Allina Health ⁂

How Common Are Mental Health Conditions?

About 26 percent of Americans suffer from mental health conditions every year.

Mental health conditions are the leading cause of disability in the U.S. The numbers of U.S. adults (age 18 and older) who suffer from mental health conditions:

- anxiety disorders: 40 million
- mood disorders: 20.9 million
- social phobia: 15 million
- major depression: 14.8 million
- bipolar disorder: 5.7 million
- schizophrenia: 2.4 million.

Anyone can get a mental health condition at any time. It can start as the result of a traumatic event or from a lot of stress.

Having a mental health condition doesn't mean you are weak or a failure. It is not your fault. You are not alone.

If you think you have a mental health condition, please talk with a health care provider.
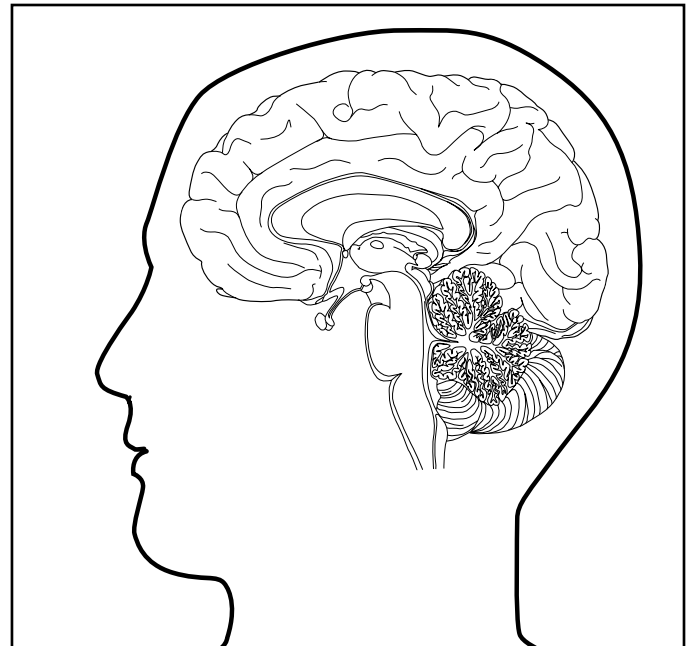
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Any part of your body can get a disease. This includes your brain. Mental health conditions affect about 1 in every 4 American adults.

For more information about mental health conditions, visit:

- allinahealth.org/mentalhealth
- nami.org
- nimh.nih.gov
- samhsa.gov
- facesandvoicesofrecovery.org.

Source: National Institute of Mental Health.

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