

BEHAVIORAL HEALTH CONDITIONS IN THE UNITED STATES

National
Recovery Month
Prevention Works • Treatment is Effective • People Recover
SEPTEMBER 2016

SUICIDE WAS THE SECOND LEADING CAUSE OF DEATH FOR TWO DIFFERENT AGE GROUPS, INDIVIDUALS AGED 15 TO 24 AND 25 TO 34.*



MORE THAN **44,000 AMERICANS** DIED IN 2013 AS A RESULT OF SUICIDE—**MORE THAN 1 PERSON EVERY 12.8 MINUTES.***



MENTAL
ILLNESS

SUBSTANCE
USE

7.9 MILLION

IN 2014

MORE THAN 7.9 MILLION U.S. ADULTS AGED 18 AND OLDER (3.3%) HAD **CO-OCCURRING MENTAL ILLNESS AND SUBSTANCE USE DISORDERS.****

9.8 MILLION



AMONG ADULTS AGED 18 OR OLDER, 9.8 MILLION (4.1% OF ADULTS) HAD A **SERIOUS MENTAL ILLNESS IN THE PAST YEAR.****



TWO-THIRDS OF AMERICANS BELIEVE THAT **TREATMENT AND SUPPORT** CAN HELP PEOPLE WITH MENTAL ILLNESSES LEAD NORMAL LIVES.†

* Centers for Disease Control and Prevention, National Center for Injury Prevention and Control. Web-based Injury Statistics Query and Reporting System (WISQARS). (2013) http://www.cdc.gov/injury/wisqars/pdf/leading_causes_of_death_by_age_group_2013-a.pdf

** Center for Behavioral Health Statistics and Quality, Behavioral Health Trends in the United States: Results from the 2014 National Survey on Drug Use and Health, NSDUH Series H-50, HHS Publication No. (SMA) 15-4927. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2015, p. 33.

† National Mental Health Anti-Stigma Campaign. What a Difference a Friend Makes. The Substance Abuse and Mental Health Services Administration. Retrieved January 29, 2015, from <https://store.samhsa.gov/shin/content/SMA07-4257/SMA07-4257.pdf>, p. 2.



SUBSTANCE ABUSE AMONG AMERICANS

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AMONG PEOPLE AGED 12 OR OLDER, **21.5 MILLION PEOPLE (8.1%)** WERE CLASSIFIED WITH **SUBSTANCE DEPENDENCE OR ABUSE** IN THE PAST YEAR.*



ABOUT **1 IN 10** AMERICANS (10.2%) AGED 12 OR OLDER USED AN **ILLICIT DRUG IN THE PAST 30 DAYS.****

22.2 MILLION



ILLICIT DRUG USE ESTIMATE FOR 2014 CONTINUED TO BE DRIVEN PRIMARILY BY MARIJUANA USE, WITH **22.2 MILLION CURRENT MARIJUANA USERS AGED 12 OR OLDER.****



MORE THAN ONE THIRD

OF YOUNG ADULTS AGED 18 TO 25 WERE BINGE ALCOHOL USERS (37.7%). AN ESTIMATED 8.7 MILLION (22.8%) OF UNDERAGE PERSONS (AGED 12 TO 20) WERE CURRENT DRINKERS IN 2014.**

* Center for Behavioral Health Statistics and Quality, Behavioral Health Trends in the United States: Results from the 2014 National Survey on Drug Use and Health, NSDUH Series H-50, HHS Publication No. (SMA) 15-4927. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2015, p. 2.

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MENTAL ILLNESS AMONG SPECIFIC AUDIENCES

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61%
OF MEN



51%
OF WOMEN

ABOUT TWO-THIRDS OF THE U.S. POPULATION REPORTED EXPERIENCING AT LEAST ONE PERSONAL TRAUMATIC EVENT BEFORE THE AGE OF 18.* IN THE U.S., **61% OF MEN AND 51% OF WOMEN REPORT EXPOSURE TO AT LEAST ONE LIFETIME TRAUMATIC EVENT.****

SUICIDE ATTEMPTS

HETEROSEXUAL

LESBIAN, GAY, AND BISEXUAL

ADOLESCENTS IN GRADES 7–12 WHO SELF-IDENTIFY AS LESBIAN, GAY, AND BISEXUAL ARE **MORE THAN TWICE AS LIKELY TO HAVE ATTEMPTED SUICIDE AS THEIR HETEROSEXUAL PEERS.†**



18.5%
PTSD

19.5%
TBI



APPROXIMATELY **18.5% OF SERVICE MEMBERS** RETURNING FROM IRAQ OR AFGHANISTAN HAVE **POST-TRAUMATIC STRESS DISORDER (PTSD) OR DEPRESSION. 19.5% REPORT EXPERIENCING A TRAUMATIC BRAIN INJURY (TBI) DURING DEPLOYMENT.‡**

* Centers for Disease Control and Prevention. (2012). The Adverse Childhood Experiences (ACE) study. Retrieved from <http://www.cdc.gov/ace/findings.htm>.

** Kessler RC, Sonnega A, Bromet E, et al. Posttraumatic stress disorder in the National Comorbidity Survey. Archives of General Psychiatry. 1995;52:1048–1060.

† Centers for Disease Control and Prevention. Lesbian, Gay, Bisexual, and Transgender Health—LGBT Youth. Retrieved from <http://www.cdc.gov/lgbthealth/youth.htm>.

‡ Invisible Wounds: Mental Health and Cognitive Care Needs of America's Returning Veterans. RAND Corporation. Retrieved from http://www.rand.org/pubs/research_briefs/RB9336/index1.html.

