



# KEY FACTS AND STATISTICS

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## **Mental Health Matters to the Workplace**

- \* Depression ranks among the top 3 workplace problems, following only family crisis and stress.
- \* Major depression is the 2<sup>nd</sup> leading cause of disability in the United States and worldwide.
- \* 73% of professionals, ranging from nurses and administrators to lawyers and CEOs, with serious mental illnesses are able to recover from mental illness and achieve full-time employment.
- \* 70% of people who abuse illicit substances are employed.

## **Mental Health Matters to Seniors**

- \* At least two-thirds of elderly nursing home residents have been diagnosed with a mental disorder.
- \* Late life depression affects around 6 million adults, but only 10% ever receive treatment.
- \* It is estimated that 17% to 25% of seniors are in need of mental healthcare for depression, anxiety, psychosomatic disorders, adjustment to aging, and schizophrenia.
- \* Although people 65 and older represent 13% of the population, they account for 20% of all suicide deaths.

## **Mental Health Matters to Children and Families**

- \* Less than one-third of the children under 19 with a serious emotional disturbance receive mental health services.
- \* As many as 1 in every 33 children and 1 in 8 adolescents suffer from depression.
- \* The suicide rate in young people has increased dramatically in recent years. In 1996, suicide was the 3<sup>rd</sup> leading cause of death among 15-to-24-year-olds.

## **Mental Health Matters to Healthcare**

- \* Up to half of all visits to primary care physicians are due to conditions caused or exacerbated by mental or emotional problems.
- \* Nearly two-thirds of all people with diagnosable mental disorders do not seek treatment.
- \* Depression greatly increases the risk of developing heart disease. People with depression are 4 times as likely to have a heart attack as those without a history of the illness.

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*Mental Health Wellness improves the quality of our workplace, our schools, and our families.*

*Behavioral healthcare services (including mental health and substance abuse) contribute to the productivity and enrichment of our community.*

**Mental Health Wellness** means breaking down the stigmas so that all employees and family members can receive the behavioral healthcare services they need.

