

NOT... “just another walk”! Changing Minds....One Step at a Time

“Simply put, treatment works, if you can get it. But in American today, it is clear that many people living with the most serious and persistent mental illnesses are not provided with the essential treatment they need.” Michael J. Fitzpatrick, Executive Director of NAMI

- **One in four adults—approximately 57.7 million Americans— experience a mental health disorder in a given year.** One in seventeen lives with a serious mental illness, such as schizophrenia, major depression or bipolar disorder, and about one in ten children have a serious mental or emotional disorder.
- **Half of all lifetime cases of mental illness begin by age 14, three quarters by age 24.** Despite effective treatments, there are long delays—sometimes decades—between first onset of symptoms and when people seek and receive treatment.
- Fewer than one third of adults and half of children with a diagnosable mental disorder receive any mental health services in a given year.
- Over 50 percent of students with a mental disorder age 14 and older drop out of high school—the highest dropout rate of any disability group
- Racial and ethnic minorities are less likely to have access to mental health services and often receive a poorer quality of care.
- Individuals with serious mental illness face an increased risk of having chronic medical conditions. **Adults with serious mental illness die 25 years younger than other Americans,** largely due to treatable medical conditions.
- **Major depressive disorder** affects 6.7 percent of adults, or about 14.8 million American adults. **Major Depressive Disorder is the leading cause of disability in the U.S. and Canada in ages between 15 to 44.**
- **Suicide** is the eleventh leading cause of death in the U.S., and **the third leading cause of death for ages 10 to 24 years.** More than 90 percent of those who die by suicide have a diagnosable mental disorder. **There are more suicides each year than there are homicides.**
- In July 2007, a nationwide report indicated that **male veterans are twice as likely to die by suicide** as compared with their civilian peers in the general US population.
- About 2.4 million Americans, or 1.1 percent of the adult population, lives with schizophrenia.
- Bipolar disorder affects 5.7 million American adults, approximately 2.6 percent of the adult population per year.
- Anxiety disorders, which include panic disorder, obsessive compulsive disorder (OCD), post traumatic stress disorder (PTSD), generalized anxiety disorder, and phobias, affect about 18.1 percent of adults, an estimated 40 million individuals. Anxiety disorders frequently co-occur with depression or addiction disorders.
- **Of adults using homeless services, thirty-one percent reported having a combination of mental illness and addiction disorders.**
- In the U.S., the annual economic, indirect cost of mental illnesses is estimated to be \$79 billion. Most of that amount—approximately \$63 billion—reflects the loss of productivity as a result of illnesses.
- **Twenty four percent of state prisoners and 21 percent of local jail prisoners have a recent history of a mental health disorder.** Seventy percent of youth in juvenile justice systems have at least one mental disorder with at least 20 percent experiencing significant functional impairment from a serious mental illness.

For more information on mental illness, please see www.nami.org or www.nimh.nih.gov/

NAMI Mercer NJ, Inc.

3371 Brunswick Pike, Ste. 124 • Lawrenceville, NJ 08648
PH: 609-799-8994 • FX: 609-799-8996 • E-Mail: home@namimercer.org
www.namimercer.org

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