

## **Fact Sheet about Mental Illness**

- One in five Americans will be diagnosed with a mental illness in their lifetime.
- 43.8 million American adults will experience a mental illness in any given year.
- 75 percent of people with mental illness report experiencing stigma.
- Psychiatric disorders are the leading cause of disability in the United States.
- 40 million adults in the United States are affected by anxiety
- Anxiety Disorders are the most common mental illness in the U.S.
- 355 million people worldwide have depression, making it one of the most common disorders in the world.
- 50 percent of all lifetime cases of mental illness begin by age 14 and 75 percent begin by age 24.

For more statistics, visit [DeconstructingStigma.org](http://DeconstructingStigma.org).

*Information was compiled using data from the National Institute of Mental Health, the World Health Organization, the Centers for Disease Control and Prevention, the Journal of Health and Social Behavior, and the National Alliance on Mental Illness.*