

The State of Mental Health



Up to **1 in 7** mothers experience postpartum depression following childbirth.

- National Institutes of Health

35% of adults over 18 in the U.S. with a **mental disorder** also have a **substance use disorder**.



- Substance Abuse and Mental Health Services Administration (SAMHSA)

The average **co-pay** for therapy sessions and psychiatric medications is **\$20–\$50**.



Men, older adults and **military service members** face **particularly steep barriers** to mental health care.



Half of children with parents who have a severe mental illness will **also develop a mental illness** in their life.

- National Institutes of Health



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