Mental Health Statistics [2024]

The National Institutes of Health (NIH) reports that 57.8 million adults live with some form of mental illness.   
The severity of a mental illness can vary from person to person. Some individuals can perform daily tasks,   
including work, with mental illness, and some people may qualify for disability due to their mental illness.

# Key Findings

Mental illness affects people of all ages, genders, and races. The following key findings show what types of mental illness are the most common and who they affect the most.

## What Are the Primary Causes of Mental Illness?

There are many causes of mental illness, and the psychology field and mental health professionals use the biopsychosocial model to understand the root causes of mental health issues.   
The biopsychosocial model helps professionals understand the cause of mental illness by looking at three factors:  
1. Biology: Genetics and family history may be a cause of mental illness.   
2. Psychology: Stressful events, like a traumatic experience, in a person’s life can alter their psychology and lead to a mental illness.  
3. Social: Social factors like a person’s home environment, community, relationships, employment status, and more can affect a person’s mental health.

## Mental Health Statistics by Type

The NIH reports that the most prevalent mental illnesses for adults in the United States are various anxiety disorders.   
Approximately 19.1% of adults have had an anxiety disorder within the last year.

The second most common form of mental illness is major depression. In 2021, 21 million adults reported having at least one episode of major depression, which is roughly 8.3% of the U.S. adult population.

## Mental Health Statistics by Age

Mental illness can affect anyone, including young people. For those struggling with mental illness, about 50 percent of individuals started to have symptoms by the age of 14, and 75 percent experienced symptoms by age 24.

The following is how common mental illness is within different age groups:  
- 18 to 25: 33.7%  
- 26 to 49: 28.1%  
- 50 and older: 15%

## Mental Health Statistics by Race

The highest reported instances of mental illness in the past year within one group are within the American Indian or Alaska Native group at 26.6 percent.   
For those who identify as mixed race or multiracial, approximately 34.9 percent have a mental illness.