

### 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>

## References

- 1 National Institutes of Health, National Institute of Mental Health. (n.d.). *Statistics: Any Disorder Among Adults*. Retrieved March 5, 2013, from [http://www.nimh.nih.gov/statistics/1ANYDIS\\_ADULT.shtml](http://www.nimh.nih.gov/statistics/1ANYDIS_ADULT.shtml)
- 2 National Institutes of Health, National Institute of Mental Health. (n.d.). *Any Disorder Among Children*. Retrieved March 5, 2013, from [http://www.nimh.nih.gov/statistics/1ANYDIS\\_CHILD.shtml](http://www.nimh.nih.gov/statistics/1ANYDIS_CHILD.shtml)
- 3 National Institutes of Health, National Institute of Mental Health. (n.d.). *The Numbers Count: Mental Disorders in America*. Retrieved March 5, 2013, from <http://www.nimh.nih.gov/health/publications/the-numbers-count-mental-disorders-in-america/index.shtml>
- 4 Prevalence numbers were calculated using NIMH percentages (cited) and 2010 Census data. Census data is available at: United States Census Bureau. (revised 2011). "USA [State & County QuickFacts]." Retrieved March 5, 2013, from <http://quickfacts.census.gov/qfd/states/00000.html>
- 5 National Institutes of Health, National Institute of Mental Health. (n.d.). *The Numbers Count: Mental Disorders in America*. Retrieved March 5, 2013, from <http://www.nimh.nih.gov/health/publications/the-numbers-count-mental-disorders-in-america/index.shtml>
- 6 *Ibid.*
- 7 National Institutes of Health, National Institute of Mental Health. (n.d.). *Statistics: Any Anxiety Disorder Among Adults*. Retrieved March 5, 2013, from [http://www.nimh.nih.gov/statistics/1anyanx\\_adult.shtml](http://www.nimh.nih.gov/statistics/1anyanx_adult.shtml)
- 8 Substance Abuse and Mental Health Services Administration. (2012). *Results from the 2010 National Survey on Drug Use and Health: Mental Health Findings* NSDUH Series H-42, HHS Publication No. (SMA) 11-4667). Rockville, Md.: Substance Abuse and Mental Health Services Administration, 2012.
- 9 U.S. Department of Housing and Urban Development, Office of Community Planning and Development. (2011). *The 2010 Annual Homeless Assessment Report to Congress*. Retrieved March 5, 2013, from <http://www.hudhre.info/documents/2010HomelessAssessmentReport.pdf>
- 10 Glaze, L.E. & James, D.J. (2006, updated December). *Mental Health Problems of Prison and Jail Inmates. Bureau of Justice Statistics Special Report*. U.S. Department of Justice, Office of Justice Programs Washington, D.C. Retrieved March 5, 2013, from <http://bjs.ojp.usdoj.gov/content/pub/pdf/mhppji.pdf>
- 11 Skowrya, K.R. & Cocozza, J.J. (2007) *Blueprint for Change: A Comprehensive Model for the Identification and Treatment of Youth with Mental Health Needs in Contact with the Juvenile Justice System*. The National Center for Mental Health and Juvenile Justice; Policy Research Associates, Inc. The Office of Juvenile Justice and Delinquency Prevention. Delmar, N.Y.: The National Center for Mental Health and Juvenile Justice; Policy Research Associates, Inc.
- 12 Substance Abuse and Mental Health Services Administration. (2012). *Results from the 2010 National Survey on Drug Use and Health: Mental Health Findings* NSDUH Series H-42, HHS Publication No. (SMA) 11-4667). Rockville, Md.; Substance Abuse and Mental Health Services Administration, 2012.
- 13 National Institute of Mental Health. (n.d.). *Use of Mental Health Services and Treatment Among Children*. Retrieved March 5, 2013, from <http://www.nimh.nih.gov/statistics/1NHANES.shtml>
- 14 Agency for Healthcare Research and Quality. (2010). *2010 National Healthcare Disparities Report*. Agency for Healthcare Research and Quality, Rockville, MD. Retrieved January 2013, from <http://www.ahrq.gov/research/findings/nhqrdr/nhdr10/index.html>.
- 15 Kessler, R.C, et al. (2005). Lifetime prevalence and age-of-onset distributions of *DSM-IV* disorders in the National Comorbidity Survey Replication. *Archives of General Psychiatry*, 62(6), 593-602.
- 16 National Institutes of Health, National Institute of Mental Health. (2005). *Mental Illness Exact Heavy Toll, Beginning in Youth*. Retrieved March 5, 2013, from <http://www.nih.gov/news/pr/jun2005/nimh-06.htm>
- 17 Insel, T.R. (2008). Assessing the Economic Costs of Serious Mental Illness. *The American Journal of Psychiatry*. 165(6), 663-665.
- 18 Wier, LM (Thompson Reuters), et al. *HCUP facts and figures: statistics on hospital-based care in the United States, 2009*. Web.. Rockville, Md. Agency for Healthcare Research and Quality, 2011. Retrieved March 5, 2013, from <http://www.hcup-us.ahrq.gov/reports.jsp>.
- 19 Colton, C.W. & Manderscheid, R.W. (2006). Congruencies in increased mortality rates, years of potential life lost, and causes of death among public mental health clients in eight states. *Preventing Chronic Disease: Public Health Research, Practice and Policy*, 3(2), 1-14.
- 20 Parks, J., et al. (2006). *Morbidity and Mortality in People with Serious Mental Illness*. Alexandria, VA: National Association of State Mental Health Program Directors (NASMHPD) Medical Directors Council.
- 21 U.S. Department of Education. (2006). *Twenty-eighth annual report to Congress on the implementation of the Individuals with Disabilities Education Act, 2006, Vol. 2*. Washington, D.C.: U.S. Department of Education.
- 22 McIntosh, J.L. & Drapeau, C.W. (for the American Association of Suicidology). (2012). *U.S.A. suicide: 2010 official final data*. Washington, D.C: American Association of Suicidology.
- 23 American Association of Suicidology. (2012). *Suicide in the USA Based on 2010 Data*. Washington, DC: American Association of Suicidology.
- 24 Martinez, L. & Bingham, A. (2011). U.S. Veterans: by the Numbers. Retrieved March 5, 2013, from <http://abcnews.go.com/Politics/us-veterans-numbers/story?id=14928136>
- 25 U.S. Department of Veterans Affairs, Mental Health Services, Suicide Prevention Program. (2013). *Suicide Data Report, 2012*. Retrieved March 5, 2013, from <http://www.va.gov/opa/docs/Suicide-Data-Report-2012-final.pdf>

*Reviewed by Ken Duckworth, M.D., March 2013*