Our state of mind
Wrapping our heads around the U.S. mental health crisis

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

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 treatment⁵

15%
rise in antidepressant use between 2015-2019⁶

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

$200+ billion
Estimated annual U.S. spending due to mental health conditions, higher than heart disease, cancer, diabetes and other chronic conditions⁶

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

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

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.

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  

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