

JOIN THE VOICES FOR RECOVERY

Common Mental Disorders and Misused Substances

“After speaking to a therapist, I learned that I was dealing with PTSD from my childhood and facing anxiety and depression. Due to the stigma around behavioral health issues, I hid my diagnosis, only because I didn’t think people would understand. But once I realized my peers were suffering too, I knew I had to share my recovery story. I have made it my life’s mission to help other youth avoid facing the same mistakes and hardships I’ve experience, because I didn’t know about my mental health, and the importance of minding my mental health. So, today I stand before you as a survivor in recovery, taking control of my life for myself and my community.”

- Emmanuel Ford





Common Mental Disorders and Misused Substances

Every September, the Substance Abuse and Mental Health Services Administration (SAMHSA) (<https://www.samhsa.gov/>), within the U.S. Department of Health and Human Services (HHS) (<https://www.hhs.gov/>), sponsors **National Recovery Month (Recovery Month)** to increase awareness of behavioral health conditions. This observance promotes the knowledge that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover from mental and substance use disorders.

The 2018 **Recovery Month** theme, “*Join the Voices for Recovery: Invest in Health, Home, Purpose, and Community*,” explores how integrated care, a strong community, sense of purpose, and leadership contribute to effective treatments that sustain the recovery of persons with mental and substance use disorders. The observance will work to highlight inspiring stories that help thousands of people from all walks of life find the path to hope, health, and wellness. In addition, the materials support SAMHSA’s message that prevention works, treatment is effective, and people can and do recover.

BEHAVIORAL HEALTH PREVALENCE IN THE UNITED STATES


Millions of people in the U.S. live with a mental or substance use disorder. The prevalence of these conditions highlights the importance of focusing funding and attention on behavioral health needs.

- In 2016, there were 20.1 million people (7.5 percent), aged 12 or older who had a substance use disorder in the past year.¹
- The rate of drug overdose deaths involving heroin increased on average by 19% from 2014 to 2016.²
- An estimated 7.3 million of underage persons aged 12 to 20 (19.3 percent) were current drinkers in 2016, including 4.5 million who reported binge alcohol use (12.1 percent) and 1.1 million heavy drinkers (2.8 percent).³
- Data from 2016 demonstrated that among adults aged 18 or older, 44.7 million adults (18.3 percent) had any mental illness in the past year.⁴ A person with any mental illness (AMI) is defined as an individual having any mental, behavioral, or emotional disorder in the past year that met Diagnostic and Statistical Manual of Mental Disorders (DSM-IV) criteria (excluding developmental and substance use disorders).⁵
 - Among adults aged 18 or older, 10.4 million adults (4.2 percent) had a serious mental illness (SMI) in the past year.⁶ A person with a serious mental illness is defined as an individual having any mental, behavioral, or emotional disorder resulting in serious functional impairment, which substantially interfered with or limited one or more major life activities. AMI and SMI are not mutually exclusive categories; adults with SMI are included in estimates of adults with AMI.



- In 2016, an estimated 8.2 million U.S. adults 18 or older reported having co-occurring disorders. This means that within the previous year, they experienced both a mental illness and a substance use disorder.⁷
 - About 6.1 percent of individuals aged 18 to 25 (2.1 million) had co-occurring mental illness and a substance use disorder.⁸
- In 2016, approximately 44,965 Americans died as a result of suicide—on average, more than 123 deaths per day.⁹
 - Suicide was the second leading cause of death in 2015 for two age groups: individuals aged 15 to 24 and 25 to 34.¹⁰

Read on to learn about common mental disorders and misused substances, as well as alternative names for each disorder or substance; signs, symptoms, and adverse health effects; additional information on prevalence; and the average age of first-time use of a substance.



To learn more about the most common mental and substance use disorders and how SAMHSA works to reduce their impact on America's communities, please visit:

<https://www.samhsa.gov/disorders>



COMMON MENTAL DISORDERS

Mental Disorder	Signs And Symptoms <small>11,12,13</small>	Estimate Description	Surveillance System ^{14,15,16,17}	Estimate ¹⁸
ANXIETY DISORDERS				
AGORAPHOBIA	Intense fear and anxiety of any place or situation where escape might be difficult; avoidance of being alone outside of the home; fear of traveling in a car, bus, or airplane, or of being in a crowded area	Lifetime Prevalence in the United States Among Youth (13 to 18 Years Old)	NCS-A	2.4% of youth
		Lifetime Prevalence in the United States Among Adults	NCS-R	1.4% of adults
		Average Age of Onset	NCS-R	20 years old
GENERALIZED ANXIETY DISORDER	Excessive worry about a variety of everyday problems for at least 6 months; may excessively worry about and anticipate problems with finances, health, employment, and relationships	Lifetime Prevalence in the United States Among Youth (13 to 18 Years Old)	NCS-A	1.0% of youth
		Lifetime Prevalence in the United States Among Adults	NCS-R	5.7% of adults
		Average Age of Onset	NCS-R	31 years old
OBSESSIVE COMPULSIVE DISORDER (OCD)	Intrusive thoughts that produce anxiety (obsessions), repetitive behaviors that are engaged in to reduce anxiety (compulsions), or a combination of both; unable to control anxiety-producing thoughts and the need to engage in ritualized behaviors	Lifetime Prevalence in the United States Among Adults	NCS-R	1.6% of adults
		Average Age of Onset	NCS-R	19 years old
PANIC DISORDER	Unexpected and repeated episodes of intense fear accompanied by physical symptoms that may include chest pain, heart palpitations, shortness of breath, dizziness, or abdominal distress	Lifetime Prevalence in the United States Among Youth (13 to 18 Years Old)	NCS-A	2.3% of youth
		Lifetime Prevalence in the United States Among Adults	NCS-R	4.7% of adults
		Average Age of Onset	NCS-R	24 years old



Mental Disorder	Signs And Symptoms <small>11,12,13</small>	Estimate Description	Surveillance System <small>14,15,16,17</small>	Estimate ¹⁸
ANXIETY DISORDERS				
POST-TRAUMATIC STRESS DISORDER (PTSD)	Can develop after exposure to a terrifying event or ordeal (traumatic events that may trigger PTSD include violent personal assaults, natural or human-caused disasters, accidents, and military combat), persistent frightening thoughts and memories of the ordeal, sleep problems, feeling detached or numb, or being easily startled	Lifetime Prevalence in the United States Among Youth (13 to 18 Years Old)	NCS-A	4.0% of youth
		Lifetime Prevalence in the United States Among Adults	NCS-R	6.8% of adults
		Average Age of Onset	NCS-R	23 years old
SOCIAL PHOBIA	A persistent, intense, and chronic fear of being watched and judged by others and feeling embarrassed or humiliated by their actions; this fear may be so severe that it interferes with work, school, and other activities and may negatively affect the person's ability to form relationships	Lifetime Prevalence in the United States Among Youth (13 to 18 Years Old)	NCS-A	5.5% of youth
		Lifetime Prevalence in the United States Among Adults	NCS-R	12.1% of adults
		Average Age of Onset	NCS-R	13 years old
SPECIFIC PHOBIA	Marked and persistent fear and avoidance of a specific object or situation, such as a fear of heights, spiders, or flying	Lifetime Prevalence in the United States Among Youth (13 to 18 Years Old)	NCS-A	15.1% of youth
		Lifetime Prevalence in the United States Among Adults	NCS-R	12.5% of adults
		Average Age of Onset	NCS-R	7 years old



Mental Disorder	Signs And Symptoms <small>11,12,13</small>	Estimate Description	Surveillance System ^{14,15,16,17}	Estimate ¹⁸
MOOD DISORDERS				
BIPOLAR DISORDER	Recurrent episodes of highs (mania) and lows (depression) in mood, changes in energy and behavior, an extreme irritable or elevated mood, an inflated sense of self-importance, risky behaviors, distractibility, increased energy, and a decreased need for sleep	Lifetime Prevalence in the United States Among Youth (13 to 18 Years Old)	N/A	0–3% of youth
		Lifetime Prevalence in the United States Among Adults	NCS-R	3.9% of adults
		Average Age of Onset	NCS-R	25 years old
MAJOR DEPRESSIVE EPISODE	A period of two weeks or longer during which there is either depressed mood or loss of interest or pleasure, and at least four other symptoms that reflect a change in functioning, such as problems with sleep, eating, energy, concentration, self-image or recurrent thoughts of death or suicide	Lifetime Prevalence in the United States Among Youth (12 to 17 Years Old)	NSDUH	12.8% of youth
		Lifetime Prevalence in the United States Among Adults	NSDUH	6.7% of adults
		Average Age of Onset	N/A	N/A ²⁷
OTHER MENTAL DISORDERS				
ATTENTION-DEFICIT/HYPERACTIVITY DISORDER (ADD/ADHD)	Inattention or difficulty staying focused; hyperactivity or constantly being in motion or talking; impulsivity, meaning often not thinking before acting	Lifetime Prevalence in the United States Among Youth (13 to 18 Years Old)	NCS-A	9.0% of youth
		Lifetime Prevalence in the United States Among Adults	NCS-R	8.1% of adults
		Average Age of Onset	NCS-R	7 years old
SCHIZOPHRENIA	Hearing voices or believing that others are trying to control or harm the person; hallucinations and disorganized speech and behavior, causing individuals to feel frightened, anxious, and confused	12-month Prevalence in the United States Among Adults	ECA	1.1% of adults



Mental Disorder	Signs And Symptoms <small>11,12,13</small>	Estimate Description	Surveillance System ^{14,15,16,17}	Estimate ¹⁸
OTHER MENTAL DISORDERS				
PERSONALITY DISORDERS	Difficulties dealing with other people and participating in social activities; inflexibility, rigidity, and inability to respond to change; deeply ingrained, inflexible patterns of relating, perceiving, and thinking that cause distress or impaired functioning	12-month Prevalence in the United States Among Adults	DSM-IV	9.1% of adults



COMMONLY MISUSED SUBSTANCES

Substance: Examples of Other Names for Substances ^{19,20,21}	Negative Immediate Intoxication Effects; Negative Health Effects ^{22,23}	Estimate Description	Estimate ^{24,25,26}
ALCOHOL, INHALANTS, AND TOBACCO			
ALCOHOL: BOOZE, BEER, WINE, LIQUOR	<p><i>Immediate Effects:</i> Dizziness, talkativeness, slurred speech, disturbed sleep, nausea, vomiting, impaired judgment and coordination, increased aggression, risky behavior including drunk driving, inappropriate sexual behavior, and impaired judgement</p> <p><i>Health Effects:</i> Irregular heartbeat, stroke, high blood pressure; cirrhosis and fibrosis of the liver; mouth, throat, liver, and breast cancer; and for pregnancy, fetal alcohol spectrum disorders</p>	Past-month Use: Rate Among People Aged 12 and Older	50.7%
		Past-month Use: Number of People Aged 12 and Older	136.7 million
		Past-month Use: Rate Among Youth (Aged 12 to 17)	9.2%
		Past-month Use: Number of People Aged 12 to 17	2.3 million
		Average Age of First Use Among People Aged 12 to 49	17.4 years old
INHALANTS (GASES, NITRITES, AND AEROSOLS): ETHER, CHLOROFORM, NITROUS OXIDE, ISOBUTYL, ISOAMYL, POPPERS, SNAPPERS, WHIPPETS, LAUGHING GAS	<p><i>Immediate Effects:</i> Confusion; nausea; slurred speech; lack of coordination; euphoria; dizziness; drowsiness; disinhibition, lightheadedness, hallucinations/delusions; headaches; sudden sniffing death syndrome due to heart failure (from butane, propane, and other chemicals in aerosols); death from asphyxiation, suffocation, convulsions or seizures, coma, or choking; For nitrites: enlarged blood vessels, enhanced sexual pleasure, increased heart rate, brief sensation of heat and excitement, dizziness, headache</p> <p><i>Health Effects:</i> Liver and kidney damage; bone marrow damage; limb spasms due to nerve damage; brain damage from lack of oxygen that can cause problems with thinking, movement, vision, and hearing; Increased risk of pneumonia (nitrites only); In pregnancy: low birth weight, bone problems, delayed behavioral development due to brain problems, altered metabolism and body composition</p>	Past-month Use: Rate Among People Aged 12 and Older	0.2%
		Past-month Use: Number of People Aged 12 and Older	600,000
		Past-month Use: Rate Among Youth (Aged 12 to 17)	0.6%
		Past-month Use: Number of People Aged 12 to 17	149,000
		Average Age of First Use Among People Aged 12 to 49	18.2 years old



Substance: Examples of Other Names for Substances ^{19,20,21}	Negative Immediate Intoxication Effects; Negative Health Effects ^{22,23}	Estimate Description	Estimate ^{24,25,26}
ALCOHOL, INHALANTS, AND TOBACCO			
TOBACCO PRODUCTS: CIGARETTES, CIGARS, SMOKELESS TOBACCO, SNUFF, SPIT TOBACCO, CHEW	<p><i>Immediate Effects:</i> Increased blood pressure, breathing, and heart rate</p> <p><i>Health Effects:</i> Greatly increased risk of cancer, especially lung cancer when smoked and oral cancers when chewed; chronic bronchitis; emphysema; heart disease; leukemia; cataracts; pneumonia; In pregnancy: miscarriage, low birth weight, stillbirth, learning and behavior problems</p>	Past-month Use: Rate Among People Aged 12 and Older	23.5%
		Past-month Use: Number of People Aged 12 and Older	63.4 million
		Past-month Use: Rate Among Youth (Aged 12 to 17)	5.3%
		Past-month Use: Number of People Aged 12 to 17	1.3 million
		Average Age of First Use Among People Aged 12 to 49	18.0 cigarettes and 20.4 smokeless tobacco
ILLICIT DRUGS			
COCAINE: BLOW, BUMP, C, CANDY, CHARLIE, COKE, CRACK, FLAKE, ROCK, SNOW, TOOT, WHITE LADY	<p><i>Immediate Effects:</i> Narrowed blood vessels; enlarged pupils; increased body temperature, heart rate, and blood pressure; headache; abdominal pain and nausea; euphoria; increased energy, alertness; insomnia, restlessness; anxiety; panic attacks, paranoia, psychosis; heart rhythm problems, heart attack; stroke, seizure, coma</p> <p><i>Health Effects:</i> Loss of sense of smell, nosebleeds, nasal damage and trouble swallowing from snorting; infection and death of bowel tissue from decreased blood flow; weight loss; lung damage from smoking; Additionally, risk of HIV, hepatitis, and other infectious diseases from shared needles; In pregnancy: premature delivery, low birth weight, deficits in self-regulation and attention in school-aged children prenatally exposed</p>	Past-month Use: Rate Among People Aged 12 and Older	0.7%
		Past-month Use: Number of People Aged 12 and Older	1.9 million
		Past-month Use: Rate Among Youth (Aged 12 to 17)	0.1%
		Past-month Use: Number of People Aged 12 to 17	28,000
		Average Age of First Use Among People Aged 12 to 49	21.8 years old



Substance: Examples of Other Names for Substances ^{19,20,21}	Negative Immediate Intoxication Effects; Negative Health Effects ^{22,23}	Estimate Description	Estimate ^{24,25,26}
ILLCIT DRUGS			
<p>ECSTASY (A TYPE OF HALLUCINOGEN): ADAM, E, MOLLY, ROLL, X, XTC</p>	<p><i>Immediate Effects:</i> Lowered inhibition; enhanced sensory perception; increased heart rate and blood pressure; muscle tension; nausea; faintness; chills or sweating; sharp rise in body temperature leading to kidney failure or death</p> <p><i>Health Effects:</i> Long-lasting confusion, depression, problems with attention, memory, and sleep; increased anxiety, impulsiveness; decreased interest in sex</p>	Past-month Use: Rate Among People Aged 12 and Older	0.2%
		Past-month Use: Number of People Aged 12 and Older	619,000
		Past-month Use: Rate Among Youth (Aged 12 to 17)	0.1%
		Past-month Use: Number of People Aged 12 to 17	29,000
		Average Age of First Use Among People Aged 12 to 49	21.4 years old
<p>HALLUCINOGENS: ACID, BOOMERS, DOSES, HITS, LSD, MICRODOT, PEYOTE, SHROOMS, SUGAR CUBES, TABS, TRIPS, PCP</p>	<p><i>Immediate Effects:</i> (With Lysergic acid diethylamide [LSD]) Rapid emotional swings; distortion of a person's ability to recognize reality, think rationally, or communicate with others; raised blood pressure, heart rate, body temperature; dizziness; loss of appetite; tremors; enlarged pupils</p> <p>(With Phencyclidine [PCP]) Delusions, hallucinations, paranoia, problems thinking, a sense of distance from one's environment, anxiety</p> <p>Low doses: slight increase in breathing rate; increased blood pressure and heart rate; shallow breathing; face redness and sweating; numbness of the hands or feet; problems with movement</p> <p>High doses: nausea; vomiting; flicking up and down of the eyes; drooling; loss of balance; dizziness; violence; seizures, coma, and death</p> <p><i>Long-Term Health Effects:</i> Frightening flashbacks (called Hallucinogen Persisting Perception Disorder); ongoing visual disturbances, disorganized thinking, paranoia, and mood swings</p>	Past-month Use: Rate Among People Aged 12 and Older	0.5% (includes Ecstasy, LSD, and PCP data)
		Past-month Use: Number of People Aged 12 and Older	1.4 million (includes Ecstasy, LSD, and PCP data)
		Past-month Use: Rate Among Youth (Aged 12 to 17)	0.5% (includes Ecstasy, LSD, and PCP data)
		Past-month Use: Number of People Aged 12 to 17	114,000 (includes Ecstasy, LSD, and PCP data)
		Average Age of First Use Among People Aged 12 to 49	19.6 years (includes Ecstasy, LSD, and PCP data)



Substance: Examples of Other Names for Substances ^{19,20,21}	Negative Immediate Intoxication Effects; Negative Health Effects ^{22,23}	Estimate Description	Estimate ^{24,25,26}
ILLCIT DRUGS			
<p>HEROIN: BIG H, BLACK TAR, BROWN SUGAR, DOPE, HORSE, JUNK, SKAG, SMACK, CHINA WHITE HORSE</p>	<p><i>Immediate Effects:</i> Euphoria; dry mouth; itching; nausea; vomiting; analgesia; slowed breathing and heart rate</p> <p><i>Health Effects:</i> Collapsed veins; abscesses; infection of the lining and valves in the heart; constipation and stomach cramps; liver or kidney disease; Additionally, risk of HIV, hepatitis, and other infectious diseases from shared needles; In pregnancy: miscarriage, low birth weight, neonatal abstinence syndrome</p>	<p>Past-month Use: Rate Among People Aged 12 and Older</p> <p>Past-month Use: Number of People Aged 12 and Older</p> <p>Past-month Use: Rate Among Youth (Aged 12 to 17)</p> <p>Past-month Use: Number of People Aged 12 to 17</p> <p>Average Age of First Use Among People Aged 12 to 49</p>	<p>0.2%</p> <p>475,000</p> <p>Less than 0.1%</p> <p>3,000</p> <p>25.5 years old</p>
<p>MARIJUANA/ HASHISH: BLUNT, DOPE, GANJA, GRASS, HERB, JOINT, BUD, MARY JANE, POT, REEFER, GREEN, TREES, SMOKE, SKUNK, WEED</p>	<p><i>Immediate Effects:</i> Enhanced sensory perception and euphoria followed by drowsiness/relaxation; slowed reaction time; problems with balance and coordination; increased heart rate and appetite; problems with learning and memory; anxiety</p> <p><i>Long-Term Health Effects:</i> Mental health problems, chronic cough, frequent respiratory infections</p>	<p>Past-month Use: Rate Among People Aged 12 and Older</p> <p>Past-month Use: Number of People Aged 12 and Older</p> <p>Past-month Use: Rate Among Youth (Aged 12 to 17)</p> <p>Past-month Use: Number of People Aged 12 to 17</p> <p>Average Age of First Use Among People Aged 12 to 49</p>	<p>8.9%</p> <p>24.0 million</p> <p>6.5%</p> <p>1.6 million</p> <p>19.3 years old</p>
<p>METHAMPHETAMINE: CHALK, CRANK, CRYSTAL, ICE, METH</p>	<p><i>Immediate Effects:</i> Increased wakefulness and physical activity; decreased appetite; increased breathing, heart rate, blood pressure, temperature; irregular heartbeat</p> <p><i>Long-Term Health Effects:</i> Anxiety, confusion, insomnia, mood problems, violent behavior, paranoia, hallucinations, delusions, weight loss, severe dental problems (“meth mouth”), intense itching leading to skin sores from scratching</p>	<p>Past-month Use: Rate Among People Aged 12 and Older</p> <p>Past-month Use: Number of People Aged 12 and Older</p> <p>Past-month Use: Rate Among Youth Aged 12 to 17</p> <p>Past-month Use: Number of People Aged 12 to 17</p> <p>Average Age of First Use Among People Aged 12 to 49</p>	<p>0.2%</p> <p>667,000</p> <p>Less than 0.1%</p> <p>9,000</p> <p>24.6 years old</p>



Substance: Examples of Other Names for Substances ^{19,20,21}	Negative Immediate Intoxication Effects; Negative Health Effects ^{22,23}	Estimate Description	Estimate ^{24,25,26}
PRESCRIPTION DRUGS			
OPIOID PAIN RELIEVERS: VIKE (VICODIN [®]), OXY, O.C. (OXYCONTIN [®]), DEMMIES, PERCS, OCTAGONS, SIZZURP, CAPTAIN CODY	<p><i>Immediate Effects:</i> Increased risk of overdose or abuse if misused</p> <p><i>Health Effects:</i> Increased risk of overdose, abuse, or neonatal abstinence syndrome if misused</p>	<p>Past-month Use: Rate Among People Aged 12 and Older</p> <p>Past-month Use: Number of People Aged 12 and Older</p> <p>Past-month Use: Rate Among Youth (Aged 12 to 17)</p> <p>Past-month Use: Number of People Aged 12 to 17</p> <p>Average Age of First Use Among People Aged 12 to 49</p>	<p>1.2%</p> <p>3.4 million</p> <p>1.0%</p> <p>239,000</p> <p>24.4 years old</p>
SEDATIVES: AMBIEN [®] , ZOLPIDEM, LUNESTA [®] , SONATA [®] , RESTORIL [®] , HALCION [®] , BUTISOL [®] , NEMBUTAL [®] , AND MEBARAL [®]	<p><i>Immediate Effects:</i> Slurred speech, shallow breathing, sluggishness, fatigue, disorientation and lack of coordination, dilated pupils, reduced anxiety, lowered inhibitions</p> <p><i>Health Effects:</i> Seizures; impaired memory, judgment, and coordination; irritability; paranoid and suicidal thoughts; sleep problems</p>	<p>Past-month Use: Rate Among People Aged 12 and Older</p> <p>Past-month Use: Number of People Aged 12 and Older</p> <p>Past-month Use: Rate Among Youth (Aged 12 to 17)</p> <p>Past-month Use: Number of People Aged 12 to 17</p> <p>Average Age of First Use Among People Aged 12 to 49</p>	<p>0.2%</p> <p>497,000</p> <p>0.1%</p> <p>23,000</p> <p>24.8 years old</p>
STIMULANTS: ADDERALL [®] , RITALIN [®] , DESOXYN [®] , DEXEDRINE [®] , CONCERTA [®]	<p><i>Immediate Effects:</i> Increased alertness, attention, energy; increased blood pressure and heart rate; narrowed blood vessels; increased blood sugar; opened-up breathing passages; high doses include dangerously high body temperature and irregular heartbeat; heart disease; seizures.</p> <p><i>Health Effects:</i> Seizures; impaired memory, judgment, and coordination; irritability; paranoid and suicidal thoughts; sleep problems</p>	<p>Past-month Misuse: Rate Among People Aged 12 and Older</p> <p>Past-month Misuse: Number of People Aged 12 and Older</p> <p>Past-month Misuse: Rate Among Youth Aged 12 to 17</p> <p>Past-month Misuse: Number of People Aged 12 to 17</p> <p>Average Age of First Misuse Among People Aged 12 to 49</p>	<p>0.6%</p> <p>1.7 million</p> <p>0.4%</p> <p>92,000</p> <p>24.3 years old</p>



Substance: Examples of Other Names for Substances ^{19,20,21}	Negative Immediate Intoxication Effects; Negative Health Effects ^{22,23}	Estimate Description	Estimate ^{24,25,26}
PRESCRIPTION DRUGS			
TRANQUILIZERS: DOWNERS, BENZOS (ATIVAN®, XANAX®, VALIUM®, LIBRIUM®)	<i>Immediate Effects:</i> Slurred speech, shallow breathing, sluggishness, fatigue, disorientation and lack of coordination, dilated pupils, reduced anxiety, lowered inhibitions <i>Health Effects:</i> Seizures; impaired memory, judgment, and coordination; irritability; paranoid and suicidal thoughts; sleep problems	Past-month Use: Rate Among People Aged 12 and Older	0.7%
		Past-month Use: Number of People Aged 12 and Older	2.0 million
		Past-month Use: Rate Among Youth (Aged 12 to 17)	0.5%
		Past-month Use: Number of People Aged 12 to 17	121,000
		Average Age of First Use Among People Aged 12 to 49	23.9 years old

The following is not an exhaustive list of all available resources. Inclusion of websites and resources in this document and on the *Recovery Month* website does not constitute official endorsement by the U.S. Department of Health and Human Services or the Substance Abuse and Mental Health Services Administration.



¹ Center for Behavioral Health Statistics and Quality. (2017). *Key substance use and mental health indicators in the United States: Results from the 2016 National Survey on Drug Use and Health*, NSDUH Series H-52, HHS Publication No. (SMA) 17-5044. Rockville, MD: Substance Abuse and Mental Health Services Administration. Web. 1 November 2017. Retrieved from <https://www.samhsa.gov/data/sites/default/files/NSDUH-FFR1-2016/NSDUH-FFR1-2016.pdf>

² Hedegaard H, Warner M, Miniño AM. Drug overdose deaths in the United States, 1999–2016. NCHS Data Brief, no 294. Hyattsville, MD: National Center for Health Statistics. 2017.

³ Center for Behavioral Health Statistics and Quality. (2017). *Results from the 2016 National Survey on Drug Use and Health: Detailed Tables: Table 2.52A and 2.52B*. Substance Abuse and Mental Health Services Administration, Rockville, MD. Web. 4 October 2017. Retrieved from <https://www.samhsa.gov/data/sites/default/files/NSDUH-DetTabs-2016/NSDUH-DetTabs-2016.htm#tab2-52A>

⁴ Center for Behavioral Health Statistics and Quality. (2017). *Key substance use and mental health indicators in the United States: Results from the 2016 National Survey on Drug Use and Health*, NSDUH Series H-52, HHS Publication No. (SMA) 17-5044. Rockville, MD: Substance Abuse and Mental Health Services Administration. Web. 1 November 2017. Retrieved from <https://www.samhsa.gov/data/sites/default/files/NSDUH-FFR1-2016/NSDUH-FFR1-2016.pdf>

⁵ American Psychiatric Association. (1994). *Diagnostic and Statistical Manual of Mental Disorders (DSM-IV) (4th ed.)*. Washington, DC.

⁶ Center for Behavioral Health Statistics and Quality. (2017). *Key substance use and mental health indicators in the United States: Results from the 2016 National Survey on Drug Use and Health*, NSDUH Series H-52, HHS Publication No. (SMA) 17-5044. Rockville, MD: Substance Abuse and Mental Health Services Administration. Web. 1 November 2017. Retrieved from <https://www.samhsa.gov/data/sites/default/files/NSDUH-FFR1-2016/NSDUH-FFR1-2016.pdf>

⁷ Center for Behavioral Health Statistics and Quality. (2017). *Key substance use and mental*

health indicators in the United States: Results from the 2016 National Survey on Drug Use and Health, NSDUH Series H-52, HHS Publication No. (SMA) 17-5044. Rockville, MD: Substance Abuse and Mental Health Services Administration. Web. 1 November 2017. Retrieved from <https://www.samhsa.gov/data/sites/default/files/NSDUH-FFR1-2016/NSDUH-FFR1-2016.pdf>

⁸ Center for Behavioral Health Statistics and Quality. (2017). *Key substance use and mental health indicators in the United States: Results from the 2016 National Survey on Drug Use and Health*, NSDUH Series H-52, HHS Publication No. (SMA) 17-5044. Rockville, MD: Substance Abuse and Mental Health Services Administration. Web. 1 November 2017. Retrieved from <https://www.samhsa.gov/data/sites/default/files/NSDUH-FFR1-2016/NSDUH-FFR1-2016.pdf>

⁹ Centers for Disease Control and Prevention, National Center for Injury Prevention and Control. (2016). *Web-based Injury Statistics Query and Reporting System (WISQARS)*. Web. 4 October 2017. Retrieved from <https://webappa.cdc.gov/sasweb/ncipc/mortrate.html>

¹⁰ Centers for Disease Control and Prevention National Center for Injury Prevention and Control. (2015). *Web-based Injury Statistics Query and Reporting System (WISQARS)*. Web. 16 April 2018. Retrieved from https://www.cdc.gov/nchs/data/nvsr/nvsr66/nvsr66_05.pdf

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²⁷ **Note:** All data on major depressive episodes comes exclusively from the 2016 National Survey on Drug Use and Health, which did not measure average age of onset.