.

731,000 adults in Oregon have a mental health condition. That’s more than 4X the population of Salem.

More than half of Americans report that COVID-19 has had a negative impact on their mental health.

In February 2021, 42% of adults in Oregon reported symptoms of anxiety or depression. 28.8% were unable to get needed counseling or therapy.

In Oregon, 172,000 adults have a serious mental illness.

More than half of people with a mental health condition in the U.S. did not receive any treatment in the last year.

Of the 288,000 adults in Oregon who did not receive needed mental health care, 36% did not because of cost.

71% of people in the state are uninsured.

Oregonians are over 4x more likely to be forced out-of-network for mental health care than for primary health care — making it more difficult to find care and less affordable due to higher out-of-pocket costs.

1,576,668 people in Oregon live in a community that does not have enough mental health professionals.

731,000 adults in Oregon have a mental health condition.

That’s more than 4X the population of Salem.
An inadequate mental health system affects individuals, families and communities.

High school students with depression are more than 2x more likely to drop out than their peers.

54.9% of Oregonians age 12–17 who have depression did not receive any care in the last year.

1 in 4 people with a serious mental illness has been arrested by the police at some point in their lifetime – leading to over 2 million jail bookings of people with serious mental illness each year.

14,655 people in Oregon are homeless and 1 in 6 live with a serious mental illness.

About 2 in 5 adults in jail or prison have a history of mental illness.

On average, 1 person in the U.S. dies by suicide every 11 minutes.

In Oregon, 844 lives were lost to suicide and 175,000 adults had thoughts of suicide in the last year.

7 in 10 youth in the juvenile justice system have a mental health condition.

NAMI Oregon is part of NAMI, National Alliance on Mental Illness, the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

This fact sheet was compiled based on data available in February 2021. For full citations, visit: nami.org/mhpolicystats.