

The RIPPLE EFFECT of Mental Illness

Having a mental illness can make it challenging to live everyday life and maintain recovery. Beyond the individual, these challenges ripple out through our families, our communities, and our world.



Risk of cardiometabolic disease is up to **2x higher** in people with mental illness compared to people without mental illness

PERSON



6.9% of U.S. adults with mental illness are unemployed compared to **4.3%** of U.S. adults without mental illness



34.5% of U.S. adults with mental illness also have a substance use disorder



At least **8.4 million** Americans provide care to an adult with a mental or emotional health issue

FAMILY



Caregivers of an adult with a mental or emotional health issue in the U.S. spend an average of **32 hours** per week providing unpaid care



COMMUNITY



18.1% of people experiencing homelessness in the U.S. have a serious mental illness



12.3% of emergency department visits made by U.S. adults each year are related to mental health



17.6% of U.S. Veterans experience mental illness



WORLD



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



Globally, mental health disorders are the leading cause of years lived with disability

Data from CDC, NIMH and other select sources. Find citations for this resource at nami.org/mhstats

NAMI HelpLine
800-950-NAMI (6264)



 **nami**
National Alliance on Mental Illness

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