

# Mental Health in Arkansas



## Many Arkansans struggle with their mental health.

It is more important than ever to build a stronger mental health system that provides the care, support, and services needed to help people build better lives.

# 546,000

adults in Arkansas have a mental health condition. That's more than **5x** the population of **Fayetteville**.



## 1 in 5

adults experience a **mental illness** each year.

More than **1 in 20 U.S. adults** experience a **serious mental illness** each year.



## 1 in 6

U.S. adolescents aged 12-17 experience a **major depressive episode** each year.

**47,000** Arkansas adolescents experience a **major depressive episode** each year.

# 143,000

Arkansas adults have a **serious mental illness**.

**1 in 5** of the more than **2,500 people** in Arkansas **who are unhoused** have a **serious mental illness**.



## 1 in 20

adults have **serious thoughts of suicide** each year.

**120,000** Arkansas adults have **serious thoughts of suicide** each year.

## 1 in 9

adolescents aged 12-17 have **serious thoughts of suicide** each year.

**35,000** Arkansas adolescents have **serious thoughts of suicide** each year.

# 547

lives were **lost to suicide** in Arkansas in 2022.



## 24%

of youth aged 0-17 in Arkansas have **experienced 2+ adverse childhood experiences**, which are linked to mental illness and substance misuse in adulthood.

**ARKANSAS**  
is facing a mental  
health crisis.

# Mental Health in Arkansas



More than  
**1,100,000** people in Arkansas live in  
a community without enough  
mental health professionals.

The need to address access to mental health care in Arkansas is urgent.

**2x**

more likely for an Arkansans to be **forced out-of-network** for mental health care than for primary care.

**19,137**

calls were made to Arkansas's **988 Suicide & Crisis Line** call centers in 2023.

**1 in 2,616**

ratio for school psychologists to students in Arkansas's K-12 public schools. This is **worse** than the recommended ratio of one school psychologist for every 500 students.

**ARKANSAS**  
is facing a mental  
health crisis.

**127,000**

adults in Arkansas reported needing mental health treatment but not receiving it between 2018-2019. **Cost is a prevailing factor** in not receiving treatment.

Arkansans deserve to get the mental health care they need, when they need it.



NAMI Arkansas 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. Learn more at [namiarkansas.org](https://namiarkansas.org). For data citations, visit [nami.quorum.us/mhpolicystats/](https://nami.quorum.us/mhpolicystats/).

This fact sheet was compiled based on data available in March 2025.