

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



19% 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



20% 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 the leading cause of disability worldwide



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

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

NAMI HelpLine
800-950-NAMI (6264)



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National Alliance on Mental Illness