Mental Health in

Minnesota



1,077,000 adults in Minnesota have a mental health condition. That's more than **12x** the population of **Duluth.**

Many Minnesotans struggle with their mental health.

It is more important than ever to build a stronger mental health system that provides the care, support, and services needed to help people build better lives.

1 in 5 **adults experience a mental illness** each year.

More than **1 in 20 U.S. adults** experience a **serious mental illness** each year.

241,000 **Minnesota adults** have a **serious mental illness**.

1 in 5 of the more than **8,000 people** in Minnesota **who are unhoused** have a **serious mental illness**.

1 in 20 adults have **serious thoughts of suicide** each year.

221,000 Minnesota adults have **serious thoughts of suicide** each year.

860 lives were **lost to suicide** in Minnesota in 2022.

MINNESOTA is facing a mental health crisis.

1 in 6 U.S. adolescents aged 12-17 experience a **major depressive episode** each year.

102,000 Minnesota adolescents experience a **major depressive episode** each year.

1 in 9 adolescents aged 12-17 have **serious thoughts of suicide** each year.

64,000 Minnesota adolescents have **serious thoughts of suicide** each year.

14% of youth aged 0-17 in Minnesota have **experienced 2+ adverse childhood experiences**, which are linked to mental illness and substance misuse in adulthood.

NAMI
National Alliance on Mental Illness

Mental Health in

Minnesota



More than **2,100,000** people in Minnesota live in a community without enough mental health professionals.

The need to address access to mental health care in Minnesota is urgent.

1.5x

more likely for a Minnesotan to be **forced out-of-network** for mental health care than for primary care.

47,510

calls were made to Minnesota's **988 Suicide & Crisis Line** call centers in 2023.

MINNESOTA is facing a mental health crisis.

1 in 1,077

ratio for school psychologists to students in Minnesota's K-12 public schools. This is **worse** than the recommended ratio of one school psychologist for every 500 students.

226,000

adults in Minnesota reported needing mental health treatment but not receiving it between 2018-2019. **Cost is a prevailing factor** in not receiving treatment.

Minnesotans deserve to get the mental health care they need, when they need it.

NAMI
National Alliance on Mental Illness

NAMI Minnesota is part of NAMI, National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. Learn more at namimn.org. For data citations, visit nami.quorum.us/mhpolicystats/.

This fact sheet was compiled based on data available in March 2025.