1. Mental illness affects someone you know

- 1 in 5 Americans experiences a mental illness in a given year.
- 1 in 2 adults will be diagnosed with a mental illness or disorder in their lifetime.
- Half of all chronic mental illnesses begin by age 14.
- 1 in 6 children and teens in the U.S. were 5-17 experience a mental health disorder each year.
- 46% of parents have noticed a new or worsening mental health condition for their teen since the start of the pandemic.

2. The COVID-19 pandemic has had a significant impact on mental health.

- 8.4 million people in the U.S. spend an average of 32 hours per week providing unpaid care for an adult with mental or emotional health issues.
- Depressed and anxious disorders cost the global economy $1 trillion in lost productivity each year.
- People with serious mental illness have a 40% higher risk for chronic diseases, including diabetes or cancer.
- Less than half (45%) of adults with mental illness get treated in a given year.

3. Mental health issues have far-reaching implications.

- 31% of Americans worry about being judged by others because they seek mental health services.
- High cost: 42% say cost and limited insurance coverage are top barriers for accessing mental health care.
- Unaware of resources: 29% say they wouldn't access mental health care for themselves or a loved one but don't know where to go.
- Lack of access: 38% would wait longer than one week for mental health treatment.

4. Not everyone gets the mental health treatment they need.

- 1 in 2 white adults with mental illness get treated in a given year.
- 1 in 3 Hispanic and Latino adults.
- 1 in 5 Asian adults.

5. Increased awareness and treatment deliver results.

- 1 in 3 large employers plan to expand employee access to mental health services in 2021.
- For every $1 invested in scaling up treatment for common mental health disorders, employers see a return of $4 in improved health and productivity.

Additional resources:
- Mental Health in the Workplace: Information about Mental Illness and the Brain.
- What is the impact of mental health-related stigma on help-seeking?
- How the pandemic has impacted teen mental health.
- America’s Mental Health 2018: Attitudes and Access to Care.
- 2019 National Survey on Drug Use and Health: A blueprint for protecting physical health in people with mental illness.
- Bruce Rasmussen, PhD, Prof Filip Smit, PhD, Prof Pim Cuijpers, PhD, et al, The Lancet, April 2016.
- The COVID-19 pandemic has had a significant impact on mental health.
- How the pandemic has impacted teen mental health.
- 5. Increased awareness and treatment deliver results.