

MENTAL DISORDERS

AMONG ADULTS



4.3%

of adults aged **18 or older** seriously thought about **killing themselves** in 2017.¹

11.2 million

adults had a **serious mental illness** in the past year.²



1 in 3 adults

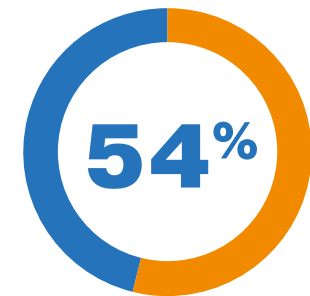
who had serious thoughts about suicide **made suicide plans**.

1.4 million

adults who had serious thoughts about suicide **made a suicide attempt**.³

46.6 million

adults aged 18 or older had **any mental illness** in the past year.⁴



of people who died by suicide **did not have a known mental disorder**.⁵

1, 2, 3, 4, 6, 7 Center for Behavioral Health Statistics and Quality. *Key substance use and mental health indicators in the United States: Results from the 2017 National Survey on Drug Use and Health, NSDUH Series H-53, HHS Publication No. (SMA) 18-5068*. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2018. Accessed February 28, 2019. Retrieved from: <https://www.samhsa.gov/data/sites/default/files/cbhsq-reports/NSDUHFFR2017/NSDUHFFR2017.pdf>

MENTAL DISORDERS

AMONG YOUTH + YOUNG ADULTS



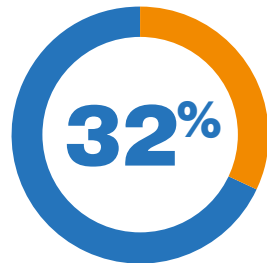
3.2 million

adolescents aged **12 to 17** and



4.4 million

young adults aged **18 to 25** had a major depressive episode in the past year.⁶



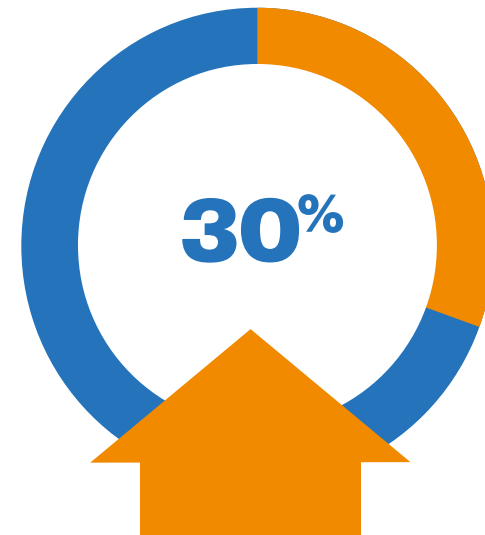
of students felt **consistently sad or hopeless** in 2017, compared to 29% in 2007.⁷



1 in 5 students

were bullied in school in 2017.⁸

SUICIDE



Suicide is a leading cause of death in the U.S. From 1999 through 2016, suicide rates increased in nearly every state, **with half the states increasing** by more **than 30 percent**.⁹

^{7,8} Centers for Disease Control and Prevention. *Youth Risk Behavior Survey Data*. 2017. Accessed February 28, 2019. Retrieved from: <https://www.cdc.gov/healthyyouth/data/yrbs/pdf/trendsreport.pdf>

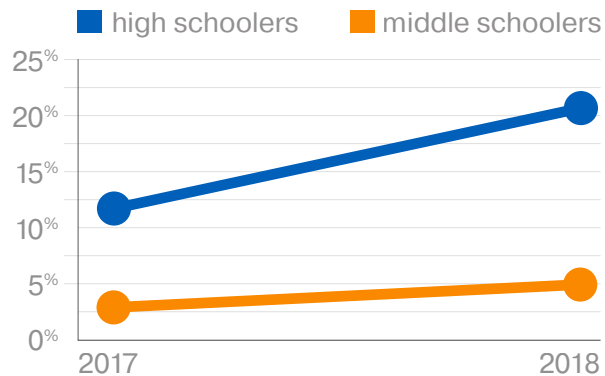
^{5,9} Stone DM, Simon TR, Fowler KA, et al. "Vital Signs: Trends in State Suicide Rates — United States, 1999–2016 and Circumstances Contributing to Suicide — 27 States." *MMWR Morb Mortal Wkly Rep* 2018;67:617–624. Accessed February 28, 2019. Retrieved from: <https://www.cdc.gov/mmwr/volumes/67/wr/mm6722a1.htm#suggestedcitation>

SUBSTANCE USE

AMONG YOUTH

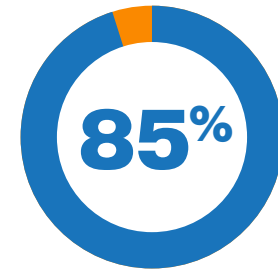


adolescents aged 12 to 17 **used alcohol for the first time** in the past year.¹



Among high school students, **current e-cigarette use increased by 78%** (from 11.7% to 20.8%), during 2017–2018.

Among middle school students, **current e-cigarette use increased by 48%** (from 3.3% to 4.9%), during 2017–2018.³



of high-school seniors say that it is **fairly easy or very easy to gain access to alcohol**.²



adolescents aged 12 to 17 **misused opioids** in the past year.⁴

^{1,4,5,6,10} Center for Behavioral Health Statistics and Quality. *Key substance use and mental health indicators in the United States: Results from the 2017 National Survey on Drug Use and Health, NSDUH Series H-53, HHS Publication No. (SMA) 18-5068*. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2018. Accessed February 28, 2019. Retrieved from: <https://www.samhsa.gov/data/sites/default/files/cbhsq-reports/NSDUHFFR2017/NSDUHFFR2017.pdf>

² Miech, RA, Schulenberg, JE, Johnston, LD, Bachman, JG, O'Malley, PM, & Patrick, ME. National Adolescent Drug Trends in 2018. *Monitoring the Future: Ann Arbor, MI*. December 17, 2018. Accessed February 28, 2019. Retrieved from: <http://monitoringthefuture.org/data/18data/18drtbl17.pdf>

³ Cullen KA, Ambrose BK, Gentzke AS, Apelberg BJ, Jamal A, King BA. "Notes from the Field: Use of Electronic Cigarettes and Any Tobacco Product Among Middle and High School Students — United States, 2011–2018." *MMWR Morb Mortal Wkly Rep* 2018;67:1276–1277. 2018. Accessed February 28, 2019. Retrieved from: https://www.cdc.gov/mmwr/volumes/67/wr/mm6745a5.htm?s_cid=mm6745a5_w

SUBSTANCE USE

TREATMENT

In 2017, an estimated **20.7 million** people aged 12 or older needed substance use treatment.



Just 4 million people aged 12 or older received any substance use treatment in the past year.⁵

In 2016, the number of admissions to substance use treatment for methamphetamine use aged 12 or older totaled 178,547.



This number has steadily increased since 2011, when there were just 115,244 admissions for methamphetamine use.⁸

AMONG ADULTS



11.4 million people misused **opioids** in 2017, including

11.1 million people who misused **prescription pain relievers**

886,000 people who used **heroin**.⁶



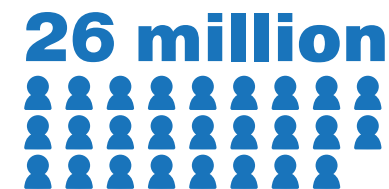
died of a **drug overdose** in 2017.⁹

From July 2016 through September 2017, a total of



142,557 **emergency department visits** in **45 states** were suspected opioid-involved overdoses.⁷

The most commonly used illicit drug in the past month was **marijuana**, which was used by



26 million people aged 12 or older.¹⁰

⁷ Vivolo-Kantor AM, Seth P, Gladden RM, et al. "Vital Signs: Trends in Emergency Department Visits for Suspected Opioid Overdoses — United States, July 2016–September 2017." *MMWR Morb Mortal Wkly Rep* 2018;67:279–285. 2018. Accessed February 28, 2019. Retrieved from: <https://www.cdc.gov/mmwr/volumes/67/wr/mm6709e1.htm>

⁸ Center for Behavioral Health Statistics and Quality. "Treatment Episode Data Set (TEDS): 2016. Admissions to and Discharges from Publicly Funded Substance Use Treatment." Rockville, MD: Substance Abuse and Mental Health Services Administration, 2018. Accessed February 28, 2019. Retrieved from: https://www.samhsa.gov/data/sites/default/files/2016_Treatment_Episode_Data_Set_Annual.pdf

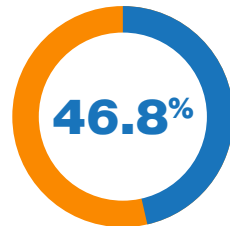
⁹ Ahmad FB, Rossen LM, Spencer MR, Warner M, Sutton P. Centers for Disease Control and Prevention National Center for Health Statistics. *Provisional drug overdose death counts*. Accessed February 28, 2019. Retrieved from: <https://www.cdc.gov/nchs/nvss/vsrr/drug-overdose-data.htm>

CO-OCCURRING MENTAL AND SUBSTANCE USE DISORDERS

AMONG YOUTH + YOUNG ADULTS

5.1 million

young adults aged 18 to 25 had a **substance use disorder** in the past year.



of the **5.1 million** young adults with a substance use disorder had any mental illness in the past year.

TREATMENT

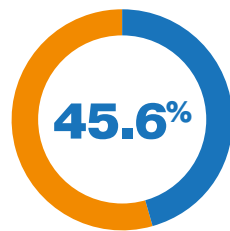


adults with co-occurring serious mental illness and a substance use disorder **did not receive either mental health care or specialty substance use treatment.**

AMONG ADULTS

19.7 million

adults experienced a substance use disorder in the past year.



of the **19.7 million** adults with a past year substance use disorder had any mental illness in the past year.



of adults with co-occurring disorders did not receive **both mental health care and specialty substance use treatment.**