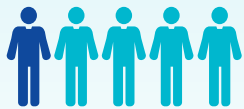


2020



Mental Health By the Numbers

Among U.S.
ADULTS:



1 in 5 experienced a mental illness

1 in 20

experienced a serious mental illness

1 in 15

experienced both a substance use disorder and mental illness

12+ MILLION

had serious thoughts of suicide

1 in 5

report that the pandemic had a significant negative impact on their mental health



45% of those with mental illness



55% of those with serious mental illness

RECOGNIZING THE IMPACT

2020 was a year of challenges, marked by loss and the uncertainty of the COVID-19 pandemic.

We must recognize the significant impact of the pandemic on our mental health – and the importance of increasing access to timely and effective care for those who need it.

Among U.S. ADULTS who received mental health services:

17.7 MILLION

experienced delays or cancellations in appointments

7.3 MILLION

experienced delays in getting prescriptions

4.9 MILLION

were unable to access needed care



Many struggled to get necessary mental health care, with telehealth proving an essential option.

26.3 MILLION

adults received virtual mental health services in the past year



34% of those with mental illness



50% of those with serious mental illness

Many increasingly used alcohol or drugs to cope with stress or self-medicate.



15% Among people aged 12 and older who drink alcohol, 15% report increased drinking



10% Among people aged 12 and older who use drugs, 10% report increased use

Data from CDC, NIMH and other select sources. Find citations for this resource at nami.org/mhstats

NAMI HelpLine
800-950-NAMI (6264)



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