

Fast Facts

Many corporations across the country report that promoting mental health as part of an overall wellness campaign has resulted in reduced health expenses and other financial gains for their organizations. Here are a few thought-provoking statistics regarding mental health in the United States:

Workplace

- In a typical workplace with 20 employees, four will likely develop a mental illness this year. (NIMH, 2004)
- Mental health conditions are the second leading cause of workplace absenteeism. (APF, 2004)
- People who have untreated mental health issues use more general health services than those who seek mental health care when they need it. (APA, 2004)
- Untreated and mistreated mental illness costs the United States \$105 billion in lost productivity each year, and U.S. businesses foot up to \$44 billion of this bill. (BMJ, 1998; NMHA, 2001)
- Seventy-five percent of visits to doctors' offices concern stress-related ailments. (APA, 2004)
- Workplace environments have a greater effect on employee stress levels than the number of hours employees work. (UA, 2003)
- Chronic stress can double a person's risk of having a heart attack. (BCBS MA, 2004)
- Stress is linked to the six leading causes of death: heart disease, cancer, lung ailments, accidents, cirrhosis of the liver and suicide. (APA, 2004)
- One in four people report they've missed work as a result of work-related stress. (APA, 2004)
- More than three out of four employees who seek care for workplace issues or mental health problems see substantial improvement in work performance after treatment. (APF, 2003)
- A survey report published in 2005 by the Society for Human Resource Management (SHRM) states 76 percent of American employers offer an Employee Assistance Program benefit as an effective strategy to encourage healthier behavior among their employee population.
- Workers who abuse drugs cost their employers twice as much in medical and worker compensation claims as workers who do not abuse drugs. (NIDA, 2004)
- Anxiety-related disorders cost the United States \$42 billion a year in work-related and medical losses. (ADAA, 2004)

Consumers and Recovery

- As many as 8 million Americans who have serious mental illnesses do not receive adequate treatment each year. (HU, 2002)
- Although about 16 percent of American adults will develop depression at some point, only one-fifth will receive the care they need to treat the condition. (JAMA, June 2003)
- An estimated 2.5 million Americans have bipolar disorder. The actual number may be two to three times higher because as many as 80 percent of people with this illness go undiagnosed or misdiagnosed. (NMHA, 2003)
- Regular physical exercise can help people reduce stress, depression and anxiety, and enable them to better cope with adversity. (UNM, 2003)
- People who have major depression and anxiety disorder



ders are significantly (60 percent) less likely to relapse if they exercise regularly—and continue exercising over time—than if they take medication alone. (Mayo Clinic, 2003)

- The treatment success rates for such disorders as depression (more than 80 percent), panic disorder (70-90 percent) and schizophrenia (60 percent), surpass those of other medical conditions, such as heart disease (45-50 percent). (NAMHC Report, 1993)
- People with high rates of medical service use have four times the prevalence of depression and anxiety disorders. Effective treatment of mental illnesses, especially depression, is associated with improved outcomes for chronic physical disorders. (JFP, 2000)

Children and Families

- Five to 9 percent of children in the United States have a serious emotional disturbance. (USSG, 1999)
- About 13 percent of children between 9 and 17 years old have an anxiety disorder. (USSG, 1999)
- About 4.1 percent of school-age children have attention-deficit hyperactivity disorder. (NIMH, 1999)
- Nearly 4 percent of boys and more than 6 percent of girls have symptoms of post-traumatic stress disorder caused by violence they have endured or witnessed. (JCCP, 2003)
- Nearly two-thirds of boys and three-quarters of girls in juvenile detention centers have a psychiatric disorder. (AGP, Dec. 2002)
- Only about 21 percent of children in the United States who need mental health services actually receive them. (AJP, Sept. 2002)
- Kids who say other students bully them at school are 50 percent more likely to admit they brought weapons to school during the past month than students who've never bullied or been bullied. (NICHHD, 2003)
- About every two hours, a young person kills himself or herself. (AAS, 2002)
- Three million teenagers have considered suicide or attempted suicide in the past year. (SAMHSA, 2002)
- Suicide is the third leading cause of death among people under 24 years old after accidents and homicide. (CDC, 2002)

Policymakers

- Between 28 and 30 percent of the U.S. population has a mental health disorder, substance abuse disorder or both. (USSG, 1999)
- More than 85 million people have lacked health insurance coverage at some point in 2003 and 2004. (Families USA, 2004)
- One in five American families have at least one member who lacks health insurance coverage, a situation that can place the entire family at risk for financial ruin and poor health. (USCB, 2004)
- Parents in 19 states surrendered custody of a total of nearly 13,000 children in 2001 to get their kids the mental health treatment the parents could not afford. (GAO, 2003)
- In 2002, 132,353 individuals were hospitalized following suicide attempts; 116,639 people were treated in hospital emergency departments after suicide attempts and released. (CDC, 2004)
- The poor health and premature deaths of people who lack health insurance coverage cost the nation between \$65 billion and \$130 billion annually. (IOM, 2003)
- Untreated and mistreated mental illness costs the United States \$150 billion in lost productivity and \$8 billion in crime and welfare expenditures each year. A 5.5 percent increase in spending by businesses and government on mental health treatment could cut these costs by half. (CHP, 2004; NMHA, 2001)
- Full mental health insurance parity will increase insurance premiums by only 0.9 percent to 1.0 percent. (APA, 2003)
- More than 600,000 visits to hospital emergency rooms due to drug use were recorded in 2000. (NIDA, 2003)
- Alcohol and drug abuse cost society about \$245.7 billion in 1992. Of this amount, about 46 percent was borne by governments. (NIDA, 2003)