# lyra

# Mental health in the U.S.

## BY THE NUMBERS

## Mental illness is common in the U.S.

Nearly **1 in 5 adults** has a diagnosable mental illness

About **1 in 25** has a serious mental illness

**50%** About **half of adolescents** aged 13-18 will experience mental illness

## Women experience mental health conditions at a higher rate than men.[1]

**22%** of women

**15%** of men

**Young adults** are likelier to have a mental illness than older adults.[1]

**26%** of **18-25** year-olds

vs.

**22%** of **26-49** year-olds

## The Impact of Mental Illness

**20%** of primary care visits are related to mental health disorders[5]

**$193 billion:** Estimated **cost in annual lost earnings** nationwide due to mental illness[6]

**7.9 million people** experience both mental illness and a substance use disorder[7]

## Common Mental Health Conditions

**ANXIETY DISORDERS (19%)[2]**

**MAJOR DEPRESSION (7%)[3]**

**BIPOLAR DISORDER (2.8%)[4]**

## Barriers to Care

**1 in 5** adults with a mental illness reports being unable to get care they need.[8]

**33%** live in "mental health professional shortage" areas.[9]

**12.2%** do not have health insurance.[8]

## How to Get Help

Talk to your doctor or a mental health practitioner.

Ask about mental health benefits through Lyra or your company's employee assistance program. If your company offers Lyra, find care at care.lyrahealth.com

Call the SAMHSA National Helpline for 24/7 information and treatment referrals 1-800-662-HELP (4357)

If you or someone you know is considering suicide, call the National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

## Treatment Outcomes

In over **80%** of cases of depression, treatment can alleviate symptoms.[10]

Over **60%** of people who receive evidence-based behavioral health care see clinical improvement.[11]

1. National Institute of Mental Health, Mental Illness, Mental Health Information Statistics, Retrieved April 11, 2019 from https://www.nimh.nih.gov/health/statistics/mental-illness.shtml
2. National Institute of Mental Health, Any Anxiety Disorder, Mental Health Information Statistics, Retrieved April 11, 2019 from https://www.nimh.nih.gov/health/statistics/any-anxiety-disorder.shtml
3. National Institute of Mental Health, Major Depression, Mental Health Information Statistics, Retrieved April 11, 2019 from https://www.nimh.nih.gov/health/statistics/major-depression.shtml
4. National Institute of Mental Health, Bipolar Disorder, Mental Health Information Statistics, Retrieved April 11, 2019 from https://www.nimh.nih.gov/health/statistics/bipolar-disorder.shtml
5. Centers for Disease Control and Prevention, (2014, November 28). Morbidity and Mortality Weekly Report, Retrieved from https://www.cdc.gov/mmwr/preview/mmwrhtml/mm6347a6.htm?s_cid=mm6347a6_x
6. National Alliance on Mental Illness, (2017, January 26). What's at Stake, Retrieved from https://www.nami.org/About-NAMI/NAMI-News/2017/What-s-At-Stake
7. SAMHSA, (2015, September). Behavioral Health Trends in the United States: Results from the 2014 National Survey on Drug Use and Health, Retrieved from https://www.samhsa.gov/data/sites/default/files/NSDUH-FRR1-2014/NSDUH-FRR1-2014.pdf
8. Mental Health America, Mental Health in America - Access to Care Data, Retrieved April 11, 2019 from http://www.mentalhealthamerica.net/issues/mental-health-america-access-care-data
9. U.S. Health Resources and Services Administration, (2019, January 14). Shortage Areas, Retrieved from https://data.hrsa.gov/topics/health-workforce/shortage-areas
10. National Institute of Mental Health, (2000, August). Depression: What Every Woman Should Know, Retrieved from https://ubhc.rutgers.edu/4unj911/helpful_articles/EnglishDepressioninWomen.pdf
11. Based on analysis of aggregated proprietary data from Lyra Clinical Associates P.C., as of April 11, 2019