



One in five Americans experience a mental health concern annually

More than **21 million** U.S. adults had at least one major depressive episode in the past year

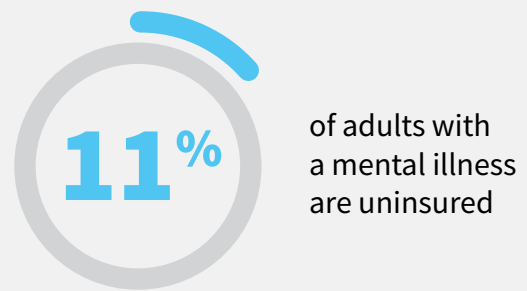
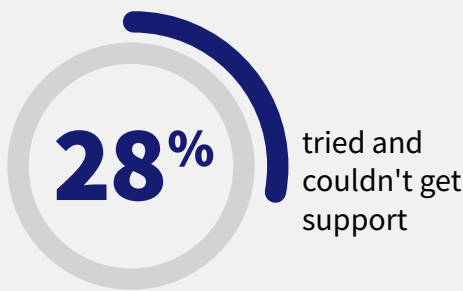
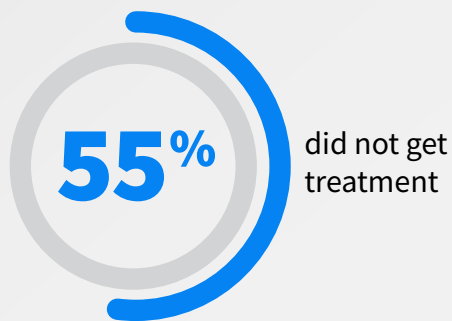
Over **40 million** adults in the U.S. have an anxiety disorder

Over **15% of adults** have a substance use disorder

Over **17% of youth** (6-17) experience a mental health disorder

Annual prevalence of mental illness among U.S. adults, by demographic group:

16%	Asian	35%	Mixed/multiracial
24%	White	18%	Native Hawaiian or other Pacific Islander
21%	Black or African-American	20%	Hispanic or Latino
27%	American Indian or Alaska Native	50%	LGBTQIA+



Depression is the **leading cause** of disability worldwide

Depression and anxiety disorders cost the global economy **\$1 trillion** in lost productivity each year

www.1in5.info

Source: National Alliance on Mental Health
Source: The World Health Organization
Source: Mental Health America

