Snapshot of Mental Illness in the U.S.A.

Few people realize that psychological disorders are very common. Unfortunately, misconceptions about them are also common—partly due to age-old prejudices and partly because people who have dealt with mental illness often don't feel comfortable talking openly about it. The following statistics provide a snapshot of mental illness in the United States:

- More than a quarter of Americans will suffer from a psychological or substance abuse disorder this year.
- About one in four Americans will suffer with a diagnosable mental illness in his or her lifetime.
- More than 5 percent of Americans have a psychological disorder that interferes with daily functioning, and 2.6 percent suffer from a severe and persistent psychological disorder.
- Rates of mental illness are about the same for adults as for children and teens.
- Women are more likely than men to be diagnosed with depression, but men are more likely to attempt suicide.
- Fewer than half of those who need treatment for mental illness actually get the help, and most treatment they receive does not meet expert guidelines.
- Serious psychological disorders cost the United States nearly $200 billion in lost wages.
- Depression and other psychological disorders increase the likelihood of other serious medical

conditions including heart disease.

- Left untreated, depression is as costly to the U.S. economy as heart disease.
- Mental health conditions are the second leading cause of U.S. workplace absenteeism.
- Sales of antipsychotic drugs for psychological conditions topped $25 billion in 2008.
- 170 million prescriptions for antidepressants were filled in 2005.
- The aggregate cost of mental disorders in the 1990s was about 2.5 percent of the U.S. gross national product.

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