# ACT4 Mental Health in Washington

<table>
<thead>
<tr>
<th>Category</th>
<th>Fact</th>
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<tbody>
<tr>
<td>1,139,000 Adults in Washington</td>
<td>HAVE A MENTAL HEALTH CONDITION*</td>
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<td>That's more than 5 TIMES THE POPULATION of Tacoma</td>
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<td>50%</td>
<td>of mental illness begins by age 14</td>
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<td>75%</td>
<td>by age 24*</td>
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<td>1 out of every 8</td>
<td>emergency department visits involves a mental health or substance use condition*</td>
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<td>Only about 4 in 10 people</td>
<td>in Washington with a mental health condition received any treatment in the past year*</td>
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<td>2,838,922 People in Washington</td>
<td>live in a mental health professional shortage area*</td>
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<td>Depression is the #1 LEADING CAUSE OF DISABILITY in the world and mental illness costs Americans $193.2 BILLION in lost earnings per year*</td>
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<td>1 American dies by suicide EVERY 12 MINUTES*</td>
<td>In Washington, the 2016 rate of suicide for the general public was 19.6 DEATHS per 100,000*</td>
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<td>For veterans, the rate was 31.1 DEATHS by suicide per 100,000*</td>
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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](http://nami.org/policy).

*References can be found at [www.nami.org/policystats](http://www.nami.org/policystats).
### Mental Health Conditions

1. **Anxiety Disorders**
   - **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.

2. **Major Depression**
   - **17.1 million adults**
   - Live with major depression.
   - Depression is a condition that is characterized by changes in mood, sleep, appetite, concentration and energy.

3. **Attention Deficit Hyperactivity Disorder (ADHD)**
   - **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.

4. **Post-Traumatic Stress Disorder (PTSD)**
   - **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.

5. **Bipolar Disorder**
   - **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.

6. **Borderline Personality Disorder**
   - **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.

7. **Schizophrenia**
   - **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.

### footnote

1. **12.8 million adults**
   - Live with a severe mental illness.

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Discover more at [nami.org/policy](http://nami.org/policy).