

# 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

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

NAMI HelpLine  
800-950-NAMI (6264)



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National Alliance on Mental Illness