

Helpful Statistics About Mental Health in the United States

2023 Key Findings:

- In 2019-2020, 20.78% of adults were experiencing a mental illness. That is equivalent to over 50 million Americans.
- The vast majority of individuals with a substance use disorder in the U.S. are not receiving treatment. 15.35% of adults had a substance use disorder in the past year. Of them, 93.5% did not receive any form of treatment.
- Millions of adults in the U.S. experience serious thoughts of suicide, with the highest rate among multi-racial individuals. The percentage of adults reporting serious thoughts of suicide is 4.84%, totaling over 12.1 million individuals. 11% of adults who identified with two or more races reported serious thoughts of suicide in 2020 – 6% higher than the average among all adults.
- Over 1 in 10 youth in the U.S. are experiencing depression that is severely impairing their ability to function at school or work, at home, with family, or in their social life. 16.39% of youth (age 12-17) report suffering from at least one major depressive episode (MDE) in the past year. 11.5% of youth (over 2.7 million youth) are experiencing severe major depression.
- Over half (54.7%) of adults with a mental illness do not receive treatment, totaling over 28 million individuals.
- Almost a third (28.2%) of all adults with a mental illness reported that they were not able to receive the treatment they needed. 42% of adults with AMI reported they were unable to receive necessary care because they could not afford it.
- 10.8% (over 5.5 million) of adults with a mental illness are uninsured. Hispanic adults with AMI were least likely to have health insurance, with 19% reporting they were not covered by insurance.
- 6.34% of youth in the U.S. reported a substance use disorder in the past year. That is equivalent to over 1.5 million youth in the U.S. who meet the criteria for an illicit drug or alcohol use disorder.
- 22.87% of adults who report experiencing 14 or more mentally unhealthy days each month were not able to see a doctor due to costs.
- 59.8% of youth with major depression do not receive any mental health treatment.
- Nationally, only 28% of youth with severe depression receive some consistent treatment (7-25+ visits in a year). Most (57.3%) youth with severe depression do not receive any care.
- Nationally, 1 in 10 youth who are covered under private insurance do not have coverage for mental or emotional difficulties – totaling over 1.2 million youth.

These statistics are provided courtesy of Mental Health America, Inc. and *The State of Mental Health in America 2023*, a report researched written and prepared by Maddy Reinert, Theresa Nguyen, and Danielle Fritze for Mental Health America, Inc.