Mental Health in Indiana

1 in 5 U.S. adults experience mental illness each year.

1,129,000 adults in Indiana have a mental health condition.

That's more than **4x** the population of Fort Wayne.

It is more important than ever to build a stronger mental health system that provides the care, support and services needed to help people build better lives.

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National Alliance on Mental Illness

More than half of Americans report that **COVID-19 has had a negative impact** on their mental health.

In February 2021, **38.5% of adults in Indiana** reported symptoms of **anxiety or depression.**

19.2% were unable to get needed counseling or therapy.

1 in 20 U.S. adults experience serious mental illness each year.

In Indiana, **264,000 adults** have a **serious mental illness.**

1 in 6 U.S. youth aged 6–17 experience a **mental health disorder** each year.

90,000 Hoosiers age 12–17 have depression.

Hoosiers struggle to get the help they need.

More than half of people with a mental health condition in the U.S. **did not receive any treatment** in the last year.

Of the **345,000 adults in Indiana who did not receive needed mental health care,** 37.4% did not because of cost.

8.8% of people in the state are uninsured.

Hoosiers are over **2x more likely to be forced out-of-network** for mental health care than for primary health care — making it more difficult to find care and less affordable due to higher out-of-pocket costs.

4,426,818 people in Indiana live in a community that **does not have enough mental health professionals.**

Mental Health in Indiana

An inadequate mental health system affects individuals, families and communities.

High school students with depression are more than **2x more likely to drop out** than their peers.

54% of Hoosiers age 12–17 who have depression **did not receive any care** in the last year.

5,625 people in Indiana are homeless and **1 in 4 live with a serious mental illness.**

On average, 1 person in the U.S. **dies by suicide every 11 minutes.**

In Indiana, **1,079 lives were lost to suicide** and 262,000 adults had thoughts of suicide in the last year.

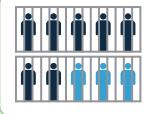**1 in 4 people with a serious mental illness has been arrested** by the police at some point in their lifetime – leading to over **2 million jail bookings** of people with serious mental illness each year.

About **2 in 5 adults** in jail or prison have a history of mental illness.

7 in 10 youth in the juvenile justice system have a mental health condition.

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