

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.



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

PERSON



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



34% of U.S. adults with mental illness also have a substance use disorder



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

FAMILY



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



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



20% of U.S. Veterans experience mental illness

COMMUNITY



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

NAMI HelpLine
800-950-NAMI (6264)



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www.nami.org

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National Alliance on Mental Illness