

Mental health is an essential aspect of an individual's overall health and wellbeing.

It impacts how we think, feel, and act, influencing our ability to cope with stress, build relationships, and make choices in our daily lives.

Mental Health Percentage in Certain Areas

US: Approximately 61.8 million adults (20.6% of the population) experienced a mental illness in 2019.

ASIA: Around 278 million people (9.3% of the population) in the Southeast Asia region experienced a mental or substance use disorder.

EUROPE: In 2020, approximately 64 million people (17.6% of the population) were living with a mental health disorder.

Mental Health: Wide Range of Conditions



BIPOLAR DISORDER



DEPRESSION



ANXIETY DISORDERS



SCHIZOPHRENIA
AND OTHER
PSYCHOTIC DISORDERS



EATING DISORDER



PERSONALITY DISORDER



POST-TRAUMATIC
STRESS DISORDER
(PTSD)

Mental Health Statistics in 2023



If you're facing mental health challenges, reach out to medical professionals for assistance and support.

17 AND BELOW: In 2019, 15.4% of U.S. high school students seriously considered suicide.

YOUNG ADULTS: In 2019, nearly 20% of young adults had a mental illness.

ADULTS: Last 2019, around a quarter of adults, specifically 23.4%, dealt with mental illness.

OLDER ADULTS: Around 14% of older adults had a mental illness in 2019.



Mental Health Latest

AN Whitehead



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