Mental illness impacts a large portion of the population and the problem is growing. In any given year, 1 in 5 adults has a mental illness impacting not only those 47.6M people but also their family, friends, colleagues & communities.

The overall growth is largely driven by higher rates of mental illness in 18- to 25-year-olds.

Mental illness and chronic illness often co-occur, complicating the treatment for both.

Over 1/2 of U.S. adults with a behavioral health disorder have at least 4 chronic diseases, which can include:
- Hypertension
- Type 2 Diabetes
- Heart Disease
- Stroke

People with both chronic illness and behavioral health conditions have costs 2-3x higher than those with only chronic illness.

Evidence-based treatments are available, but there is no "one-size-fits-all" approach. People respond differently to therapies:

Social determinants impact treatment so new approaches seek to meet diverse needs.

Addressing treatment gaps will be key as the disparity in demand and supply widens.

Today, treatment gaps persist due to stigma and difficulty accessing treatment.

Closing treatment gaps will require solutions to address workforce shortages.

35% of Americans live in a Mental Health Professional Shortage Area.

Per projections for 2030 -

DEMAND will exceed SUPPLY.

Resulting in further shortages of mental health professionals.

View citations at www.nihcm.org