

## Mental Illness/Addiction Awareness Facts (all % are lifetime chance, unless otherwise noted)

34% of US adults will suffer this year. 61% of US adults will suffer in their lifetime.

70% of US people will have a parent, child, or sibling suffer with an addiction in their lifetime.

### 1. **Suicide: Yellow – officially, 11<sup>th</sup> leading cause of death in US. But actually 3<sup>rd</sup> leading cause of death!**

Drastically under-reported, so actually 3<sup>rd</sup> leading cause of death in the US - 1. heart disease 2. all cancers combined  
Leading cause of death along with accidents for ages 10 - 44

### 2. **Mood/Depressive Disorders: Green - 24%**

Depression: 16.9%

Dysthymia: 2.5%

Bipolar: 4.4%

Post-Partum Depression: 8% of pregnancies

### 3. **Psychotic Disorders: Black – 29%**

Schizophrenia: 0.7%

Delusional: .1%

Psychoses from medications, medical illnesses, or stress: 28.4%

### 4. **Anxiety Disorders: Teal - 33.2%**

Post Traumatic Stress Disorder (PTSD): 6.8%

Panic Disorder or Attacks: 4.7%

Obsessive-Compulsive Disorder (OCD): 2.3%

Adult/Child Separation Anxiety: 9.2%

Phobias: 11.5%

Social Anxiety Disorder: 12.1%

Generalized Anxiety Disorder: 3.1%

Dissociative Identity Disorder (Multiple Personality Disorder): 6%

### 5. **Developmental or Childhood Disorders: Purple – 11.3%**

ADHD: 8.1%

Pervasive Developmental Disorders (Autism, Aspergers, Rett's, Disintegrative Disorder): .6%

Conduct: 9.5%

ODD: 8.5%

Mental Retardation: 1%

### 6. **Self Injury: Orange – 26%**

Cutting, Burning, Head-banging, whipping or hitting self with significant object are most common.

### 7. **Personality Disorders: Pink – 19-22%**

Pervasive and inflexible personality style leading to distress or impairment in relationships and functioning

Paranoid, Schizoid, Schizotypal, Anti-Social, Borderline, Histrionic, Narcissistic, Avoidant, Dependent, Obsessive-Compulsive

### 8. **Sexual/Physical Abuse: White – too many and so sad – best educated guess, at least 36%**

Childhood Sexual Molest or Sexual Abuse – 22%

Rape –18 % of women, (half before age 17 and half after age 17); 3% of men

Incest: 20% of women, 12% of men

Domestic Violence: 25% of women, 8% of men; Stalking: 8% Of women, 2% of men

Child Exploitation: rampant in 3<sup>rd</sup> world countries

Abortion: 28% of US women have aborted at least one child

### 9. **Addictions/Substance Abuse: Red - 42.3% (probably higher as under-reported)**

Alcohol: 13.2%; Drugs: 8%; Nicotine: 29.6%; Caffeine: 32%

Shopping/spending – 6%; Gambling – 1.5%; Sex/Porn – men 8%, women 3%; Work - ?

### 10. **Adjustment Disorders: Blue – Lifetime Prevalence - 27%**

Significant emotional or behavioral symptoms and impairment in response to an identifiable stressor

Not meeting the criteria for the more significant disorders in other categories listed

### 11. **Eating Disorders: Periwinkle – 31%**

Anorexia: 1.7%; Bulimia: 2.1%; Binge Eating Disorder: 11%; Overeating/Obesity: 27%



Someone you love need help?

We'll find them treatment options!

877-562-2565 x-101

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

*in loving memory of Liz,  
she loved family, people, and God.*

#### **How to use this bracelet:**

Every time you look at this bracelet, call, think about, or pray for someone who this bracelet represents.

When someone comments on the bracelet, it gives you a chance to raise awareness for these issues and those who struggle.