



# May is Mental Health Awareness Month

Millions of Americans face the reality of living with a mental illness each year. During May, PPI joins the national movement to raise awareness about mental health. Each year we fight stigma, provide support, educate the public and advocate for policies that support people with mental illness and their families.

**19.86%** of U.S. adults are experiencing a mental illness.

- » Equivalent to nearly **50 MILLION AMERICANS**
- » **4.91%** are experiencing a severe mental illness
- » **1.963 MILLION** in Pennsylvania

**4.58%** of U.S. adults have reported serious thoughts of suicide.

- » The estimated number of adults with serious suicidal thoughts is **OVER 11.4 MILLION**
  - An **INCREASE OF 664,000 PEOPLE** from 2021
- » The national rate of adults experiencing suicidal ideation has **INCREASED EVERY YEAR SINCE 2011**

Almost **24.7%**

of all U.S. adults with a mental illness reported that they were not able to receive the treatment they needed. This number has not declined since 2011.

Over half (**56%**) of adults with a mental illness receive no treatment.

- » Over **27 MILLION INDIVIDUALS** in the U.S. experiencing a mental illness are going untreated
- » **1.012 MILLION PENNSYLVANIANS** experiencing a mental illness are going untreated

**11.1%** of adults in the U.S. with a mental illness remain uninsured.

Only **28%** of youth with severe depression receive some consistent treatment (7-25+ visits in a year).

**Most (57.3%) youth with severe depression do not receive any care.**

**29.67%** of adults with a cognitive disability were not able to see a doctor due to costs.

- » Almost **270,000 PEOPLE** with a cognitive disability in Pennsylvania were not able to see a doctor due to costs

In the U.S., there are an estimated **350 individuals** for every one mental health provider.



Mental Health American, Mhanational.org, Adult Data 2022  
<https://mhanational.org/issues/state-mental-health-america>

#TogetherForMentalHealth



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P S Y C H I A T R I C I N S T I T U T E

A Collaboration of Penn State Health & UPMC Pinnacle



National Alliance on Mental Illness