

### Numbers of Americans Affected by Mental Illness

- One in four adults—approximately 61.5 million Americans—experiences mental illness in a given year. One in 17—about 13.6 million—live with a serious mental illness such as schizophrenia, major depression or bipolar disorder.<sup>1</sup>
- Approximately 20 percent of youth ages 13 to 18 experience severe mental disorders in a given year. For ages 8 to 15, the estimate is 13 percent.<sup>2</sup>
- Approximately 1.1 percent of American adults—about 2.4 million people—live with schizophrenia.<sup>3,4</sup>
- Approximately 2.6 percent of American adults—6.1 million people—live with bipolar disorder.<sup>4,5</sup>
- Approximately 6.7 percent of American adults—about 14.8 million people—live with major depression.<sup>4,6</sup>
- Approximately 18.1 percent of American adults—about 42 million people—live with anxiety disorders, such as panic disorder, obsessive-compulsive disorder (OCD), posttraumatic stress disorder (PTSD), generalized anxiety disorder and phobias.<sup>4,7</sup>
- About 9.2 million adults have co-occurring mental health and addiction disorders.<sup>8</sup>
- Approximately 26 percent of homeless adults staying in shelters live with serious mental illness and an estimated 46 percent live with severe mental illness and/or substance use disorders.<sup>9</sup>
- Approximately 20 percent of state prisoners and 21 percent of local jail prisoners have “a recent history” of a mental health condition.<sup>10</sup>
- Seventy percent of youth in juvenile justice systems have at least one mental health condition and at least 20 percent live with a severe mental illness.<sup>11</sup>

### Getting Mental Health Treatment in America

- Approximately 60 percent of adults<sup>12</sup>, and almost one-half

of youth ages 8 to 15 with a mental illness received no mental health services in the previous year.<sup>13</sup>

- African American and Hispanic Americans used mental health services at about one-half the rate of whites in the past year and Asian Americans at about one-third the rate.<sup>14</sup>
- One-half of all chronic mental illness begins by the age of 14; three-quarters by age 24.<sup>15</sup> Despite effective treatment, there are long delays—sometimes decades—between the first appearance of symptoms and when people get help.<sup>16</sup>

### The Impact of Mental Illness in America

- Serious mental illness costs America \$193.2 billion in lost earnings per year.<sup>17</sup>
- Mood disorders such as depression are the third most common cause of hospitalization in the U.S. for both youth and adults ages 18 to 44.<sup>18</sup>
- Individuals living with serious mental illness face an increased risk of having chronic medical conditions.<sup>19</sup> Adults living with serious mental illness die on average 25 years earlier than other Americans, largely due to treatable medical conditions.<sup>20</sup>
- Over 50 percent of students with a mental health condition age 14 and older who are served by special education drop out—the highest dropout rate of any disability group.<sup>21</sup>
- Suicide is the tenth leading cause of death in the U.S. (more common than homicide) and the third leading cause of death for ages 15 to 24 years.<sup>22</sup> More than 90 percent of those who die by suicide had one or more mental disorders.<sup>23</sup>
- Although military members comprise less than 1 percent of the U.S. population<sup>24</sup>, veterans represent 20 percent of suicides nationally. Each day, about 22 veterans die from suicide.<sup>25</sup>

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