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STATISTICS DOSSIER

Mental Health: statistics and facts

11 reports · 2 sections · Edition November 2026

15.1%	6,488	7,109	57.3m
TEENS WITH DEPRESSION	SUICIDES 2024	SHORTAGE AREAS	ADULTS TREATED

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ABOUT THIS DOSSIER

Mental Health: statistics and facts

This page brings together 11 Business Stats reports on Mental Health, grouped into US (8 reports).

Among the figures you will find here: 15.1% (Teens with depression), 6,488 (Suicides 2024), 7,109 (Shortage areas) and 4.9M (Under-5 Deaths 2024).

Most recently revised are Youth mental health treatment in the US: statistics and facts and Veterans mental health treatment: statistics and facts. Every report names its primary source, and its charts and tables can be downloaded and reused for free. The list grows on its own when a new report is published; it last changed on Nov 4, 2026.

Further reading in this topic: Mental health workforce in the US: statistics and facts, Child Health Stats 2026: 4.9M Under-5 Deaths, 150M Stunted and Mental health treatment in the US: statistics and facts.

KEY FIGURES AT A GLANCE

FIGURE	WHAT IT MEASURES	REPORT
15.1%	Teens with depression	Youth mental health treatment in the US: statistics and facts
6,488	Suicides 2024	Veterans mental health treatment: statistics and facts
7,109	Shortage areas	Mental health workforce in the US: statistics and facts
57.3m	Adults treated	Mental health treatment in the US: statistics and facts
21,205	Facilities 2024	Mental health treatment facilities in the US: statistics and facts
57.9%	White, AMI treated	Mental health treatment disparities in the US: statistics and facts

37%	Depression	College student mental health in the US: statistics and facts
57.3m	Adults treated 2025	Adults receiving mental health treatment in the US: statistics and facts

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01

US

8 reports

1.1

Youth mental health treatment in the US: statistics and facts

Updated Nov 4, 2026

15.1% TEENS WITH DEPRESSION	**3.7m** ADOLESCENTS AFFECTED	**57.7%** TREATED
13.0% TELEHEALTH	**11.4%** SCHOOL COUNSELING	**33%** PERSISTENT SADNESS

15.1% of US teens had depression in 2025, down from 20.8% in 2021. NSDUH and CDC data on treatment, telehealth, school counseling, race gaps and

PRIMARY SOURCES: SAMHSA · SAMHSA · SAMHSA · SAMHSA

Full report with charts and data: businesstats.com/youth-mental-health-treatment-us

1.2

Mental health workforce in the US: statistics and facts

Updated Nov 4, 2026

7,109 SHORTAGE AREAS	**157.1m** PEOPLE AFFECTED	**26.5%** NEED MET
7,825 PRACTITIONERS NEEDED	**27,980** EMPLOYED PSYCHIATRISTS	**491,930** MH COUNSELORS

US psychiatrists, psychologists, counselors and social workers by employment and pay, shortage areas by state and rurality, and HRSA projections to 2038.

PRIMARY SOURCES: US Bureau of Labor Statistics · US Bureau of Labor Statistics · HRSA · HRSA

Full report with charts and data: businesstats.com/mental-health-workforce-us

1.3

Mental health treatment in the US: statistics and facts

Updated Nov 4, 2026

57.3m ADULTS TREATED	**21.6%** SHARE OF ADULTS	**54.6m** WITH MENTAL ILLNESS
50.9% AMI TREATED	**15.1%** TEENS WITH MDE	**157.1m** IN SHORTAGE AREAS

How many Americans get mental health care, who goes untreated, gaps by race and sex, youth and college trends, veterans, facilities and provider shortages.

PRIMARY SOURCES: SAMHSA · SAMHSA · SAMHSA · SAMHSA

Full report with charts and data: businesstats.com/mental-health-treatment-us

1.4

Mental health treatment facilities in the US: statistics and facts

Updated Nov 4, 2026

21,205 FACILITIES 2024	**14,091** MENTAL HEALTH	**85.3%** OUTPATIENT
9.1% INPATIENT	**29.8%** FOR-PROFIT	**84.5%** ACCEPT MEDICAID

How many mental health treatment facilities are in the US? SAMHSA data on ownership, the shift to for-profits, outpatient care, Medicaid and suicide

PRIMARY SOURCES: SAMHSA · SAMHSA · SAMHSA · SAMHSA

Full report with charts and data: businesstats.com/mental-health-treatment-facilities-us

1.5

Mental health treatment disparities in the US: statistics and facts

Updated Nov 4, 2026

57.9% WHITE, AMI TREATED	**44.1%** HISPANIC	**38.5%** BLACK
32.5% ASIAN	**42.1%** MEN	**59.2%** WOMEN

How race, sex, income, education, insurance and place of residence shape who gets mental health care in the US, with SAMHSA and CDC survey data.

PRIMARY SOURCES: SAMHSA · SAMHSA · SAMHSA · SAMHSA

Full report with charts and data: businesstats.com/mental-health-treatment-disparities-us

1.6

College student mental health in the US: statistics and facts

Updated Nov 4, 2026

37% DEPRESSION	**18%** SEVERE DEPRESSION	**32%** ANXIETY
11% SUICIDAL THOUGHTS	**37%** THERAPY	**30%** MEDICATION

Depression, anxiety and suicidal thoughts among US college students, therapy and medication use, barriers to care and counseling center trends since 2021.

PRIMARY SOURCES: Healthy Minds Network · University of Michigan School of Public Health · UCLA Center for Health Policy Research · University of Michigan School of Public Health

Full report with charts and data: businesstats.com/college-student-mental-health-us

1.7

Adults receiving mental health treatment in the US: statistics and facts

Updated Nov 4, 2026

57.3m ADULTS TREATED 2025	**21.6%** SHARE OF ADULTS	**13.0%** SHARE IN 2002
50.9% AMI TREATED	**67.7%** SMI TREATED	**14.0%** COUNSELING 2024

How many US adults receive mental health treatment, trends since 2002, medication versus therapy, care by age and sex, and why adults go without care.

PRIMARY SOURCES: SAMHSA · SAMHSA · SAMHSA · SAMHSA

Full report with charts and data: businesstats.com/adults-mental-health-treatment-us

1.8

US Health Risk Factors: 47.7% Hypertension, 40.3% Obesity

Updated Sep 30, 2026

47.7% HIGH BLOOD PRESSURE	**40.3%** ADULT OBESITY	**12.0%** HAVE DIABETES
9.1% SMOKE CIGARETTES	**79,384** OVERDOSE DEATHS 2024	**47.2%** MEET ACTIVITY GUIDELINE

Nearly half of US adults have high blood pressure and 4 in 10 have obesity. See record-low smoking, falling overdose deaths, alcohol, diabetes and GLP-1 data.

Full report with charts and data: businesstats.com/health-risk-factors-us

02

More statistics

3 reports

2.1

Veterans mental health treatment: statistics and facts

Updated Nov 4, 2026

6,488 SUICIDES 2024	**17.7** PER DAY	**36.4** RATE PER 100K
62.2% NO RECENT VHA CARE	**6.27m** VHA USERS	**$16.7bn** MH FUNDING FY25

US veteran suicide trends since 2001, rates by sex and age, VA mental health care use, telehealth, the Veterans Crisis Line, community care and VA funding.

PRIMARY SOURCES: US Department of Veterans Affairs, VA News · US Department of Veterans Affairs · US Department of Veterans Affairs · US Department of Veterans Affairs

Full report with charts and data: businesstats.com/veterans-mental-health-treatment-us

2.2

Child Health Stats 2026: 4.9M Under-5 Deaths, 150M Stunted

Updated Sep 30, 2026

4.9M UNDER-5 DEATHS 2024	**37.4** U5 MORTALITY PER 1,000	**150.2M** STUNTED CHILDREN
42.8M WASTED CHILDREN	**188M** OBESE AGES 5 TO 19	**85%** DTP3 COVERAGE 2025

4.9M children died before age five in 2024 and 150.2M are stunted, while child obesity now tops underweight. See mortality, nutrition and vaccine data.

Full report with charts and data: businesstats.com/child-health-nutrition-statistics

2.3

970 Million People Mental Health Worldwide 2026 — Statistics & Facts

Updated Mar 19, 2026

970M PEOPLE AFFECTED GLOBALLY	**1 in 8** PEOPLE WORLDWIDE	**$6T** ANNUAL ECONOMIC COST
280M DEPRESSION CASES	**75%** TREATMENT GAP (LMICS)	HEALTH BUDGETS ALLOCATED

Mental health worldwide statistics & facts 2026: 970 million people affected globally. $6 trillion annual economic cost. Depression affects 280M people. Treatment gap, country data and 2030 forecasts.

Full report with charts and data: businesstats.com/mental-health-worldwide

HOW TO CITE THIS DOSSIER

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Methodology

Every figure in this dossier comes from a Business Stats report that names its primary source: statistics offices, central banks, company filings and original surveys. The reports are updated continuously; this PDF shows them as of Nov 4, 2026.

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