

Mental Health Facts & Stats

“1 in 4 adults experience a mental health concern in a given year” (Holmes, 2015).

30 percent of college students reported feeling depressed which negatively interfered with their ability to function (Holmes, 2015).

As of 2012, 60 percent of adults do not receive the necessary mental health treatment. (Holmes, 2015).

According to TADS, 80% -90% of adolescents that seek treatment for depression find success with both therapy and medication (Save, n.d. (as cited by TADS)).

As of 2014, almost half (44.7 percent) of the 43.6 million American adults (aged 18 and older) with a mental illness obtained mental health care (SAMHSA, 2015).

Anxiety disorders are the most common mental illness impacting 40 million adults in the U.S. age 18 and older (ADAA, 2014).

Only one-third of those suffering with anxiety disorders receive treatment despite that anxiety disorders are highly treatable (ADAA, 2014).

An estimated 1 out of 100 adults have OCD (IOCDF, n.d.).

An estimated 1 in 200 children and adolescents have OCD (IOCDF, n.d.).

From 2009-2012 roughly 1 in 13 Americans was suffering from depression. Reports indicate that only 35% of people with severe depression and 20% of those with moderate depression sought help from a mental health professional (Kaplan, 2014).

A Psychology Today (2004) report stated that an estimated 59 million people received mental health treatment. Among the survey group 47% reported the use of medication without therapeutic intervention and 34% reported the use of both medication and therapy while 19% reported only therapy with no medication (Howes, 2008).

50% of Americans recognize the stigma surrounding therapy has decreased (Howes, 2008).

Of the individuals suffering with Major Depression, only ½ seek treatment (NIMH, 2008).

Suicide is the 10th leading cause of death in the U.S. and the 2nd leading cause of death for 15 to 24-year-old Americans (Save, n.d.).

According to the World Health Organization, roughly ½ of mental health concerns present before the age of 14 (WHO, n.d).

“Mental and substance use disorders are the leading cause of disability worldwide” (WHO, n.d.).

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