

# Mental Health Care **MATTERS**

Mental health treatment — therapy, medication, self-care — have made recovery a reality for most people experiencing mental illness. Although taking the first steps can be confusing or difficult, it's important to start exploring options.

The average delay between symptom onset and treatment is

**11 YEARS**

## PEOPLE WHO GET TREATMENT IN A GIVEN YEAR

**45%** of adults with mental illness

**66%** of adults with serious mental illness

**51%** of youth (6-17) with a mental health condition

## Adults with a mental health diagnosis who received treatment or counseling in the past year

**23%** of Asian adults

**33%** of Black adults

**34%** of Hispanic or Latinx adults

**43%** of adults who report mixed/multiracial

**49%** of lesbian, gay and bisexual adults

**50%** of white adults

*For therapy to work, you have to be open to change. I'm proud to say that I changed.  
**Therapy saved my life.***

– NAMI Program Leader

Data from CDC, NIMH and other select sources. Find citations for this resource at [nami.org/mhstats](http://nami.org/mhstats)

NAMI HelpLine  
800-950-NAMI (6264)

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 [www.nami.org](http://www.nami.org)

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National Alliance on Mental Illness