

Our state of mind

Wrapping our heads around the U.S. mental health crisis



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1 in 5 U.S. adults lives with a mental health condition each year¹



17 M

U.S. adults go through a depressive episode each year¹



40 M

U.S. adults experience anxiety²

50-70 M

Americans endure the effects of sleep disorders³

Millions of people experience mental health conditions every day. Most of them do so in silence.

They are not fine.

They are not doing okay.

And they deserve better.

Mental health costs rank #1 in the U.S.⁶

\$200+ billion

Estimated annual U.S. spending due to mental health conditions, higher than heart disease, cancer, diabetes and other chronic conditions⁶

The business cost of doing nothing



\$17 B

Annual cost of mental health conditions to U.S. employers from productivity loss⁷



16 M

Missed work days per year due to mental health conditions⁸



2-3x

Higher cost to care for patients with both a mental health condition and a chronic disease (than patients with only a chronic disease)⁹

43%

of U.S. adults with a mental illness received treatment in 2018⁴



11 yrs

is the average delay between the onset of symptoms and treatment⁴



15%

rise in antidepressant use between 2015-2019⁵

Every mind deserves better

Healthy minds are as important as healthy bodies.

It's time to do something about our country's mental health epidemic. It's time to do better.

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1 National Institute of Mental Health 2 Anxiety and Depression Association of America 3 National Institute of Health 4 National Alliance on Mental Illness 5 2020 America's State of Mind Report 6 Roehrig, C. Health Affairs Vol 35, No. 6. 2015 7 Leopold RS. A Year in the Life of a Million American Workers. New York, New York: MetLife Disability Group; 2001 8 Office of National Statistics 9 Milliman Research Report. Potential economic impact of integrated medical-behavioral healthcare