



MENTAL HEALTH FIRST AID

MENTAL HEALTH AND SUBSTANCE USE PROBLEMS

DID YOU KNOW?

More than **one in four** American adults has a mental health problem each year.

Mental illness ranks second in the burden of disease in established market economies such as the United States.

A **mental disorder** is a diagnosable illness which causes major changes in a person's ability to work and carry on their usual personal relationships.

A **mental health problem** is a broader term including both mental disorders and symptoms of mental disorders which may not be severe enough to warrant the diagnosis of a mental disorder.

DISABILITY FROM MENTAL HEALTH PROBLEMS:

The disability caused by **moderate depression** is similar to that of **relapsing multiple sclerosis, severe asthma, chronic hepatitis B or deafness**.

DATA SPOTLIGHT

Percentage of the Adult Population with Mental Health Problems

Mental Health Problem	Total %
Anxiety Disorders	18.1
Mood Disorders	9.5
Impulse Control Disorders	8.9
Substance Use Disorders	9.1

TREATMENT

Mental health problems are treatable.

Treatments for mental health problems are **successful up to 80%** of the time. More than 14% of patients seeing a primary care doctor have symptoms of depression, and more than 19% have at least one anxiety disorder.

Despite this, too many go without treatment. Of adults who experienced **major depressive disorder** in 2005, only about **69%** received **treatment** during the same time-period. Similarly, of the 23.6 million individuals who needed treatment for **an illicit drug or alcohol use problem, 10.8%** received **treatment** in a specialty facility.

Treatment works for people experiencing mental health or substance use problems. If you think you or a loved one shows signs of a mental health problem, seek help from your community behavioral health center.

Visit www.thenationalcouncil.org to find a community behavioral health center near you.