

## Quick Facts on Mental Health

### NATIONAL STATISTICS

- **1 in 5 adults experience a mental health condition** – that's over 40 million Americans (more than the populations of New York and Florida COMBINED)
- **Youth mental health is becoming more prevalent.** Rates of youth with severe depression increased from 5.9% in 2012 to 8.2% in 2015. Even with severe depression, 76% of youth are left with no or insufficient treatment
- **Most Americans still lack access to care.** 56% of American adults with a mental illness do not receive treatment. Even in Maine, the state with the best access, 41.4% of adults with a mental illness do not receive treatment.
- There is a serious mental health workforce shortage. In states with the lowest workforce, there is up 6 times the individuals to only 1 mental health professional. This includes psychiatrists, psychologists, social workers, counselors, and psychiatric nurses combined.
- 18.01% of adults struggle with a mental health problems annual. Equivalent to 43.4 million Americans.
- 4.2 million live with an Anxiety Disorder, 16 million live with Major Depression. *Mental Health America* (<http://www.mentalhealthamerica.net/issues/state-mental-health-america>)
- Serious mental illness costs America \$193.2 billion in lost earnings per year.
- Mood disorders, including major depression, dysthymic disorder and bipolar disorder, are the third most common cause of hospitalization in the U.S. for both youth and adults aged 18–44.
- Individuals living with serious mental illness face an increased risk of having chronic medical conditions. Adults in the U.S. living with serious mental illness die on average 25 years earlier than others, largely due to treatable medical conditions.
- Over one-third (37%) of students with a mental health condition age 14–21 and older who are served by special education drop out—the highest dropout rate of any disability group.
- Suicide is the 10<sup>th</sup> leading cause of death in the U.S., the 3<sup>rd</sup> leading cause of death for people aged 10–14 and the 2<sup>nd</sup> leading cause of death for people aged 15–24.
- More than 90% of children who die by suicide have a mental health condition.
- Each day, an estimated 18-22 veterans commit suicide. *NAMI* (<https://www.nami.org/learn-more/mental-health-by-the-numbers>)

### STATE STATISTICS

- California is the 3<sup>rd</sup> highest state with adults who do not receive treatment, about 61.2% of adults with mental illnesses
- California is the 11<sup>th</sup> highest state with high prevalence of youth mental illness and low rates of access to care
- California is the 13<sup>th</sup> highest state of adults with alcohol dependence and illicit drug use
- California is the 5<sup>th</sup> highest state of youth with alcohol dependence and illicit drug use *Mental Health America* (<http://www.mentalhealthamerica.net/issues/state-mental-health-america>)
- Poor behavioral health outcome rates were 26% higher among residents aged 45-65 years compared to the country overall *Identifying Health Disparities to Achieve Health Equity in San Diego County: Executive Summary* ([https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/phs/CHS/healthequity/HE\\_Executive%20Summary%20FINAL.pdf](https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/phs/CHS/healthequity/HE_Executive%20Summary%20FINAL.pdf))
- For children and adults, the prevalence of serious mental illness varied by income, with much higher rates of mental illness at lower income levels *2013 California Health Care Almanac* (<https://www.chcf.org/wp-content/uploads/2017/12/PDF-MentalHealthPaintingPicture.pdf>)

### LOCAL STATISTICS

- An estimated 5 percent of San Diegans are living with serious mental illness. The number rises to 8 percent among low-income households. *The San Diego Foundation* (<https://www.sdfoundation.org/news-events/sdf-news/san-diego-mental-health-landscape/>)
- According to the VA San Diego Healthcare System nearly 25,000 Veterans have received care for PTSD in San Diego from 2010 - 2016 and 14.5% of all Veterans are diagnosed with some form of PTSD. *VA San Diego Healthcare System* ([https://www.sandiego.va.gov/services/Post\\_Traumatic\\_Stress\\_Disorder.asp](https://www.sandiego.va.gov/services/Post_Traumatic_Stress_Disorder.asp))
- In San Diego, mental health calls to 911 operators and other authorities totaled about 31,700 in 2015, an increase of **84%** compared to 17,300 in 2009. *San Diego Union Tribune* (<http://www.sandiegouniontribune.com/sdut-rise-police-calls-mental-health-2016jun06-story.html>)

### Mental Health Facts IN AMERICA

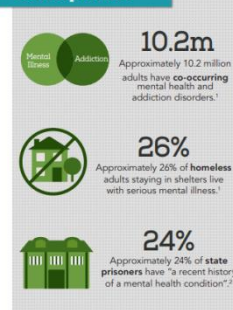
**Fact:** 43.8 million adults experience mental illness in a given year.



#### Prevalence of Mental Illness by Diagnosis



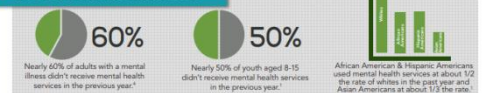
#### Consequences



#### Impact



#### Treatment in America



#### Ways to Get Help

