

# The National Survey on Drug Use and Health: 2019

Elinore F. McCance-Katz, MD, PhD

Assistant Secretary for Mental Health and Substance Use  
Substance Abuse and Mental Health Services Administration  
U.S. Department of Health and Human Services

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**SAMHSA**  
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# Mental Illness and Substance Use Disorders in America

PAST YEAR, 2019 NSDUH, 18+

Among those with a substance use disorder:

**2 IN 5 (38.5% or 7.4M)** struggled with illicit drugs  
**3 IN 4 (73.1% or 14.1M)** struggled with alcohol use  
**1 IN 9 (11.5% or 2.2M)** struggled with illicit drugs and alcohol

Among those with a mental illness:  
**1 IN 4 (25.5% or 13.1M)** had a serious mental illness

**7.7%**  
**(19.3 MILLION)**  
People aged 18  
or older had a  
substance use  
disorder (SUD)

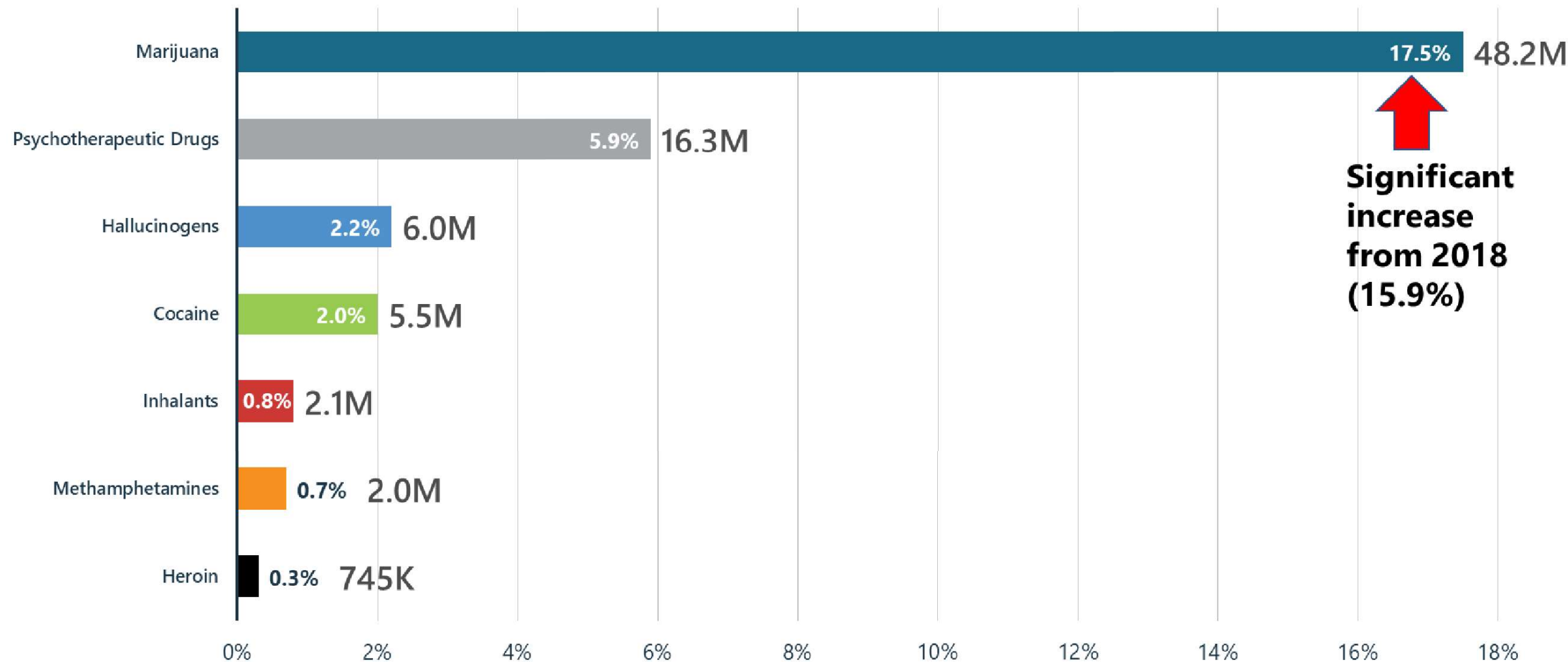
**3.8%**  
**(9.5 MILLION)**  
People 18 or older  
had BOTH an SUD  
and a mental  
illness

**20.6%**  
**(51.5 MILLION)**  
People aged 18  
or older had a  
mental illness

In 2019, **61.2M** Americans had a mental illness and/or substance use disorder—an increase of 5.9% over 2018 composed entirely of increases in mental illness.

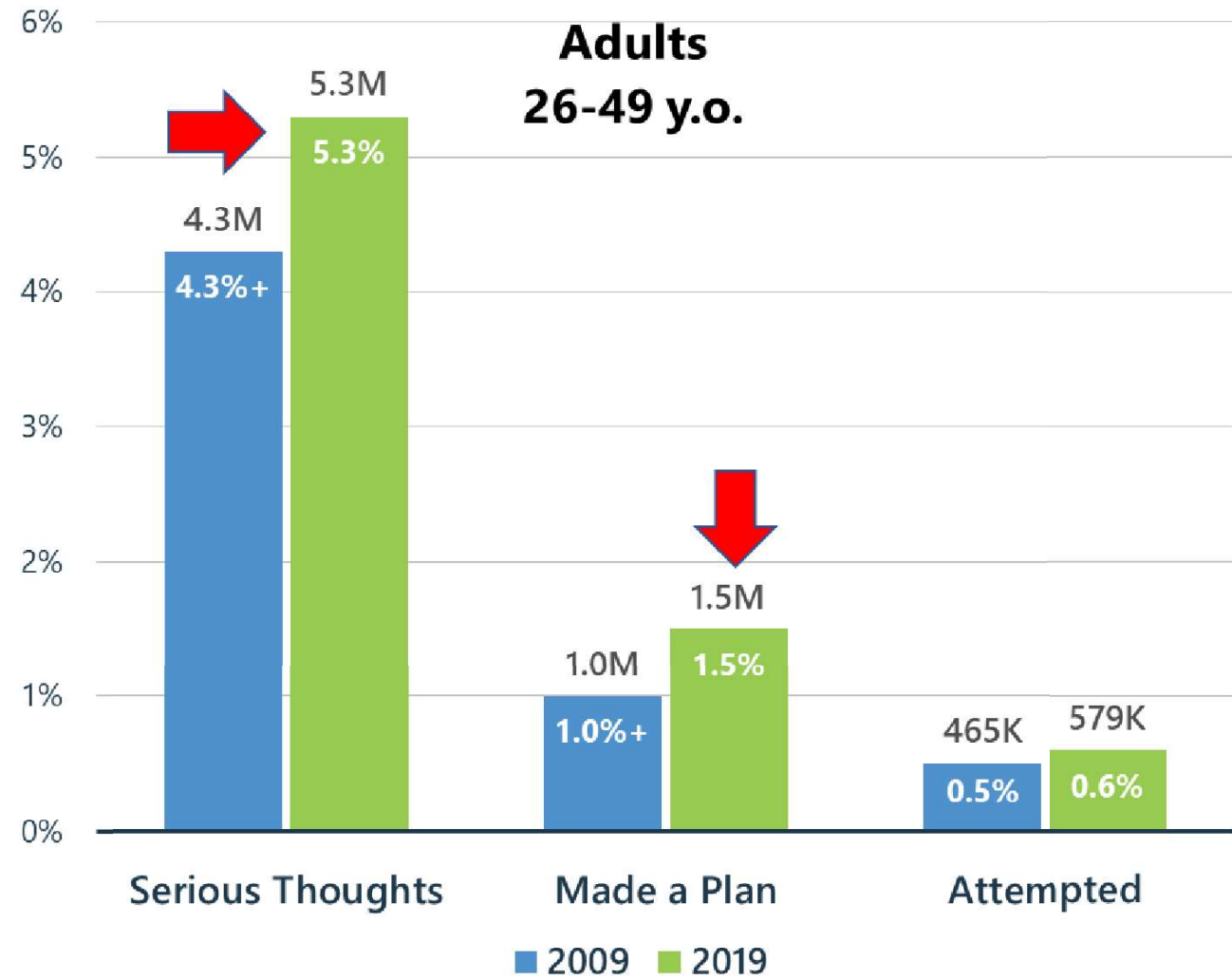
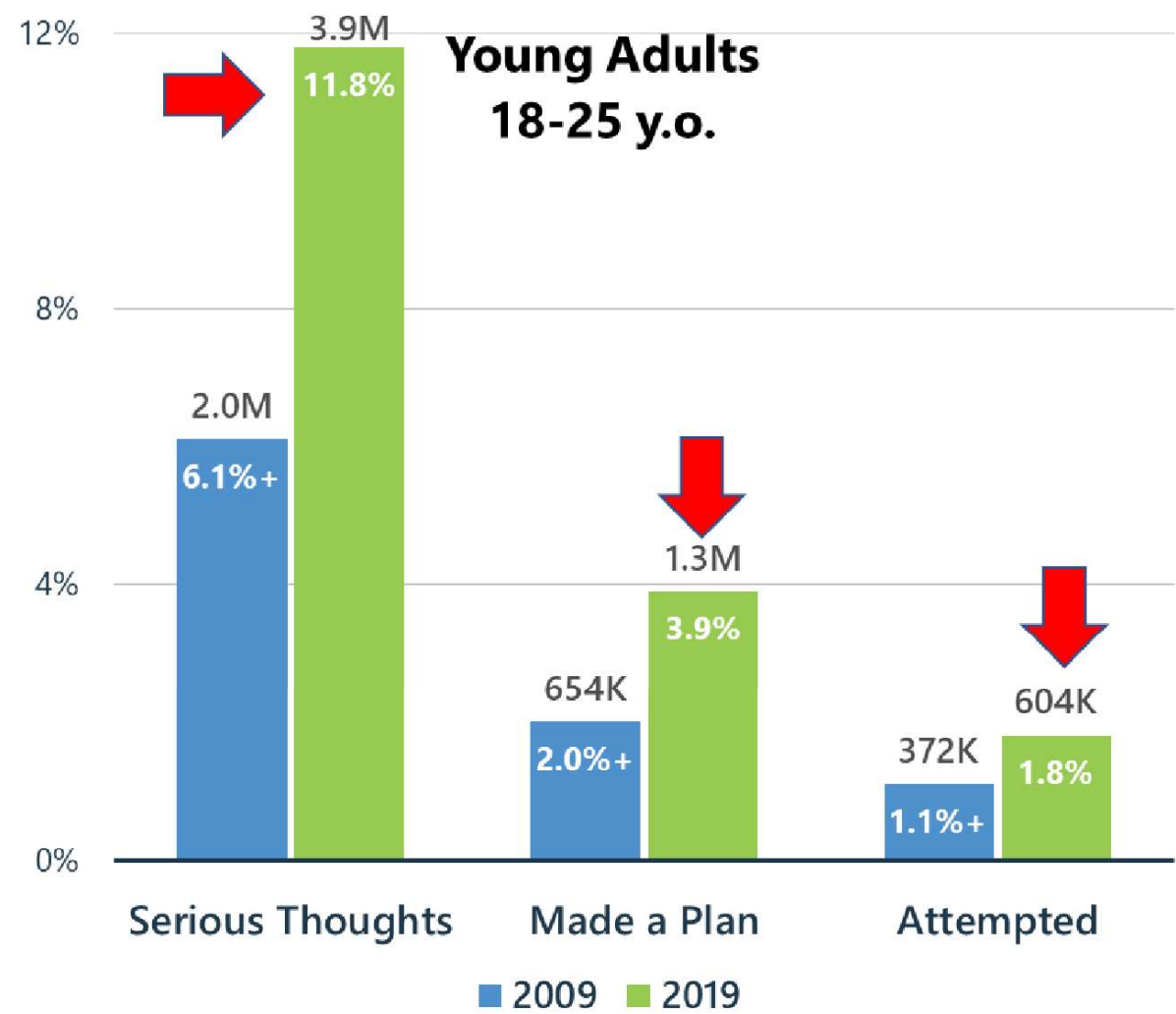
# Illicit Drug Use: Major Concerns: Opioids, Marijuana, Methamphetamines

PAST YEAR, 2019 NSDUH, 12+



# Suicidal Thoughts, Plans, and Attempts Increase for Young Adults (18-25 y.o.) and Adults (26-49 y.o.)

PAST YEAR, 2009 and 2019 NSDUH, 18-49



+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.

# Co-Occurring Substance Use Disorder and Any Mental Illness in Adults

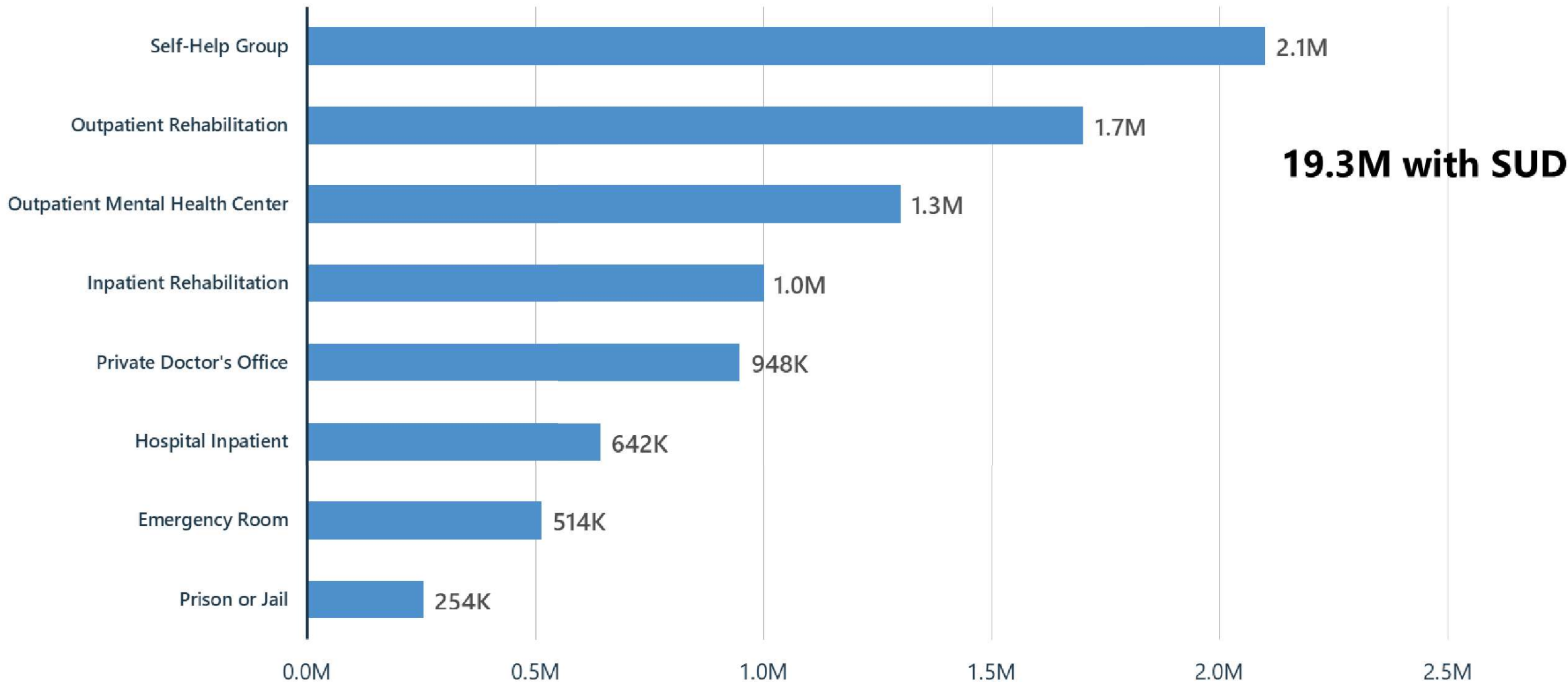
PAST YEAR, 2016-2019 NSDUH, 18+



+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.

# Locations Where Substance Use Treatment Was Received

PAST YEAR, 2019 NSDUH, 12+



Locations where people received substance use treatment are not mutually exclusive because respondents could report that they received treatment in more than one location in the past year.