



FAST FACTS – GENERAL POPULATION

Prevalence

- 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 disorder, and about one in 10 children live with a serious mental or emotional disorder.
 - U.S. Department of Health and Human Services, *Mental Health: A Report of the Surgeon General. Substance Abuse and Mental Health Services Administration, Center for Mental Health Services, 1999*
- About 2.4 million Americans, or 1.1 percent of the adult population, live with schizophrenia. Bipolar disorder affects 5.7 million Americans, or 5.7 percent of the adult population, per year.
 - National Institute of Health, “NIMH: The Numbers Count – Mental Disorders in America,” Available at: www.nimh.nih.gov/publicat/numbers.cfm
- Major depressive disorder affects 6.7 percent of adults, or about 14.8 million American adults. According to the 2004 World Health Report, this is the leading cause of disability in the U.S. and Canada for adults between the ages 15-44.
 - National Institute of Health, “NIMH: The Numbers Count – Mental Disorders in America,” Available at: www.nimh.nih.gov/publicat/numbers.cfm

Complications from Mental Illness

- Individuals living with serious mental illness face an increased risk of having chronic medical conditions. Adults living with serious mental illness die 25 years earlier than other Americans, largely due to treatable medical conditions.
 - National Alliance on Mental Illness, “Mental Illness: Facts and Numbers”
- Suicide is the eleventh-leading cause of death in the United States and the third-leading cause of death for people ages 10-24 years. More than 90 percent of those who die by suicide have a diagnosable mental disorder.
 - National Institute of Mental Health. *Suicide in the U.S.: Statistics and Prevention.* Available at: www.nimh.nih.gov/publicat/harmsway.cfm

Treatment

- The best treatments for serious mental illnesses today are highly effective; between 70 and 90 percent of individuals have significant reduction of symptoms and improved quality of life with a combination of pharmacological and psychosocial treatments and supports.
 - National Alliance on Mental Illness, “What is Mental Health Illness? Mental Illness Facts”
- With appropriate effective medication and a wide range of services tailored to their needs, most people who live with serious mental illnesses can significantly reduce the impact of their illness and find a satisfying measure of achievement and independence. A key concept is to develop expertise in developing strategies to manage the illness process.
 - National Alliance on Mental Illness, “What is Mental Health Illness? Mental Illness Facts”
- Early identification and treatment is of vital importance. By ensuring access to the treatment and recovery supports that are proven effective, recovery is accelerated and further harm related to the course of illness is minimized.
 - National Alliance on Mental Illness, “What is Mental Health Illness? Mental Illness Facts”
- One-half of all lifetime cases of mental illness begin by age 14, three-quarters by the age of 24. Despite effective treatments, there are long delays – sometimes decades – between the first onset of symptoms and when people seek and receive treatment.
 - National Alliance on Mental Illness, “Mental Illness: Facts and Numbers”

Economic Costs

- Without treatment the consequences of mental illness for the individual and society are staggering: unnecessary disability; unemployment; substance abuse; homelessness; inappropriate incarceration; suicide; and wasted lives. The economic cost of untreated mental illness is more than \$100 billion each year in the United States.
 - National Alliance on Mental Illness, “What is Mental Health Illness? Mental Illness Facts”
- In the U.S., the annual economic indirect cost of mental illness is estimated to be \$79 billion. Most of that amount – \$63 billion – reflects the loss of productivity as a result of illnesses.
 - U.S. Department of Health and Human Services, “Mental Health: A Report of the Surgeon General. Substance Abuse and Mental Health Services Administration,” Center for Mental Health Services, 1999