

Every year, millions of people struggle with mental illness. Also known as mental health disorders, these conditions can make it difficult for individuals living with them to function at work and home. By better understanding the statistics around mental health, employers can start conversations around mental health.

A stat that is especially important to note: 60% of U.S. counties don't have a single practicing psychiatrist, making it more essential than ever for employers to share mental health resources that are free and easily accessible.



The Mental Illness Reach



- **1 in 5** U.S. adults experience mental illness annually
- **1 in 20** U.S. adults experience serious mental illness each year
- 75% of all lifetime mental illness begins by **age 24**
- Suicide is the **second leading cause of death** for those ages 10-34
- In 2019, **51.5 million** people U.S. adults experienced mental illness
- In 2019, **13.1 million** U.S. adults experienced serious mental illness

The Impact of Mental Illness



- Depression is a **leading cause** of disability globally
- Every year, depression and anxiety disorders cost the global economy **\$1 trillion** in lost productivity
- In 2019, **10.9%** of U.S. adults with mental illness had no insurance coverage
- For those with serious mental illness, **11.9%** of U.S. adults had no insurance coverage
- Individuals with depression have a **40%** higher risk of developing cardiovascular and metabolic diseases than the general population
- **9.5 million** individuals with mental illness also experienced a substance use disorder
- Unemployment rates are higher among U.S. adults who have a mental illness (**5.8%**) compared to those who don't