

You are NOT ALONE

Millions of people are affected by mental illness each year. Across the country, many people just like you work, perform, create, compete, laugh, love and inspire every day.



More than 1 in 5
U.S. adults (23.4%)
experience mental illness

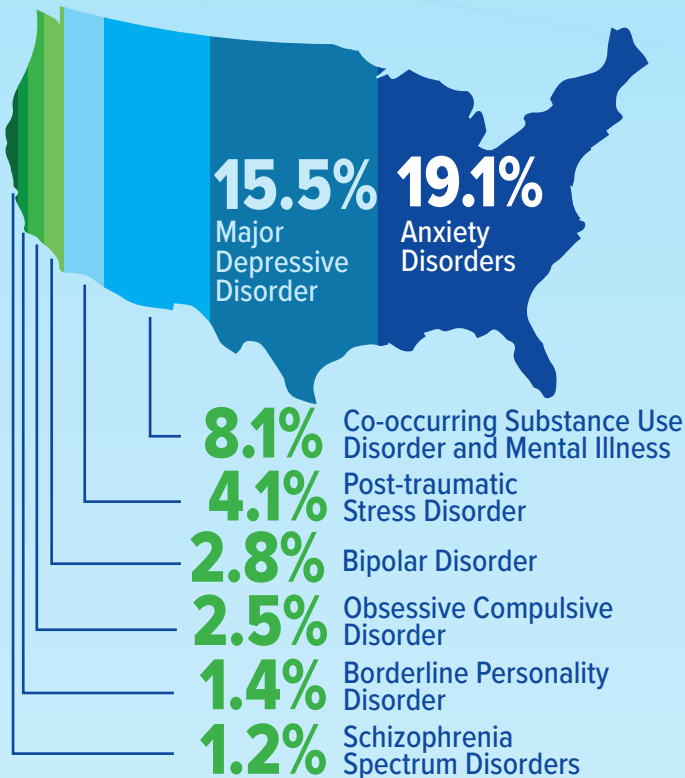
1 in 20

More than 1 in 20 U.S.
adults (5.6%) experience
serious mental illness

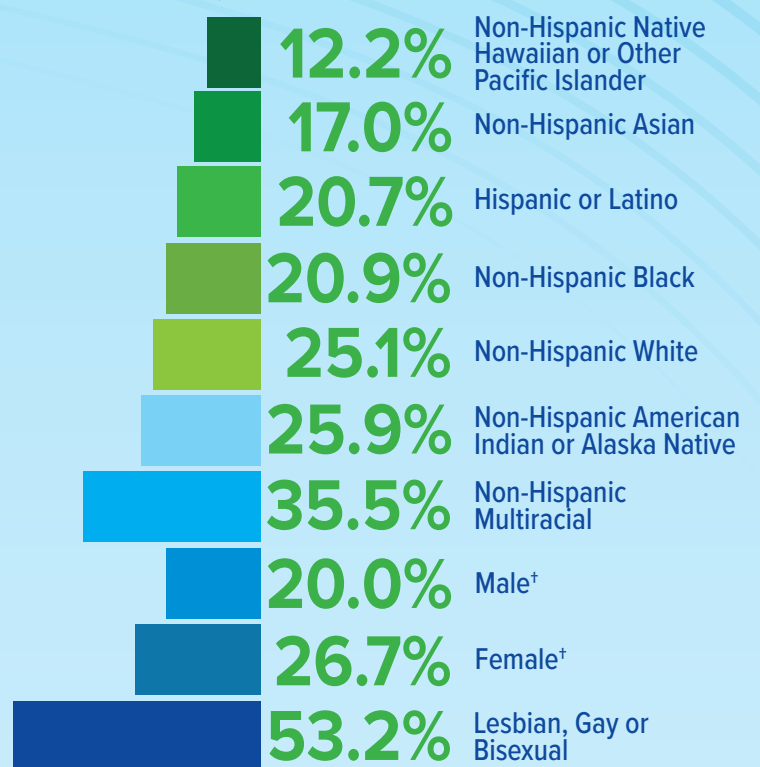


More than 1 in 7 U.S. youth
ages 6-17 (16.5%) have a
mental health disorder

ANNUAL PREVALENCE OF MENTAL ILLNESS, U.S. ADULTS, BY CONDITION:



ANNUAL PREVALENCE OF MENTAL ILLNESS, U.S. ADULTS, BY DEMOGRAPHIC GROUP:*



WAYS TO REACH OUT AND GET HELP

988

Call or text 988 or chat
988lifeline.org to
reach the 988 Suicide
& Crisis Lifeline



Talk with a health
care professional



Call the NAMI
HelpLine at
800-950-NAMI (6264)



Connect with
friends and family



Join a support group

*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

NAMI HelpLine
800-950-NAMI (6264)

f NAMI

🐦 NAMICommunicate

📷 NAMICommunicate

🌐 www.nami.org

 **nami**
National Alliance on Mental Illness

Reviewed and updated 2025