

MENTAL HEALTH AWARENESS MONTH

Fast Facts

Advocates Educators Supporters Researchers
People with Mental Illness Peers Parents
Champions Teachers Veterans Mentors
Underrepresented Communities Organizations
Affiliates Caregivers Youth and Young Adults
Trainers Partners Groups Frontline Professionals

- 1 in 5 U.S. adults experience mental illness each year, and less than half of them receive treatment.
- 1 in 20 U.S. adults experience a serious mental illness each year, and less than two-thirds receive treatment.
- 1 in 6 U.S. youth experience a mental health condition each year, and only half of them receive treatment.
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24.
- The average delay between onset of mental illness symptoms and treatment is 11 years.
- 160 million people live in Mental Health Professional Shortage Areas.
- In 2020, 1 in 5 young people reported that the pandemic had a significant negative impact on their mental health.
- 1 in 10 young people under age 18 experienced a mental health condition following a COVID-19 diagnosis.
- In 2020, there was a 31% increase in mental health-related emergency department visits among adolescents.
- More than three quarters of Americans (77%) say they are not content with the state of mental health treatment in this country. People with a mental health condition are even more likely to say they are unhappy with mental health treatment (82%).
- 65% of Americans are concerned about the stigma around mental illness.
- Only half of Americans (52%) say they are familiar with the mental health care system.

Source: Data from CDC, NIMH and other select sources. Find citations at nami.org/mhstats.