

## *Fast Facts About...*

### **Basic Facts About Mental Health**

- About one in five adults (ages 18 and older) has a diagnosable mental disorder. (National Institute of Mental Health)
- Mental illnesses are more common than cancer, diabetes, or heart disease. (U.S. Surgeon General's Report)
- Mental illnesses can affect persons of any age, income, race, religion, or culture. Mental illnesses affect both males and females. (National Alliance for the Mentally Ill)
- Mental illnesses often appear for the first time during adolescence and young adulthood. While they can occur at any age, the young and the old are especially vulnerable. (National Alliance for the Mentally Ill)
- Four of the 10 leading causes of disability (lost years of productive life) in the United States and other developed countries are mental disorders, which include major depression, bipolar disorder, schizophrenia, and obsessive-compulsive disorder. Many persons suffer from more than one mental disorder at any given time. (National Institute of Mental Health)
- With proper care and treatment, between 70 and 90 percent of persons with mental illnesses experience a significant reduction of symptoms and an improved quality of life. (National Alliance for the Mentally Ill)
- More than two-thirds of Americans who have a mental illness live in the community and lead productive lives. (National Mental Health Association)

*For more information, contact:*

SAMHSA's National Mental Health Information Center

**(800) 789-2647**

[www.mentalhealth.samhsa.gov](http://www.mentalhealth.samhsa.gov)



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Substance Abuse and Mental Health Services Administration  
Center for Mental Health Services  
[www.samhsa.gov](http://www.samhsa.gov)

## Resources For...

### Basic Facts About Mental Health

#### *American Psychiatric Association (APA)*

1000 Wilson Boulevard, Suite 1825

Arlington, VA 22209-3901

Local: (703) 907-7300

Toll-free: (888) 357-7924

**www.psych.org**

#### *American Psychological Association (APA)*

750 First Street, NE

Washington, DC 20002-4242

Local: (202) 336-5500

Toll-free: (800) 374-2721

TDD/TTY: (202) 336-6123

**www.apa.org**

#### *Depression and Bipolar Support Alliance (DBSA)*

730 N. Franklin Street, Suite 501

Chicago, IL 60610-7224

Local: (312) 642-0049

Toll-free: (800) 826-3632

**www.dbsalliance.org**

#### *National Alliance for the Mentally Ill (NAMI)*

Colonial Place Three

2107 Wilson Blvd., Suite 300

Arlington, VA 22201-3042

Local: (703) 524-7600

Toll-free: (800) 950-NAMI (6264)

TDD: (703) 516-7227

**www.nami.org**

#### *National Institute of Mental Health (NIMH)*

6001 Executive Boulevard

Room 8184, MSC 9663

Bethesda, MD 20892-9663

Local: (301) 443-4513

Toll-free: (866) 615-6464

**www.nimh.nih.gov**

#### *National Mental Health Association (NMHA)*

2001 N. Beauregard Street, 12th Floor

Alexandria, VA 22311

Local: (703) 684-7722

Toll-free: (800) 969-NMHA (6642)

TTY: (800) 433-5959

**www.nmha.org**

These are just a few of the many resources available.

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