



## Prevalence of Mental Health Challenges & Extent of Service Use

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### **Most children with mental health challenges do not get the help they need.**

- **1 in 3** adolescents (aged 13 to 18) with mental disorders receive services for their diagnosis<sup>1</sup>.
- **Half** of adolescents with severely impairing mental disorders never receive treatment for their symptoms<sup>2</sup>.
- Service rates are highest for adolescents with ADHD (59.8%) and behavior disorders (45.4%)<sup>3</sup>.
- Fewer than **1 in 5** adolescents with anxiety, eating, or substance use disorders receive treatment for those disorders<sup>4</sup>.
- Hispanic and Black adolescents are less likely than their White counterparts to receive services for mood and anxiety disorders<sup>5</sup>.

### **Mental health is a nationwide public health issue.**

The mental health and well-being of Americans are critical issues that affect not only our quality of life, but also the health of our communities, business and economic stability.

- **More than 57 million Americans** suffer from mental illness, and it is the leading cause of disability in our nation.
- Untreated mental illness cost businesses and the American economy over **\$193 billion per year**.
- Studies report that **persons with serious mental illness die, on average, 25 years earlier** than the general population.
- In 2005, **over 32,000 individuals died by suicide** in the U.S. (nearly twice the rate of homicide).
- Suicide is the 11<sup>th</sup> leading cause of death nationwide. Whereas, homicide ranks as 13<sup>th</sup>.
- **More teenagers die from suicide than** cancer, heart disease, AIDS, birth defects, stroke, pneumonia and influenza, and chronic lung disease combined.
- Despite increasing awareness of the importance of mental health, a strong stigma continues to persist. The U.S. Surgeon General estimates that roughly 20 percent of the U.S. population has a diagnosable, treatable mental disorder, but only one in three receives any treatment.
- Approximately **one in five children** has a diagnosable mental disorder. More than **a quarter of our troops** suffer from major depression or PTSD. And **more than half of all prison and jail inmates** suffer from mental health illness. *It touches everyone regardless of race, gender, class or religion.*



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<sup>1</sup> Merikangas, KR et al. Service Utilization for Lifetime Mental Disorders in U.S. Adolescents: Results of the National Comorbidity Survey-Adolescent Supplement (NCS-A). *Journal of the American Academy of Child & Adolescent Psychiatry*. Vol. 50 No. 1 (Jan. 2011).

<sup>2</sup> Merikangas, KR et al., 2011.

<sup>3</sup> Merikangas, KR et al., 2011.

<sup>4</sup> Merikangas, KR et al., 2011.

<sup>5</sup> Merikangas, KR et al., 2011.