

# Mental Health Care MATTERS

Mental health treatment — therapy, medication, self-care — have made recovery a reality for most people experiencing mental illness. Although taking the first steps can be confusing or difficult, it's important to start exploring options.

The average delay between  
onset of mental illness  
symptoms and treatment is

## 11 YEARS

### PEOPLE IN THE U.S. WHO RECEIVE TREATMENT EACH YEAR:

## 52.1%

of adults with  
mental illness

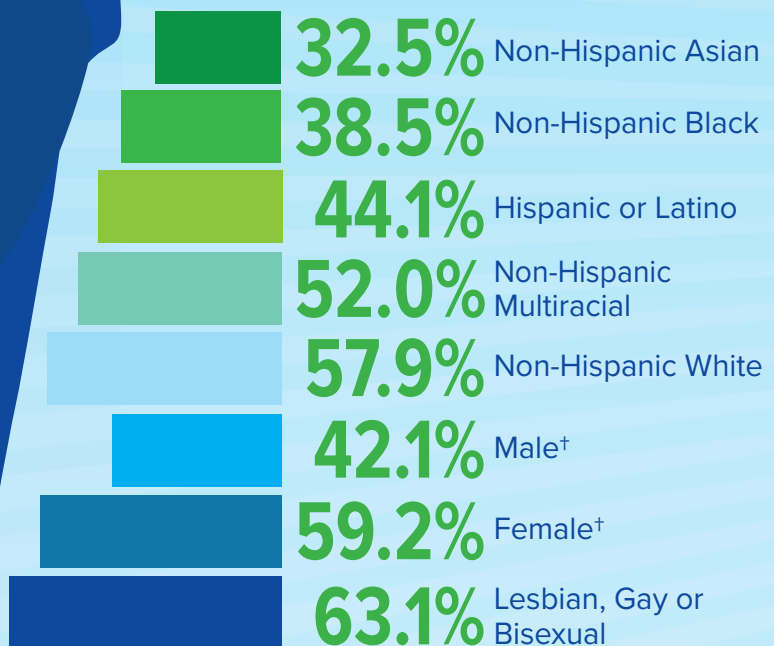
## 70.8%

of adults with  
serious mental illness

## 50.6%

of youth ages 6-17 with  
a mental health disorder

### Annual treatment rates, U.S. adults with mental illness, by demographic group:\*



*For therapy to work, you have to be open to  
change. I'm proud to say that I changed.  
Therapy saved my life.*

— NAMI Program Leader

\*Not all U.S. populations listed due to limited data availability

†Reflects sex assigned at birth

Data from CDC, NIMH and other select sources. Find citations for this resource at [nami.org/mhstats](https://nami.org/mhstats)

NAMI HelpLine  
800-950-NAMI (6264)

f NAMI

🐦 NAMICommunicate

📷 NAMICommunicate

🌐 [www.nami.org](https://www.nami.org)

 **nami**  
National Alliance on Mental Illness

Reviewed and updated 2025