

Helpful Statistics About Mental Health in the United States

- Nearly 1 in 5 American adults will have a diagnosable mental health condition in any given year.
- Approximately 46 percent of Americans will meet the criteria for a diagnosable mental health condition sometime in their life, and half of those people will develop conditions by the age of 14.
- The number of US Adults with mental illness is 44 million (18%).
- More than 10 million adults have an unmet need for mental health treatment. This number has not declined since 2011.
- Over 10.3 million (4.1 %) adults in the U.S. have serious thoughts of suicide.
- Major depression is one of the most common mental illnesses.
- Over 17 million U.S. adults have depression.
- Major depression in youth has increased 4.35% over the last six years. Now over 2 million youth have depression with severe impairment.
- Over 70% of youth with major depression are still in need of treatment.

These statistics are provided courtesy of Mental Health America, Inc. and ***The State of Mental Health in America 2020***, a report researched, written and prepared by Maddy Reinert, Theresa Ngugen and Danielle Fritze for Mental Health America, Inc.