

Mental Health in Ohio



Many Ohioans 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.

2,214,000

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



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.

190,000 Ohio adolescents experience a **major depressive episode** each year.

575,000 Ohio adults have a **serious mental illness**.

1 in 5 of the more than **11,000 people** in Ohio **who are unhoused** have a **serious mental illness**.



1 in 20 adults have **serious thoughts of suicide** each year.

470,000 Ohio adults have **serious thoughts of suicide** each year.

1 in 9 adolescents aged 12-17 have **serious thoughts of suicide** each year.

130,000 Ohio adolescents have **serious thoughts of suicide** each year.

18% of youth aged 0-17 in Ohio have **experienced 2+ adverse childhood experiences**, which are linked to mental illness and substance misuse in adulthood.

1,798 lives were **lost to suicide** in Ohio in 2022.

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More than
4,800,000 people in Ohio live in
a community without enough
mental health professionals.

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

1.5x

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

86,396

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

1 in 829

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

OHIO
is facing a mental
health crisis.

664,000

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

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



NAMI Ohio 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 namiohio.org. For data citations, visit nami.quorum.us/mhpolicystats/.

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