



ACT4
MentalHealth

in Maine

187,000 ADULTS
in Maine
**HAVE A MENTAL
HEALTH CONDITION***

That's more than **10 TIMES**
THE POPULATION of Augusta

50%
75%

of mental
illness begins
by age 14

by age 24*



1 out of every 8

emergency department visits
involves a mental health or
substance use condition*

ONLY ABOUT
4 in 10 people



in Maine with a mental health
condition received any
treatment in the past year*

Schizophrenia usually
develops early in life
and costs the U.S.
economy an estimated

\$155.7 BILLION
a year*



About **2 MILLION PEOPLE**
with mental illness are

BOOKED INTO JAILS

every year*—many because they
didn't get the treatment they needed

261,782 PEOPLE
in Maine live in a
**mental health professional
shortage area***

Depression is the
**#1 LEADING CAUSE OF
DISABILITY**

in the world and mental illness costs
Americans **\$193.2 BILLION**
in lost earnings per year*

**1 AMERICAN DIES BY SUICIDE
EVERY 12 MINUTES***

In Maine, the 2016 rate of
suicide for the general
public was **21.3 DEATHS**
per 100,000*

For veterans, the rate was
39.2 DEATHS by suicide
per 100,000*



NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. Join our movement at nami.org/policy.

*References can be found at www.nami.org/policystats.



1 in 5 Americans HAS A MENTAL HEALTH CONDITION

12.8 MILLION ADULTS LIVE WITH A SEVERE MENTAL ILLNESS

**48.1 MILLION ADULTS
LIVE WITH
ANXIETY DISORDERS**

Anxiety disorders are conditions characterized by feelings of persistent, excessive fear or worry in situations that are not threatening.

**17.1 MILLION ADULTS
LIVE WITH
MAJOR DEPRESSION**

Depression is a condition that is characterized by changes in mood, sleep, appetite, concentration and energy.

**10 MILLION ADULTS
LIVE WITH
ATTENTION DEFICIT HYPERACTIVITY DISORDER**

Attention deficit hyperactivity disorder (ADHD) is a condition that is characterized by inattention, hyperactivity and impulsivity.

**9.1 MILLION ADULTS
LIVE WITH
POST TRAUMATIC STRESS DISORDER**

Post-traumatic stress disorder (PTSD) is a condition that is characterized by changes in sleep, thinking, and mood, and can include symptoms such as intrusive memories, hypervigilance and outbursts of anger.

**7.1 MILLION ADULTS
LIVE WITH
BIPOLAR DISORDER**

Bipolar disorder is a condition that is characterized by dramatic shifts in mood and energy, such as periods of mania and depression, and can also include symptoms of psychosis, such as delusions.

**3.5 MILLION ADULTS
LIVE WITH
BORDERLINE PERSONALITY DISORDER**

Borderline personality disorder (BPD) is a condition characterized by difficulty regulating emotions and instability in behavior, self-image and functioning, impulsive actions and unstable relationships.

**1.6 MILLION ADULTS
LIVE WITH
SCHIZOPHRENIA**

Schizophrenia is a condition characterized by an interruption of a person's thought processes, perceptions and emotional responses. Symptoms may include psychosis, delusions, hallucinations, reduced emotional expressiveness and disorganized thinking.

Discover more at
nami.org/policy.