

# QUICK FACTS ABOUT MENTAL HEALTH AND ADDICTION



Share these statistics with your representatives, friends, and family to elevate mental health and addiction in policy conversations.

## PREVALENCE

- One in five American adults—tens of millions of people—will experience a mental health or substance use disorder in a given year.<sup>1</sup>
- The prevalence of any mental illness is higher among women (22.3%) than men (15.1%).<sup>2</sup>
- Adults reporting two or more races had the highest prevalence of any mental illness (28.6%) followed by White adults (20.4%), Native Hawaiian/Other Pacific Islander adults (19.4%), American Indian/Alaskan Native adults (18.9%), Black adults (16.2%), Hispanic adults (15.2%); and was lowest among Asian adults (14.5%).<sup>2</sup>
- More than one in four adults living with a serious mental illness also have a substance use disorder.<sup>2</sup>
- 46% of homeless adults within the U.S. live with severe mental illness and/or substance use disorders.<sup>2</sup>
- 70% of youth in juvenile justice systems have at least one mental health condition and at least 20% live with a serious mental illness.<sup>3</sup>

**46.6 MILLION AMERICANS**  
*experience mental illness each year<sup>1</sup>*

## ACCESS AND INTERVENTION

- Less than half of Americans with a mental illness receive treatment.
  - Only 42.6% of adults received mental health services in the past year.<sup>1</sup>
  - One in five (nine million) adults experiencing a mental illness still report having an unmet need.<sup>4</sup>
    - 62% of youth with major depressive episodes received no treatment.<sup>4</sup>
- Despite recent efforts, there is a shortage in mental health workforce.
  - In states with the lowest workforce ratio, there are almost four times the number of individuals in need to only one mental health provider.<sup>2</sup>

## HUMAN AND FINANCIAL COST

- Adults in the U.S. living with serious mental illness die on average 25 years earlier than others, largely due to treatable medical conditions.<sup>6</sup>
- 47,173 people died by suicide in 2017, making suicide the 10th leading cause of death in the United States.<sup>6</sup>
- Each day, an estimated 17 veterans die by suicide.<sup>3</sup>
- Untreated mental illness costs the country at least \$444 billion per year, according to Dr. Thomas Insel, former Director of the National Institute of Mental Health.<sup>7</sup>
- In 2017, over 70,000 people died of overdose, according to the Centers for Disease Control.<sup>8</sup>

**SUICIDE** is the **10<sup>TH</sup>** leading cause of death overall and **2<sup>ND</sup>** leading cause of death for youth in the US.<sup>5</sup>

**MORE THAN 70,000 AMERICANS**  
*die from drug overdose each year<sup>1</sup>*

- 42% of Americans with mental illness and substance use disorders saw cost and poor insurance coverage as the top barriers for accessing mental health care.<sup>9</sup>

<sup>1</sup>Substance Abuse and Mental Health Services Administration. (2018). Key substance use and mental health indicators in the United States: Results from the 2017 National Survey on Drug Use and Health (HHS Publication No. SMA 18-5068, NSDUH Series H-53). Rockville, MD: Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration. Retrieved from <https://www.samhsa.gov/data/sites/default/files/cbhsq-reports/NSDUHFRR2017/NSDUHFRR2017.htm>

<sup>2</sup>Any Mental Health (AMI) Among Adults. (n.d.). Retrieved May 1, 2019, from [https://www.nimh.nih.gov/health/statistics/mental-illness.shtml#part\\_154785](https://www.nimh.nih.gov/health/statistics/mental-illness.shtml#part_154785)

<sup>3</sup>Suicide Data Report. Department of Veteran Affairs. Retrieved from <https://www.va.gov/opa/docs/Suicide-Data-Report-2012-final.pdf>

<sup>4</sup>The State of Mental Health in America. (2018, November 01). Retrieved from <https://www.mentalhealthamerica.net/issues/state-mental-health-america>

<sup>5</sup>Suicide. National Institute of Mental Health. Retrieved from <https://www.nimh.nih.gov/health/statistics/suicide.shtml>

<sup>6</sup>Suicide Statistics. (2019, April 16). Retrieved from <https://afsp.org/about-suicide/suicide-statistics/>

<sup>7</sup>Szabo, L. (2015, January 12). Cost of not caring: Nowhere to go. Retrieved from <https://www.usatoday.com/story/news/nation/2014/05/12/mental-health-system-crisis/7746535/>

<sup>8</sup>NCHS, National Vital Statistics System. Estimates for 2018 are based on provisional data. Estimates for 2015-2017 are based on final data. Retrieved from: [https://www.cdc.gov/nchs/nvss/mortality\\_public\\_use\\_data.htm](https://www.cdc.gov/nchs/nvss/mortality_public_use_data.htm)

<sup>9</sup>New Study Reveals Lack of Access as Root Cause for Mental Health Crisis in America. (n.d.). Retrieved from <https://www.thenationalcouncil.org/press-releases/new-study-reveals-lack-of-access-as-root-cause-for-mental-health-crisis-in-america/>