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 any given year. 1
- The prevalence of any mental illness is higher among women (22.3%) than men (15.1%). 2
- 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%). 2
- More than one in four adults living with a serious mental illness also have a substance use disorder. 2
- 46% of homeless adults within the U.S. live with severe mental illness and/or substance use disorders. 2
- The rate of youth with Major Depressive Episodes increased from 11.93% to 12.63% in 2018. 3

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. 1
  - One in five (nine million) adults experiencing a mental illness still report having an unmet need. 3
    - 62% of youth with major depressive episodes received no treatment. 3
- 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. 2

HUMAN AND FINANCIAL COST

- 47,173 people died by suicide in 2017, making suicide the 10th leading cause of death in the United States. 4
- Each day, an estimated 17 veterans die by suicide. 5
- 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. 6
- In 2017, over 70,000 people died of overdose, according to the Centers for Disease Control. 7

MORE THAN 70,000 AMERICANS die from drug overdose each year 1

- 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. 8

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