

MENTAL
HEALTH

- 2021 -

5 FIVE THINGS YOU NEED TO KNOW

1. Mental illness affects someone you know

1 in 5 Americans experiences a mental illness in a given year ¹

Half of all chronic mental illness begins by age 14 ²

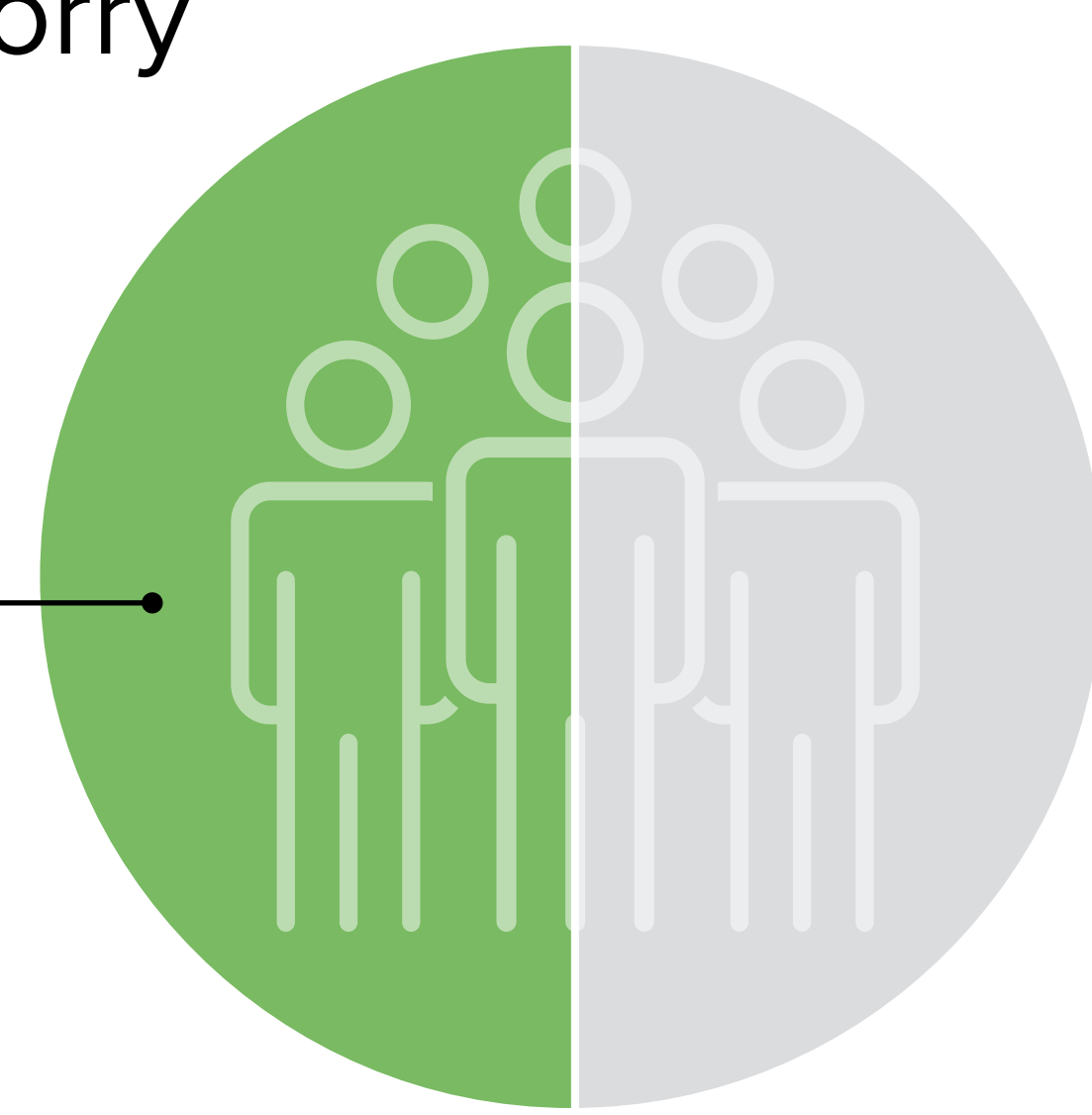


More than **1/2** of Americans will be diagnosed with a mental illness or disorder in their lifetime ²

1 in 6 children and teens in the U.S., ages 6-17, experience a mental health disorder each year ³

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

Half of adults say that worry or stress related to the pandemic has had a negative impact on their mental health ⁴



1 in 4 say it's had a major impact ⁴

1 in 4 adults reported having symptoms of anxiety or depression in 2021 vs. 1 in 10 in 2019 ⁵



46% of parents have noticed a new or worsening mental health condition for their teen since the start of the pandemic ⁶

3. Mental health issues have far-reaching implications.

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 ⁷



Depression and anxiety disorders cost the global economy **\$1 trillion in lost productivity each year** ⁸

People with serious mental illness have a **40% higher risk for chronic diseases**, including diabetes or cancer ⁹

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



Less than half (**45%**) of adults with mental illness get treated in a given year ¹⁰

1 in 2 white adults with mental illness get treated in a given year

1 in 3 Black adults

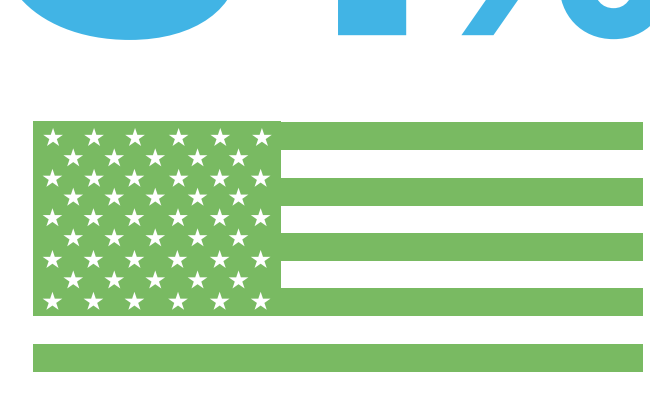
1 in 3 Hispanic and Latinx adults

1 in 5 Asian adults

[TOP REASONS FOR NOT SEEKING TREATMENT]

Perceived stigma

31% of Americans worry about being judged by others because they seek mental health services ¹¹



Ethnic minorities, youth, men, and those in military and health professions are disproportionately deterred by stigma ¹²

Unaware of resources

29%

say they would like to access mental health care for themselves or a loved one but **don't know where to go** ¹¹



Lack of access

38%

have had to **wait longer than one week** for mental health treatment ¹¹

By 2025, it's estimated that demand for behavioral health providers will **outpace available resources by 22%** ¹³

5. Increased awareness and treatment deliver results.

Today, most mental illnesses can be treated effectively – minimizing symptoms and allowing the person to function in work, school, or social environments ¹⁴



1 in 4 large employers

plan to expand employee access to mental health services in 2021 ¹⁵



For every **\$1** invested in scaling up treatment for common mental health disorders, employers see a **return of \$4** in improved health and productivity ¹⁶



Sources:
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 3 US National and State-Level Prevalence of Mental Health Disorders and Disparities of Mental Health Care Use in Children, Daniel G. Whitney, PhD; Mark D. Peterson, PhD, JAMA Pediatrics, February 2019.
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