



The Facts About Mental Illness



Mental illnesses are medical conditions that disrupt a person's thinking, feeling, mood, ability to relate to others and daily functioning. Just as End Stage Renal Disease (ESRD) is a disorder of the kidneys, mental illnesses are medical conditions that result in a diminished capacity for coping with ordinary demands of life.

- The National Institute of Mental Health reports that 1 in 4 adults (approximately 57 million Americans) are diagnosed with a mental illness yearly.
- The World Health Organization reports that 4 of the 10 leading causes of disability in the US are mental illnesses. The National Alliance on Mental Illness (NAMI) reports that depression is the leading cause of disability worldwide.
- The World Health Organization suggested that by 2020, Major Depressive Disorder will be the leading cause of disability in the world for women and children. 6.9% of American adults live with major depression, and an alarming 18.1% of American adults live with anxiety disorders. Additionally, NAMI reports that among the 20.2 million American adults who experience a substance abuse disorder, about half have a co-existing mental illness.
- Early identification and treatment is very important. Access to treatment and support is proven to be integral to the recovery process.
- ESRD patients experience depression more frequently than adults in the general population.
- One study suggested that 44% of patients in the early stages of dialysis treatment met the criteria for depression.



References:

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3. What is Mental Health? Mental Health Facts. National Alliance on Mental Illness. www.nami.org/template?section=about_mental_illness
4. *Mental Health Facts in America*. <http://www.nami.org/Learn-More/Mental-Health-By-the-Numbers>



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