

2020



Mental Health By the Numbers

YOUTH & YOUNG ADULTS

Youth and young adults experienced a unique set of challenges during the COVID-19 pandemic - isolation from peers, adapting to virtual learning, and changes to sleep habits and other routines.

We must recognize the significant impact of these experiences on young people's mental health - and the importance of providing the education, care and support they need.

Among U.S. ADOLESCENTS (aged 12-17):



1 in 6 experienced a major depressive episode (MDE)

3 MILLION had serious thoughts of suicide

31% increase in mental health-related emergency department visits

Among U.S. YOUNG ADULTS (aged 18-25):



1 in 3 experienced a mental illness



1 in 10 experienced a serious mental illness

3.8 MILLION had serious thoughts of suicide

1 in 5

young people report that the pandemic had a significant negative impact on their mental health.



of adolescents



of young adults

NEARLY 1/2

of young people with mental health concerns report a significant negative impact.

1 in 10

people under age 18 experience a mental health condition following a COVID-19 diagnosis.

Many increasingly used alcohol or drugs to cope with stress or self-medicate.

Increased use of alcohol among those who drink:



of adolescents



of young adults

Increased use of drugs among those who use:



of adolescents



of young adults

Data from CDC, NIMH and other select sources. Find citations for this resource at nami.org/mhstats

NAMI HelpLine
800-950-NAMI (6264)



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The RIPPLE EFFECT of Mental Illness

Having a mental illness can make it challenging to live everyday life and maintain recovery. Let's look at some of the ways mental illness can impact lives — and how the impact can ripple out.



People with serious mental illness have an increased risk for chronic disease, like diabetes or cancer

PERSON



18% of U.S. adults with mental illness also have a substance use disorder



Rates of cardiometabolic disease are twice as high in adults with serious mental illness



At least **8.4 million** Americans provide care to an adult with an emotional or mental illness

FAMILY



Caregivers spend an average of **32 hours** per week providing unpaid care



21% of people experiencing homelessness also have a serious mental illness

COMMUNITY



37% of people incarcerated in state and federal prison have a diagnosed mental condition



70% of youth in the juvenile justice system have at least one mental health condition



1 in 8 of all visits to U.S. emergency departments are related to mental and substance use disorders



WORLD



Depression is a leading cause of disability worldwide



Depression and anxiety disorders cost the global economy **\$1 trillion** each year in lost productivity

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Mental Health Care MATTERS

Mental health treatment — therapy, medication, self-care — have made recovery a reality for most people experiencing mental illness. Although taking the first steps can be confusing or difficult, it's important to start exploring options.

The average delay between symptom onset and treatment is

11 YEARS

PEOPLE WHO GET TREATMENT IN A GIVEN YEAR

45% of adults with mental illness

66% of adults with serious mental illness

51% of youth (6-17) with a mental health condition

Adults with a mental health diagnosis who received treatment or counseling in the past year

23% of Asian adults

33% of Black adults

34% of Hispanic or Latinx adults

43% of adults who report mixed/multiracial

49% of lesbian, gay and bisexual adults

50% of white adults

*For therapy to work, you have to be open to change. I'm proud to say that I changed.
Therapy saved my life.*

— NAMI Program Leader

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