

Mental illness affects every ethnic, racial, economic, religious and age group. However, many never seek help or treatment because of the stigma, discrimination and shame they experience.

MENTAL HEALTH FACTS



1. Approximately one in five U.S. adults, or 57.8 million people, live with a mental illness.¹ **In 2021, 15.8% of Sacramento County residents stated that their mental health was not good for 14 or more days in the past month.**



2. More than 54% of U.S. adults with a mental illness do not receive treatment, totaling over 28 million individuals. This is often due to lack of information, access to mental health care, cost, discrimination and stigma.² **58% of Sacramento County residents agree that shame/judgment is the largest obstacle to treatment and recovery.**



3. Research shows that 50% of mental health conditions begin before the age of 14 and 75% start before the age of 24. **Studies indicate that the earlier a mental illness is identified and treated, the better the chances are for full recovery.**³



4. Mental illness can have an impact on your physical health as well as your mental health. For example, **people with depression have a 40% higher risk of developing heart disease or diabetes than the general population.**⁴



5. According to the American Psychiatric Association,⁵ **racial/ethnic, gender, and sexual minorities often experience poor mental health** due to multiple factors including lack of culturally and linguistically appropriate mental health care services, cultural bias around mental health care, discrimination, and overall lack of awareness about mental health and how to access services.

1. <https://www.nimh.nih.gov/health/statistics/mental-illness>
2. <https://mhanational.org/issues/state-mental-health-america>
3. <https://jamanetwork.com/journals/jamapediatrics/fullarticle/2724377>
4. <https://www.nami.org/mhstats>
5. <https://www.psychiatry.org/psychiatrists/diversity/education/mental-health-facts>

WHAT ARE THE EFFECTS OF STIGMA?

Stigma, discrimination and societal understanding for individuals living with mental illness pose significant barriers to recovery. Many avoid seeking life-saving help due to stigma and shame. Mental illness is treatable, and recovery is possible when education, mental health care and community support is available and used.

Eliminating stigma can empower people living with mental illness to pursue treatment, fostering recovery and a more fulfilling life.

ABOUT STOP STIGMA SACRAMENTO

Stop Stigma Sacramento is part of the “Mental Illness: It’s not always what you think”¹ multi-media project, which seeks to reduce stigma and discrimination in Sacramento County by providing mental health information, resources and support to individuals and families.

By educating the community on the facts about mental illness, we can eliminate the barriers people living with mental illness experience and provide a deeper understanding about mental health issues in general.

1. <https://www.stopstigasacramento.org>

ABOUT THE STOP STIGMA SACRAMENTO SPEAKERS BUREAU

Stop Stigma Sacramento has assembled a diverse group of Sacramento County residents, made up of teachers, engineers, counselors, parents and more, to combat mental health stigma.

By sharing their personal stories of recovery, our Speakers Bureau members aim to inspire hope, wellness, recovery and positivity for families and individuals experiencing mental illness.

To read some of the speakers’ stories, visit [stopstigasacramento.org/stories](https://www.stopstigasacramento.org/stories).