

## MENTAL ILLNESS FACTS IN THE U.S.

- ▶ Nearly one in five U.S. adults live with a mental illness (52.9 million in 2020) with over 14.2 million of those suffering from serious impairment substantially interfering with one or more major life activities such as employment, school attendance or basic daily functions.
- ▶ Severe mental illnesses such as major depression, anxiety, bipolar disorder, schizophrenia, and obsessive-compulsive disorder are biologically-based brain diseases that profoundly disrupt a person's ability to think, feel and relate. Five of the ten leading causes of disability in the United States stem from these mental illnesses.
- ▶ However, persons of any age can be affected by mental illness. One-half of all chronic mental illness begins by the age of 14; three-quarters by the age of 24. Suicide is the 2<sup>nd</sup> leading cause of death among people aged 10-34.
- ▶ 32.1% of U.S. adults with mental illness also have a substance abuse disorder.
- ▶ Approximately 21% of the estimated 600,000 homeless people in the United States have a severe mental illness. However, only one in 20 persons with a severe mental illness is homeless.
- ▶ 1 in 8 of all visits to U.S. emergency departments are related to mental and substance abuse disorders.
- ▶ Persons with mental illness primarily those with mood and addiction disorders occupy more hospital beds nationwide than those with other illnesses, accounting for 41-46% of all hospital admissions.
- ▶ At least 8.4 million Americans provide care to an adult with an emotional or mental illness and spend an average of 32 hours per week providing unpaid care.
- ▶ Serious mental illness causes \$193.2 billion in lost earnings each year, across the U.S. economy.
- ▶ The treatment success rate for a first episode of schizophrenia is 60%, for major depression 65-70%, and for bipolar disorder 80% as compared to the treatment success rate for heart disease, ranging from 41-52%.
- ▶ Only 5-7% of homeless persons with a mental illness need to be institutionalized; most can live in the community with appropriate, supportive housing.
- ▶ Mental illness can effect anyone at any time, and need not limit one's achievements and aspirations. Among the famous people with mental illnesses: Beethoven, Churchill, Abraham Lincoln, Michelangelo, Mike Wallace, Jessica Lange, Elton John, Michael Phelps, Lady Gaga.

**Sources:** *Mental Health Myths and Facts 2020* ([www.mentalhealth.gov](http://www.mentalhealth.gov)), *Mental Health By the Numbers 2020* (National Alliance on Mental Illness)