

Mental Health Awareness:

By the Numbers



1 in 5

adults experience a mental health condition each year

1 in 20

adults experience a serious mental health condition each year

1 in 6

youth (aged 6-17) experience a mental health disorder each year



75%

of all lifetime mental health conditions begin by age 24

18%

of adults with a mental health condition also have a substance use disorder

8.4 million

people provide care to an adult with a mental health condition

Suicide is the

2nd

leading cause of death among people aged 10-14

1 in 8

of all emergency department visits is related to mental health conditions and substance use disorders



Sources: Mental Health By the Numbers | NAMI: National Alliance on Mental Illness, NAMI_Impact_RippleEffect

Finding support

Your Assistance Program offers resources and referrals to support the **mental health** of you and your family and provides referrals for **mental health conditions**.

To learn more, contact your Assistance Program.

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