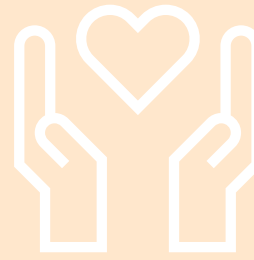


# FAST STATS



1 in 5 U.S. adults  
experience mental  
illness



**28.2%** of adults  
with a mental  
illness report  
they try but  
can't get  
treatment

**-\$193b**

is how much America loses  
in earnings each year  
because of untreated  
serious mental illnesses



**46%**

of Americans will  
meet the criteria for  
a diagnosable  
mental health  
condition sometime  
in their life

**35.5%** of adults with a  
mental illness also have a  
substance use disorder



# FAST STATS-YOUTH



The *consequences* of failing to address adolescent mental health conditions extend to adulthood, impairing both physical and mental health and limiting opportunities to lead fulfilling lives as adults.

Children ages 6-17 are **3X** more likely to repeat a grade if they have mental, emotional, developmental or behavioral problems



Adolescents who spend more than 3 hours a day on social media face **double** the risk of mental health problems including experiencing symptoms of depression and anxiety



In 2022, the prevalence of cannabis use among adolescents was higher than that of adults globally



**ONE** in **seven** of 10-19 year olds experience a mental health condition (globally), yet these remain largely unrecognized and untreated



**7x**

Between children aged 6-17 years, racial/ethnic discrimination was almost SEVEN times as common among children with three other adverse childhood experiences compared to those with no other ACE's

# FAST STATS-HISPANIC/LATINX



In the U.S., the Hispanic/Latinx community is very diverse with many differing subgroups. While these subgroups vary in location, dialect, and cultural traditions, the increased barriers of access to quality mental and behavioral health treatment remain the same for all.



Language barriers make it particularly difficult for those who may not speak the same language as a potential provider

In 2023, Hispanic adults were **60%** less likely to have received mental health treatment than non-Hispanic white adults



Hispanic residents were more likely not to have graduated high school (or have an equivalent degree) at 30.9%, when compared to any other racial or ethnic group, increasing mental illness risk

According to 2021 data, more than **80%** of the country's psychology workforce was made up of white psychologists. Latinos make up a mere **8%** of the psychology workforce

# 17.0%

of Hispanic/Latinx people in the U.S. live in poverty, compared to 8.2% of non-hispanic whites. Individuals who live in poverty have a higher risk of mental illness

# FAST STATS-LGBTQIA+

The Lesbian, Gay, Bisexual, Transgender, Queer, Questioning Plus (LGBTQ+) community represents a diverse range of identities and expressions of self, bringing unique challenges. There is strong evidence from recent research that members of this community are at higher risk for experiencing mental health conditions.



LGBTQIA+ adults are **more than twice** as likely to experience a mental health condition, especially anxiety and depression

**5.8 million**

is how many LGBTQIA+ Americans reported having a mental illness in the past year

The LGBTQIA+ community faces many forms of discrimination, all of which bring about trauma



They are one of the most targeted communities by perpetrators of hate crimes in the country

**56%**

of LGBTQIA+ young people who wanted mental health care in the past year were not able to get it

**2.5X**

LGBTQIA+ individuals used mental health services at almost 3 times higher rates than their heterosexual counterparts<sup>14</sup>



# FAST STATS-BIPOC

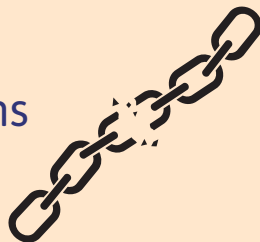


While people of color (POC) have rates of mental health disorders similar to whites, these disorders are more likely to last longer and result in more significant disability for POC. Mental health equity will be achieved when all people have the opportunity to attain their full health potential, and no one is impeded from doing so because of socially determined circumstances.

Service cost or lack of insurance coverage was the most frequently cited reason for not using mental health services across all racial/ethnic groups, according to SAMHSA.

Black American adults are **20%** more likely to experience serious mental health problems, such as major depressive disorder or generalized anxiety disorder

The Black community comprises approximately **40%** of the homeless population, **50%** of the prison population, and **45%** of children in the foster care system, which may increase risk for mental health conditions

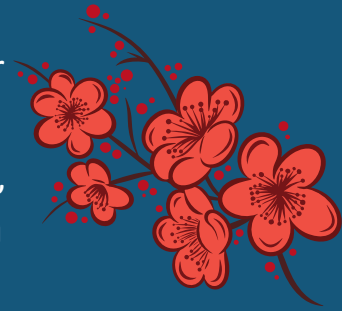


More than **80%** of Black Americans are very concerned about the stigma associated with mental illness, which discourages them from seeking treatment

American Indians/Alaskan Natives report higher post-traumatic stress disorder and alcohol dependence rates than any other ethnic or racial group

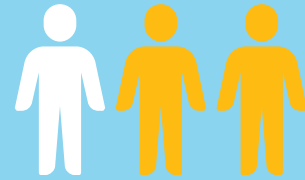
# FAST STATS-AAPI

Asian Americans and Pacific Islanders (AAPI) are an integral part of the American cultural mosaic, encompassing a wide range of diversity. Over 24 million Americans are AAPI. Ethnic and community identity is considered a notable protective factor to mental health for many AAPIs, but there are also many challenges that this population can face, which can then impact their mental health.



## 2.7 million

AAPIs have a mental and/or substance use disorder



{1 in 3}

Asian Americans who have been diagnosed with depression were unable to see a doctor due to cost



The disparity between the high demand and poor availability of linguistically and culturally appropriate mental health service providers is a **significant gap** in accessing treatment



AAPIs are least likely to seek mental health services than any other racial/ethnic group. Additionally, AAPIs are **three times** less likely to access mental health services than their white counterparts

## 70%

of Southeast Asian refugees receiving mental health treatment were diagnosed with PTSD

# FAST STATS-PEOPLE WITH DISABILITIES



In the United States, more than 1 in 4 adults have a disability. This population is a diverse group of people with a wide range of needs. People with Disabilities often continue to face discrimination and unequal access in employment, housing, medical care and insurance coverage. There are also physical challenges that many people with disabilities face. Managing these obstacles can take a toll on a person's mental health.

## 2X

People with disabilities have twice the risk of developing conditions such as depression, asthma, diabetes, stroke, obesity, or poor oral health

People with disabilities find inaccessible and unaffordable transportation 15 times more difficult than for those without disabilities

## 4.6X



Adults with disabilities report frequent mental distress almost five times as often as adults without disabilities.

People with disabilities face barriers in *all aspects* of the health system. A lack of knowledge, negative attitudes, discriminatory practices and more all contribute to health inequities faced by this population



There could be an almost \$10 return for every \$1 spent on implementing disability inclusive prevention and care for noncommunicable diseases



# FAST STATS-ACEs

4+

Four or more ACEs increases the prevalence of drug use, suicide attempts, and depression

64%

of the U.S. adult population had at least one ACE before the age of 18



Females and several racial/ethnic minority groups were at greater risk for experiencing 4 or more ACEs

18%

The percent of children in Georgia who have experienced two or more adverse experiences is 18%



Up to 1.9 million cases of heart disease and 21 million cases of depression could have been potentially avoided by preventing ACEs



# FAST STATS-SUICIDE

1 death  
every  
**11**  
minutes



90% of people who die by suicide had some kind of mental health condition, often depression or substance abuse

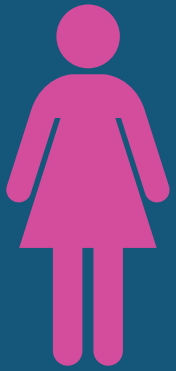
In 2022, 13.2 million adults seriously thought about suicide

**77.4%**  
of people who die by suicide are male



Suicide is the **11th** leading cause of death in the US

# FAST STATS-SUICIDE



Mental health challenges vary across subpopulations. *FEMALES* reported a suicide attempt 1.33 times as often as males, but *MALES* died by suicide 3.90x more than women in 2021

*The rate of suicide is highest in middle-aged white men*



Adults living below the federal poverty level reported mental distress **70%** more often than did adults in higher income households

# 647,566

was the total amount of 988 routed contact calls since its 2022 roll-out

# 94%

of adults surveyed in the US think suicide can be prevented

# [IN 2022]

rates were highest for adults ages 85+

rates increased for those aged 35 and older

rates decreased for those 34 and below

## FATAL FIREARMS



### FIREARMS

accounted for 54.6% of all suicide deaths in 2022

[In 2022] LGBT young adults who reported high levels of family rejection during adolescence were **8.4X** more likely to report having attempted suicide

