

May is National Mental Health Month although sadly it seems we could have mental health month almost every month these days. Millions are affected by mental health issues and illness each year.

Some statistics from the Substance Abuse and Mental Health Services Administration (SAMHSA)

- 21% of U.S. adults experienced mental illness in 2020 (52.9 million people) or 1 in 5 adults
- 5.6% experienced serious mental illness in 2020 (14.2 million people) 1 in 20 adults.
- 6.7% experienced a co-occurring substance use disorder/mental illness in 2020 (17 million)
- Annual prevalence of mental illness among U.S. adults, by demographic group:
 - Non-Hispanic Asian: 13.9%
 - Non-Hispanic white: 22.6%
 - Non-Hispanic black or African-American: 17.3%
 - Non-Hispanic American Indian or Alaska Native: 18.7%
 - Non-Hispanic mixed/multiracial: 35.8%
 - Non-Hispanic Native Hawaiian or Other Pacific Islander: 16.6%
 - Hispanic or Latino: 18.4%
 - Lesbian, Gay or Bisexual: 47.4%
- 1 in 6 U.S. youth experience a mental health condition yearly, and only half of them receive treatment.
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24.
- The average delay between onset of mental illness symptoms and treatment is 11 years.
- 160 million people live in Mental Health Professional Shortage Areas
- In 2020, 1 in 5 young people reported that the pandemic had a significant negative impact on their mental health.
- 1 in 10 young people under age 18 experienced a mental health condition following a COVID-19 diagnosis.
- In 2020, there was a 31% increase in mental health-related ER visits among adolescents.
- (77%) of Americans say they are not content with the state of mental health treatment in this country
- 65% of Americans are concerned about the stigma around mental illness.
- Only half of Americans (52%) say they are familiar with the mental health care system
- Click here for free, confidential crisis [resources](#) from the US Centers for Disease Control (CDC)
- In 2020, an estimated 14.8 million U.S. adults aged 18 or older had at least one major depressive episode with severe impairment in the past year.

- According to the National Institute of Mental Health: [NIMH: Major Depressive Disorder \(MDD\)](#) is the leading cause of disability in the U.S. for ages 15 to 44. MDD can develop at any age, the median age at onset is 32.5 years old.
- MDD affects more than 21 million American adults or about 8.4% of the U.S. population age 18 and older in a given year.
- Nearly 21% of adults in the United States will go on to develop Major Depressive Disorder at some point in their lives (Hasin, et al).
- Almost 49% of adults with MDD are **not** receiving treatment.
- MDD is more prevalent in women than in men.
- According to the World Health Organization (WHO) Depression is the leading cause of disability worldwide as measured by Years Lived with Disability. Almost 75% of people with mental disorders remain untreated in developing countries. Almost 1 million people take their lives each year. In addition 1 in 13 people globally suffers from anxiety.

Resources from the Anxiety and Depression Association of America (ADAA)

- [Depression Symptoms](#)
- [Depression Treatment and Management](#)
- [Tips to Manage Depression](#)
- [FAQs](#)
- ADAA's [free peer to peer Major Depressive Disorder online support group](#).

National Alliance on Mental Illness (NMI) Helpline 1-800-950-6264 or text Helpline to 62640

Mental Health worldwide has been impacted in a major way due to the emergence and persistence of the COVID-19 pandemic. Most of us have never experienced anything like it with the unanticipated, forced and mandated social disconnects, ensuing isolation, and a host of other factors that turned our world upside down. It stands to reason it may take some time to fully recover. Be mindful and aware that help is available and may come in handy for our own families, friends and communities.

For help with a mental health issue call: LECSA EAP/MAP 631-851-1295