Mental Illness: FACTS AND NUMBERS

“Simply put, treatment works, if you can get it. But in America today, it is clear that many people living with mental illness are not provided with the essential treatment they need.”


- One in four adults—approximately 57.7 million Americans—experience a mental health disorder in a given year. One in 17 lives with a serious mental illness such as schizophrenia, major depression or bipolar disorder¹ and about one in 10 children live with a serious mental or emotional disorder.²
- About 2.4 million Americans, or 1.1 percent of the adult population, lives with schizophrenia.¹
- Bipolar disorder affects 5.7 million American adults, approximately 2.6 percent of the adult population per year.³
- Major depressive disorder affects 6.7 percent of adults, or about 14.8 million American adults.⁴ According to the 2004 World Health Report, this is the leading cause of disability in the United States and Canada in ages between 15-44.³
- Anxiety disorders, including panic disorder, obsessive-compulsive disorder (OCD), posttraumatic stress disorder (PTSD), generalized anxiety disorder and phobias, affect about 18.7 percent of adults, an estimated 40 million individuals. Anxiety disorders frequently co-occur with depression or addiction disorders.¹
- An estimated 5.2 million adults have co-occurring mental health and addiction disorders.⁴ Of adults using homeless services, 31 percent reported having combination of these conditions.⁵
- One-half of all lifetime cases of mental illness begin by age 14, three-quarters by age 24.⁶ Despite effective treatments, there are long delays—sometimes decades—between the first onset of symptoms and when people seek and receive treatment.⁷
- Fewer than one-third of adults and one-half of children with a diagnosable mental disorder receive mental health services in a given year.⁸

REFERENCES

⁴ Substance Abuse and Mental Health Services Administration. (2007, February). National Outcome Measures (NOMs) for Co-occurring Disorders. (Citing data from the National Survey on Drug Use and Health (NSDUH)).