



Mental Illness and the CRIMINAL JUSTICE SYSTEM

People with mental illness deserve help, not handcuffs. Yet people with mental illness are overrepresented in our nation's jails and prisons. We need to reduce criminal justice system involvement and increase investments in mental health care.

About **2 million** times each year, people with serious mental illness are booked into jails.



About **2 in 5** people who are incarcerated have a **history of mental illness** (37% in state and federal prisons and 44% held in local jails).

66% of women in prison reported having a history of mental illness, **almost twice** the percentage of men in prison.



Nearly **1 in 4** people shot and killed by police officers between 2015–2020 had a mental health condition.

Suicide is the **leading cause of death** for people held in local jails.



An estimated **4,000 people** with serious mental illness are held in solitary confinement inside U.S. prisons.

COMMUNITIES



70% of youth in the juvenile justice system have a diagnosable mental health condition.

Youth in detention are **10x more likely** to suffer from psychosis than youth in the community.

About **50,000 veterans** are held in local jails — 55% report experiencing mental illness.



Among incarcerated people with a mental health condition, **non-white individuals** are more likely to be held in solitary confinement, be injured and **stay longer in jail**.

ACCESS TO CARE

About **3 in 5 people** (63%) with a history of mental illness do not receive mental health treatment while incarcerated in state and federal prisons.



45% Less than half of people with a history of mental illness **receive mental health treatment** while held in local jails.



People who **have health care coverage** upon release from incarceration are more likely to **engage in services that reduce recidivism**.



Data from the U.S. Department of Justice and other select sources. Find citations for this resource at nami.org/mhstats

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Mental Health Care **MATTERS**

Mental health treatment — therapy, medication, self-care — have made recovery a reality for most people experiencing mental illness. Although taking the first steps can be confusing or difficult, it's important to start exploring options.

The average delay between symptom onset and treatment is

11 YEARS

PEOPLE WHO GET TREATMENT IN A GIVEN YEAR

45% of adults with mental illness

66% of adults with serious mental illness

51% of youth (6-17) with a mental health condition

Adults with a mental health diagnosis who received treatment or counseling in the past year

23% of Asian adults

33% of Black adults

34% of Hispanic or Latinx adults

43% of adults who report mixed/multiracial

49% of lesbian, gay and bisexual adults

50% of white adults

For therapy to work, you have to be open to change. I'm proud to say that I changed.

Therapy saved my life.

— NAMI Program Leader

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

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Common **WARNING SIGNS** of Mental Illness

Diagnosing mental illness isn't a straightforward science. We can't test for it the same way we can test blood sugar levels for diabetes. Each condition has its own set of unique symptoms, though symptoms often overlap. Common signs and/or symptoms can include:

- 
- ! Feeling very sad or withdrawn for more than two weeks
 - ! Trying to harm or end one's life or making plans to do so
 - ! Severe, out-of-control, risk-taking behavior that causes harm to self or others
 - ! Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or difficulty breathing
 - ! Significant weight loss or gain
 - ! Seeing, hearing or believing things that aren't real*
 - ! Excessive use of alcohol or drugs
 - ! Drastic changes in mood, behavior, personality or sleeping habits
 - ! Extreme difficulty concentrating or staying still
 - ! Intense worries or fears that get in the way of daily activities

*Various communities and backgrounds might view this sign differently based on their beliefs and experiences. Some people within these communities and cultures may not interpret hearing voices as unusual.

WORRIED ABOUT YOURSELF OR SOMEONE YOU CARE ABOUT?



If you notice any of these symptoms, it's important to ask questions



Try to understand what they're experiencing and how their daily life is impacted



Making this connection is often the first step to getting treatment

KNOWLEDGE IS POWER



Talk with a health care professional



Learn more about mental illness



Take a mental health education class



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50%
of all lifetime
mental illness
begins by age

14

75%
by age
24

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

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MENTAL HEALTH & Access to Care in RURAL AMERICA

People from all communities are affected by mental illness, but rural Americans often experience unique barriers to managing their mental health.

AMONG U.S. ADULTS IN NONMETROPOLITAN AREAS, 2020:

21%

experienced mental illness

6%

experienced serious mental illness

13%

experienced a substance use disorder

5%

had serious thoughts of suicide

ACCESS TO TREATMENT IS SEVERELY LIMITED

Among U.S. adults in nonmetropolitan areas, 2020:

48%

with a mental illness received treatment

62%

with a serious mental illness received treatment

Compared to suburban and urban residents, rural Americans:



must travel **2x** as far to their nearest hospital



are **2x** as likely to lack broadband internet, limiting access to telehealth

25+ MILLION

rural Americans live in Mental Health Professional Shortage Areas, where there are too few providers to meet demand

SOME POPULATIONS FACE ADDITIONAL CHALLENGES

53% of rural adults say the COVID-19 pandemic has affected their mental health:

66%

of farmers and farmworkers

71%

of younger adults aged 18-34

Many rural states have a postpartum depression rate higher than the national average of 13%:



Rural youth are at an increased risk of suicide, but highly rural areas have fewer youth suicide prevention services

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

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It's Okay to Talk About **SUICIDE**

Thoughts of suicide can be frightening. But by reaching out for help or checking in with friends and family, we can avoid devastating outcomes.

Suicide is **NOT** the answer.

Suicide is a leading cause of death in the U.S.:

2nd

Among people aged 10-14

3rd

Among people aged 15-24

12th

Overall

Among those who die by suicide:

46%

Have a diagnosed mental health condition

90%

Have experienced symptoms of a mental health condition

HIGH RISK POPULATIONS

79% of all people who die by suicide are male



4x

Lesbian, gay and bisexual youth are four times more likely to attempt suicide than straight youth

Transgender people are 9 times more likely to attempt suicide at some point in their lifetime than the general population.

9x



If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat [988lifeline.org](https://www.988lifeline.org) to reach the 988 Suicide & Crisis Lifeline.

If you start thinking about suicide, seek help. Call or text a crisis line or a trusted friend.



Make an appointment with a health care professional to talk about what you're thinking or how you're feeling.



Suicidal thoughts are a symptom, just like any other — they can be treated, and they can improve over time.



Data from CDC, NIMH and other select sources. Find citations for this resource at [nami.org/mhstats](https://www.nami.org/mhstats)

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You are NOT ALONE

Millions of people are affected by mental illness each year. Across the country, many people just like you work, perform, create, compete, laugh, love and inspire every day.



1 in 5 U.S. adults experience mental illness

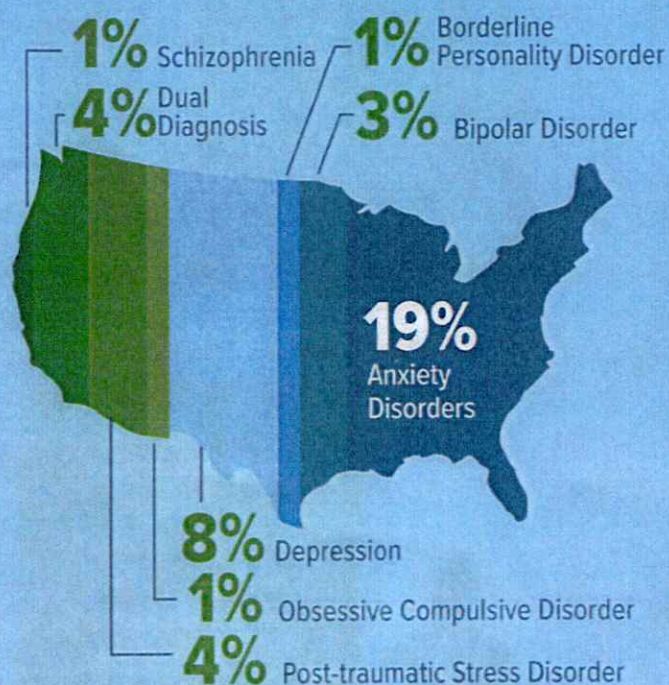
1 in 20

1 in 20 U.S. adults experience serious mental illness

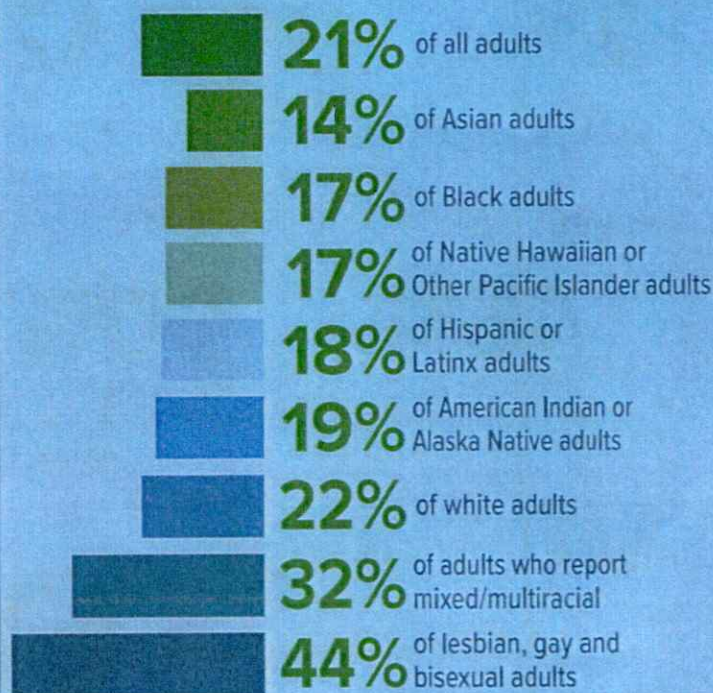
17%

of youth (6-17 years) experience a mental health disorder

12 MONTH PREVALENCE OF COMMON MENTAL ILLNESSES (ALL U.S. ADULTS)



12 MONTH PREVALENCE OF ANY MENTAL ILLNESS (ALL U.S. ADULTS)



WAYS TO REACH OUT AND GET HELP



Talk with a health care professional



Call the NAMI HelpLine at 800-950-NAMI (6264)



Connect with friends and family



Join a support group

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

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The RIPPLE EFFECT of Mental Illness

Having a mental illness can make it challenging to live everyday life and maintain recovery. Let's look at some of the ways mental illness can impact lives — and how the impact can ripple out.



People with serious mental illness have an increased risk for chronic disease, like diabetes or cancer

PERSON



Rates of cardiometabolic disease are twice as high in adults with serious mental illness



18% of U.S. adults with mental illness also have a substance use disorder

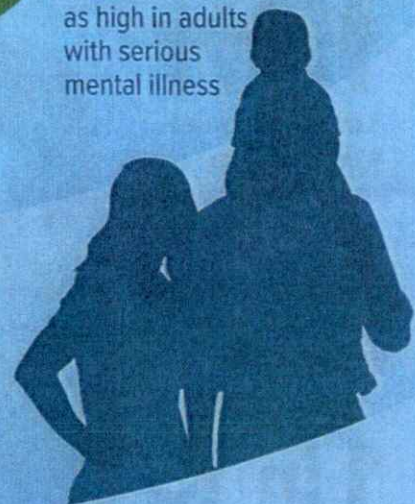


At least 8.4 million Americans provide care to an adult with an emotional or mental illness

FAMILY



Caregivers spend an average of 32 hours per week providing unpaid care



21% of people experiencing homelessness also have a serious mental illness

COMMUNITY



37% of people incarcerated in state and federal prison have a diagnosed mental condition



70% of youth in the juvenile justice system have at least one mental health condition



1 in 8 of all visits to U.S. emergency departments are related to mental and substance use disorders



WORLD



Depression is a leading cause of disability worldwide



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

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2020



Mental Health By the Numbers

Among U.S.
ADULTS:



1 in 5 experienced
a mental illness

1 in 20

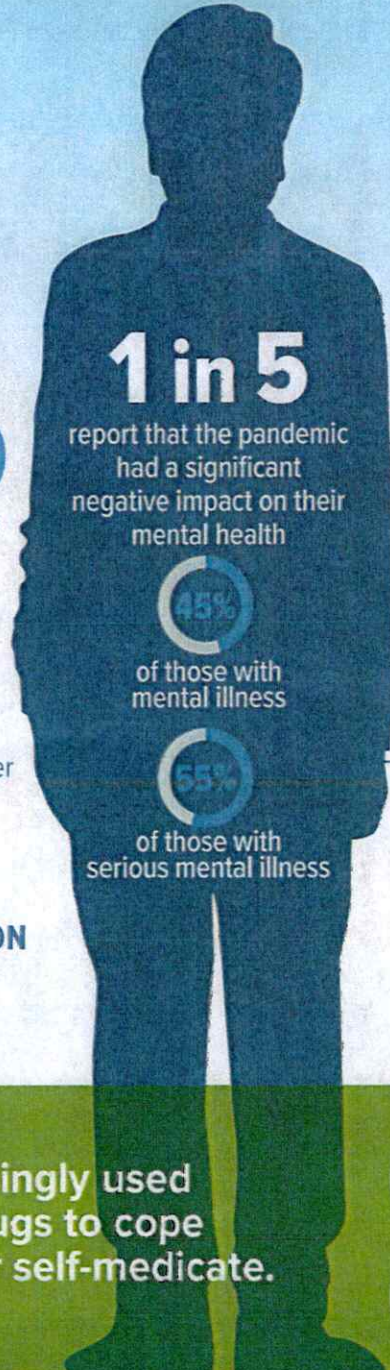
experienced a serious
mental illness

1 in 15

experienced both a
substance use disorder
and mental illness

12+ MILLION

had serious thoughts
of suicide



1 in 5

report that the pandemic
had a significant
negative impact on their
mental health



of those with
mental illness



of those with
serious mental illness

RECOGNIZING THE IMPACT

2020 was a year of challenges, marked by loss and the uncertainty of the COVID-19 pandemic.

We must recognize the significant impact of the pandemic on our mental health – and the importance of increasing access to timely and effective care for those who need it.

Among U.S. ADULTS who received
mental health services:

17.7
MILLION

experienced delays
or cancellations in
appointments

7.3
MILLION

experienced delays
in getting
prescriptions

4.9
MILLION

were unable
to access
needed care



Many struggled to get
necessary mental
health care, with
telehealth proving an
essential option.

26.3
MILLION

adults received virtual
mental health services
in the past year



of those with
mental illness



of those with serious
mental illness

Many increasingly used
alcohol or drugs to cope
with stress or self-medicate.



Among people aged 12 and older who drink alcohol,
15% report increased drinking



Among people aged 12 and older who use drugs,
10% report increased use

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

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Mental Health By the Numbers

YOUTH & YOUNG ADULTS

Youth and young adults experienced a unique set of challenges during the COVID-19 pandemic - isolation from peers, adapting to virtual learning, and changes to sleep habits and other routines.

We must recognize the significant impact of these experiences on young people's mental health - and the importance of providing the education, care and support they need.

Among U.S.
ADOLESCENTS
(aged 12-17):



1 in 6 experienced a major depressive episode (MDE)

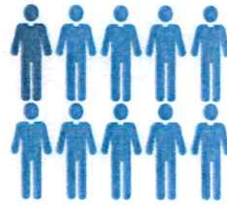
3 MILLION had serious thoughts of suicide

31% increase in mental health-related emergency department visits

Among U.S.
YOUNG ADULTS
(aged 18-25):



1 in 3 experienced a mental illness



1 in 10 experienced a serious mental illness

3.8 MILLION had serious thoughts of suicide

1 in 5

young people report that the pandemic had a significant negative impact on their mental health.



of adolescents



of young adults

NEARLY 1/2

of young people with mental health concerns report a significant negative impact.

1 in 10

people under age 18 experience a mental health condition following a COVID-19 diagnosis.

Many increasingly used alcohol or drugs to cope with stress or self-medicate.

Increased use of alcohol among those who drink:



of adolescents



of young adults

Increased use of drugs among those who use:



of adolescents



of young adults

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

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Mental Health in Arkansas



1 in 5 U.S. adults experience mental illness each year.



457,000 adults in Arkansas have a mental health condition.



That's more than **5X** the population of Fayetteville.

It is more important than ever to build a stronger mental health system that provides the care, support and services needed to help people build better lives.



More than half of Americans report that **COVID-19** has had a **negative impact** on their mental health.

In February 2021, **40% of adults in Arkansas** reported symptoms of **anxiety or depression**.

25% were unable to get needed counseling or therapy.



1 in 20 U.S. adults experience serious mental illness each year.

In Arkansas, **125,000 adults** have a **serious mental illness**.



1 in 6 U.S. youth aged 6–17 experience a **mental health disorder** each year.

35,000 Arkansans age 12–17 have depression.

Arkansans struggle to get the help they need.



More than half of people with a mental health condition in the U.S. **did not receive any treatment** in the last year.

Of the **145,000 adults in Arkansas** who **did not receive needed mental health care**, **49.5%** did not because of cost.

9.1% of people in the state are uninsured.



Arkansans are over **3x more likely to be forced out-of-network** for mental health care than for primary health care — making it more difficult to find care and less affordable due to higher out-of-pocket costs.

1,426,349 people in Arkansas live in a community that **does not have enough mental health professionals**.

An inadequate mental health system affects individuals, families and communities.



High school students with depression are more than **2x more likely to drop out** than their peers.

65.7% of Arkansans age 12–17 who have depression **did not receive any care** in the last year.



2,366 people in Arkansas are homeless and **1 in 8 live with a serious mental illness.**



On average, 1 person in the U.S. **dies by suicide every 11 minutes.**

In Arkansas, **554 lives were lost to suicide** and 106,000 adults had thoughts of suicide in the last year.

1 in 4 people with a serious mental illness has been arrested

by the police at some point in their lifetime –



leading to over **2 million jail bookings** of people with serious mental illness each year.

About **2 in 5 adults** in jail or prison have a history of mental illness.



7 in 10 youth in the juvenile justice system have a mental health condition.



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NAMI Arkansas is part of NAMI, National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

This fact sheet was compiled based on data available in February 2021. For full citations, visit: nami.org/mhpolicystats.