



Any Mental Illness or Serious Thoughts of Suicide in the Past Year among Adults

Any mental illness (AMI) in the past year among adults aged 18 or older in the National Survey on Drug Use and Health (NSDUH) refers to the presence of a mental, behavioral, or emotional disorder in the past year of sufficient duration to meet criteria from the *Diagnostic and Statistical Manual of Mental Disorders*, 4th edition (DSM-IV),¹ excluding developmental disorders and substance use disorders. AMI was estimated based on a statistical prediction model.² Serious thoughts of suicide among adults in NSDUH refers to whether adults had seriously thought about trying to kill themselves at any time in the past year.

This report uses pooled data from the 2022, 2023, and 2024 NSDUHs to improve the precision of estimates. Estimates are presented as annual averages. NSDUH is an annual survey sponsored by the Substance Abuse and Mental Health Services Administration within the U.S. Department of Health and Human Services. The survey includes residents of households and people in noninstitutional group settings (e.g., shelters, boarding houses, college dormitories, halfway houses). The survey excludes people with no fixed address (e.g., people who are experiencing homelessness and not in shelters), military personnel on active duty, and residents of institutional group settings (e.g., jails, nursing homes, mental health institutions, long-term care facilities). The 2022-2024 NSDUHs used multimode data collection, in which respondents completed the survey in person or via the web.

■ Highlights: Any Mental Illness

An annual average of 23.1% of adults aged 18 or older had AMI in the past year. All statistically significant differences for adult characteristics described in this report remained significant even after adjusting for selected sociodemographic and geographic factors using multivariable logistic regression models. Adjusted odds of AMI in the past year were

- higher among young adults aged 18 to 25 and adults aged 26 to 49 (odds of 3.2 and 2.7, respectively) than among adults aged 50 or older;
- lower among male adults (odds of 0.7) than among female adults; and
- higher among Multiracial³ adults (odds of 1.4) and lower among American Indian or Alaska Native (AIAN) (odds of 0.7), Black (odds of 0.6), Hispanic (odds of 0.6), or Asian (odds of 0.5) adults than among White adults.

Despite the statistically significant odds ratio mentioned previously, percentages for AMI in the past year were not significantly different among AIAN or White adults. Thus, some results for estimated percentages among racial or ethnic groups of adults can be explained by differences in other sociodemographic or geographic characteristics.

■ Highlights: Serious Thoughts of Suicide

An annual average of 5.2% of adults aged 18 or older had serious thoughts of suicide in the past year. Most statistically significant differences for adult characteristics described in this report remained significant even after adjusting for selected sociodemographic and geographic factors using multivariable logistic regression models. Adjusted odds of serious thoughts of suicide in the past year were

- higher among young adults aged 18 to 25 and adults aged 26 to 49 (odds of 5.5 and 2.6, respectively) than among adults aged 50 or older;
- lower among male adults (odds of 0.9) than among female adults; and
- higher among Multiracial adults (odds of 1.6) and lower among Black (odds of 0.8), Hispanic (odds of 0.7), or Asian (odds of 0.7) adults than among White adults.

Despite the statistically significant odds ratios mentioned previously, percentages for serious thoughts of suicide in the past year among Black or Hispanic adults were not significantly different from the percentage among White adults. Thus, some results for estimated percentages among racial or ethnic groups of adults can be explained by differences in other sociodemographic or geographic characteristics.

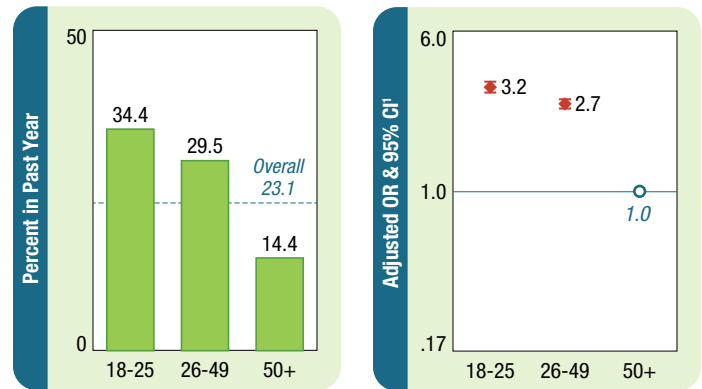
Any Mental Illness in the Past Year

Adults Aged 18 or Older

An annual average of **about 1 in 4 adults** aged 18 or older (23.1%) had AMI in the past year.

AMI in the Past Year among Adults Aged 18 or Older; by Age Group, Annual Averages and Adjusted Odds Ratios, 2022-2024

Young adults aged 18 to 25 (34.4%) and adults aged 26 to 49 (29.5%) were more likely than adults aged 50 or older (14.4%) to have had AMI in the past year. These differences by age remained in multivariable logistic regression models that adjusted for sex, race/ethnicity, education level, region, county type, and poverty level. Thus, the differences in the percentages by age were not explained by other characteristics in the models. The adjusted odds of having AMI in the past year were 3.2 times higher for young adults and 2.7 times higher for adults aged 26 to 49 than for adults aged 50 or older.

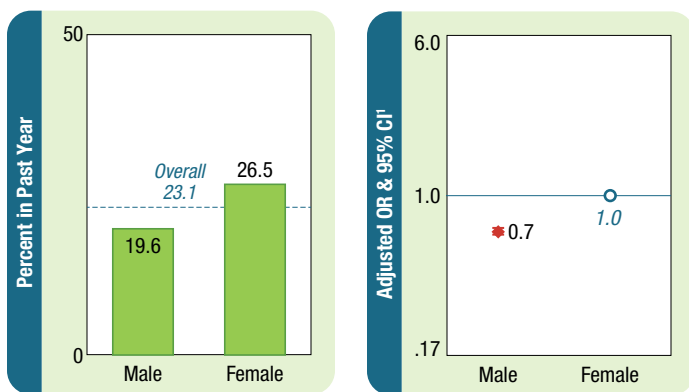


CI = confidence interval; OR = odds ratio.

¹ Reference values are indicated by an open circle (○) in the graph. Significant *p* values (*p* < 0.05) of adjusted ORs are indicated by a solid diamond (◆) in the graph.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2022-2024.

AMI in the Past Year among Adults Aged 18 or Older; by Sex, Annual Averages and Adjusted Odds Ratios, 2022-2024



CI = confidence interval; OR = odds ratio.

¹ Reference values are indicated by an open circle (○) in the graph. Significant *p* values (*p* < 0.05) of adjusted ORs are indicated by a solid diamond (◆) in the graph.

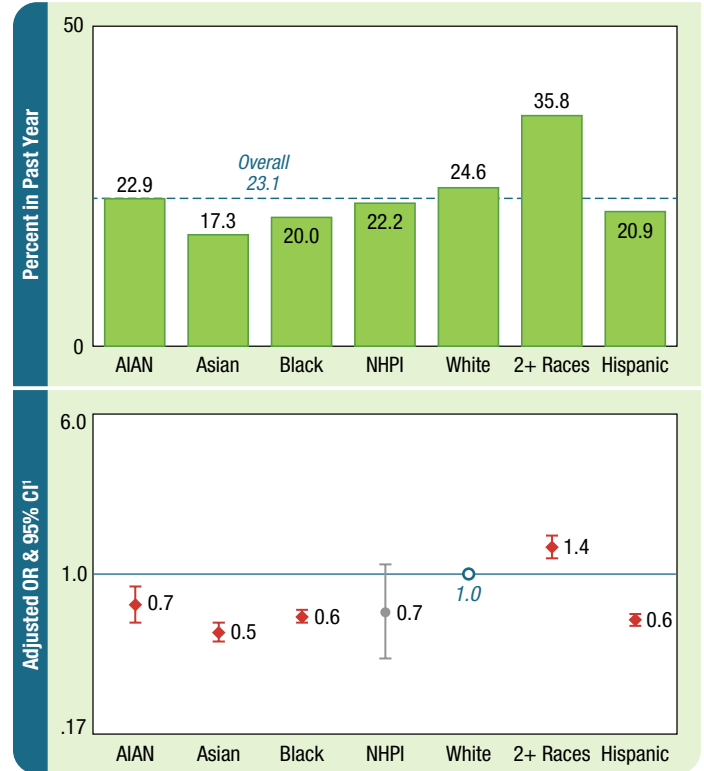
Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2022-2024.

Male adults aged 18 or older were less likely than female adults to have had AMI in the past year (19.6% vs. 26.5%). This difference remained significant after adjustments were made for sociodemographic and geographic characteristics. Thus, the differences in the percentages by sex were not explained by other characteristics in the models. Male adults had 0.7 times lower odds of having AMI in the past year than female adults.

Any Mental Illness in the Past Year: Adults Aged 18 or Older *(continued)*

AMI in the Past Year among Adults Aged 18 or Older; by Race/Ethnicity, Annual Averages and Adjusted Odds Ratios, 2022-2024

Multiracial adults aged 18 or older (35.8%) were more likely than White adults (24.6%) to have had AMI in the past year. Hispanic (20.9%), Black (20.0%), or Asian (17.3%) adults were less likely than White adults to have had AMI in the past year. Percentages among AIAN or Native Hawaiian/Pacific Islander (NHPI) adults did not differ significantly from the percentage among White adults. Except for AIAN adults, these significant and nonsignificant differences remained after adjustments were made for sociodemographic and geographic characteristics. Multiracial adults had 1.4 times higher odds of having AMI in the past year than White adults. Black (odds of 0.6), Hispanic (odds of 0.6), or Asian (odds of 0.5) adults had lower odds of having AMI in the past year than White adults. In addition, AIAN adults had 0.7 times lower odds of having AMI in the past year than White adults. Thus, the similar percentages among AIAN or White adults can be explained by differences in other characteristics in the model between these two groups of adults. When adjustments were made for potential confounding effects of other characteristics, AIAN adults were less likely than White adults to have had AMI in the past year.



AIAN = American Indian or Alaska Native; CI = confidence interval; NHPI = Native Hawaiian/Pacific Islander; OR = odds ratio.
 1 Reference values are indicated by an open circle (○) in the graph. Significant p values (p < 0.05) of adjusted ORs are indicated by a solid diamond (◆) in the graph.
 Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2022-2024.

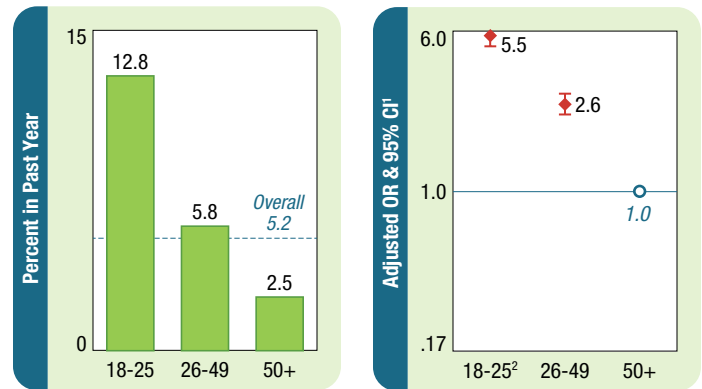
Serious Thoughts of Suicide in the Past Year

Adults Aged 18 or Older

An annual average of **about 1 in 20 adults** aged 18 or older (5.2%) had serious thoughts of suicide in the past year.

Serious Thoughts of Suicide in the Past Year among Adults Aged 18 or Older; by Age Group, Annual Averages and Adjusted Odds Ratios, 2022-2024

Young adults aged 18 to 25 (12.8%) and adults aged 26 to 49 (5.8%) were more likely than adults aged 50 or older (2.5%) to have had serious thoughts of suicide in the past year. These differences by age remained in multivariable logistic regression models that adjusted for sex, race/ethnicity, education level, region, county type, and poverty level. Thus, the differences in the percentages by age were not explained by other characteristics in the models. The adjusted odds of having serious thoughts of suicide in the past year were 5.5 times higher among young adults and 2.6 times higher among adults aged 26 to 49 than among adults aged 50 or older.



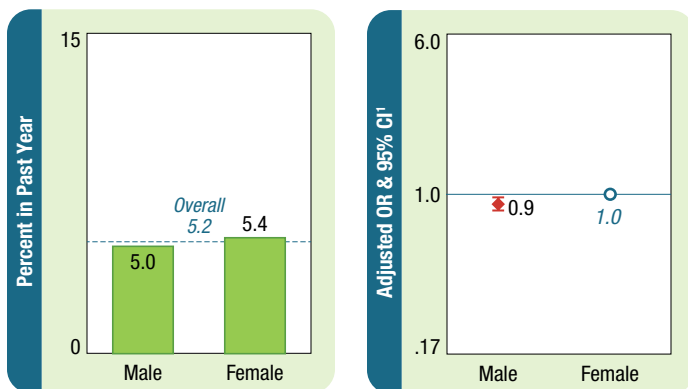
CI = confidence interval; OR = odds ratio.

¹ Reference values are indicated by an open circle (○) in the graph. Significant *p* values (*p* < 0.05) of adjusted ORs are indicated by a solid diamond (◆) in the graph.

² Outcome has a CI value that falls outside the range of values shown in the graph.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2022-2024.

Serious Thoughts of Suicide in the Past Year among Adults Aged 18 or Older; by Sex, Annual Averages and Adjusted Odds Ratios, 2022-2024



CI = confidence interval; OR = odds ratio.

¹ Reference values are indicated by an open circle (○) in the graph. Significant *p* values (*p* < 0.05) of adjusted ORs are indicated by a solid diamond (◆) in the graph.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2022-2024.

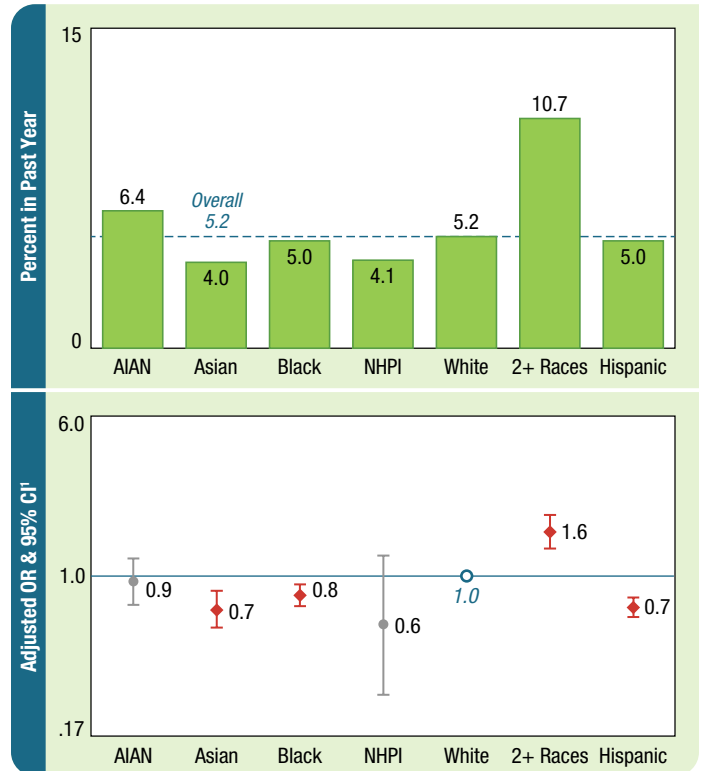
Male adults aged 18 or older were less likely than female adults to have had serious thoughts of suicide in the past year (5.0% vs. 5.4%). Males (odds of 0.9) continued to be less likely than females to have had serious thoughts of suicide in the past year. Thus, the differences in the percentages by sex were not explained by other characteristics in the models.

Serious Thoughts of Suicide in the Past Year: Adults Aged 18 or Older *(continued)*

Serious Thoughts of Suicide in the Past Year among Adults Aged 18 or Older; by Race/Ethnicity, Annual Averages and Adjusted Odds Ratios, 2022-2024

Multiracial adults (10.7%) aged 18 or older were more likely than White adults (5.2%) to have had serious thoughts of suicide in the past year. Asian adults (4.0%) were less likely than White adults to have had serious thoughts of suicide in the past year. Percentages among AIAN, Black, NHPI, or Hispanic adults did not differ significantly from the percentage among White adults. Except for Black or Hispanic adults, these significant and nonsignificant differences remained after adjustments were made for sociodemographic and geographic characteristics.

Multiracial adults had 1.6 times higher odds of having serious thoughts of suicide in the past year than White adults. Asian adults (odds of 0.7) had lower odds of having serious thoughts of suicide in the past year than White adults. Although percentages among Black or Hispanic adults (5.0% for each group) were similar to the percentage among White adults, Black or Hispanic adults had lower odds of having serious thoughts of suicide in the past year than White adults (odds of 0.8 and 0.7, respectively). When adjustments were made for potential confounding effects of other characteristics, Black or Hispanic adults were less likely than White adults to have had serious thoughts of suicide in the past year.



AIAN = American Indian or Alaska Native; CI = confidence interval; NHPI = Native Hawaiian/Pacific Islander; OR = odds ratio.
¹ Reference values are indicated by an open circle (○) in the graph. Significant *p* values (*p* < 0.05) of adjusted ORs are indicated by a solid diamond (◆) in the graph.
 Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2022-2024.

Methods

The final sample size for analyses of the pooled 2022, 2023, and 2024 NSDUH data included approximately 166,264 adults aged 18 or older. Descriptive analyses were conducted to estimate the annual average prevalence and corresponding standard errors of AMI or serious thoughts of suicide in the past year first overall and then within selected sociodemographic or geographic subgroups of adults. Bivariate logistic regression modeling was applied to test the association between a given sociodemographic or geographic characteristic and AMI or serious thoughts of suicide in the past year regardless of other confounding characteristics. Multivariable logistic regression modeling was applied to test the association between a given sociodemographic or geographic characteristic and AMI or serious thoughts of suicide in the past year when adjustments were made for the potential confounding effects of the other sociodemographic or geographic characteristics. Results of bivariate modeling are shown as unadjusted odds ratios, and results of multivariable modeling are shown as adjusted odds ratios. Results of bivariate and multivariable modeling include corresponding 95% confidence intervals and p values. All analyses used the final analysis weights and SUDAAN[®] software to account for NSDUH's complex sample design.⁴

Endnotes

1. American Psychiatric Association. (1994). *Diagnostic and statistical manual of mental disorders* (4th ed.).
2. Center for Behavioral Health Statistics and Quality. (2025). *2024 National Survey on Drug Use and Health (NSDUH): Methodological summary and definitions*. <https://www.samhsa.gov/data/report/2024-methodological-summary-and-definitions>
3. "Multiracial" refers to people reporting two or more races and who were not of Hispanic or Latino ethnicity. The terms "Multiracial" and "Two or More Races" are used interchangeably in this report. Definitions are provided in Appendix A of the [Results from the 2024 National Survey on Drug Use and Health: Detailed Tables](#).
4. RTI International. (2020). *SUDAAN[®] language manual, Release 11.0.4*.

Data Source: The **National Survey on Drug Use and Health** (NSDUH) is a household survey of people aged 12 or older. NSDUH collects information on substance use, mental health, and receipt of substance use and mental health treatment in the United States. NSDUH uses a complex sampling method. Interviews are conducted in person and via the web. Estimates presented are weighted to represent the noninstitutionalized, civilian U.S. population.

Appendix

Table A.1 Any Mental Illness in the Past Year among Adults Aged 18 or Older, by Sociodemographic and Geographic Characteristics: Annual Averages, 2022-2024 NSDUHs

Characteristics	Percentage	SE of Percentage	Unadjusted Odds Ratio			Adjusted Odds Ratio			Adjusted OR & 95% CI		
			OR	95% CI OR	P Value	OR	95% CI OR	P Value	0.17	1.0	6.0
Overall	23.1	0.19	—	—	—	—	—	—			
Age											
18-25	34.4	0.39	3.12	(2.95-3.31)	0.0000	3.21	(3.02-3.41)	0.0000			◆
26-49	29.5	0.28	2.49	(2.37-2.61)	0.0000	2.66	(2.53-2.80)	0.0000			◆
50 or Older	14.4	0.27	1.00	-	—	1.00	-	—			○
Sex											
Male	19.6	0.27	0.68	(0.65-0.70)	0.0000	0.66	(0.64-0.69)	0.0000			◆
Female	26.5	0.26	1.00	-	—	1.00	-	—			○
Race/Ethnicity											
NH AIAN	22.9	1.76	0.91	(0.75-1.11)	0.3623	0.71	(0.58-0.87)	0.0009			◆
NH Asian	17.3	0.73	0.64	(0.58-0.71)	0.0000	0.52	(0.47-0.58)	0.0000			◆
NH Black or African American	20.0	0.49	0.77	(0.72-0.82)	0.0000	0.62	(0.58-0.67)	0.0000			◆
NH NHPI	22.2	4.11	0.88	(0.55-1.40)	0.5833	0.65	(0.39-1.11)	0.1138			○
NH White	24.6	0.25	1.00	-	—	1.00	-	—			○
NH Two or More Races	35.8	1.34	1.71	(1.52-1.93)	0.0000	1.35	(1.19-1.53)	0.0000			◆
Hispanic or Latino	20.9	0.42	0.81	(0.77-0.86)	0.0000	0.60	(0.56-0.64)	0.0000			◆
Education Level											
Less Than High School	21.0	0.60	1.01	(0.93-1.10)	0.8481	1.06	(0.97-1.16)	0.1681			○
High School Graduate	20.8	0.36	1.00	-	—	1.00	-	—			○
Some College/Associate's Degree	26.9	0.34	1.40	(1.33-1.48)	0.0000	1.37	(1.30-1.45)	0.0000			◆
College Graduate	22.2	0.31	1.08	(1.03-1.14)	0.0037	1.15	(1.09-1.22)	0.0000			◆
Region											
Northeast	22.2	0.44	0.88	(0.82-0.94)	0.0003	0.86	(0.81-0.93)	0.0001			◆
Midwest	24.0	0.41	0.97	(0.91-1.04)	0.3764	0.89	(0.83-0.95)	0.0004			◆
South	22.2	0.30	0.88	(0.83-0.93)	0.0000	0.84	(0.79-0.90)	0.0000			◆
West	24.5	0.46	1.00	-	—	1.00	-	—			○
County Type											
Large Metro	22.3	0.28	1.00	-	—	1.00	-	—			○
Small Metro	24.7	0.33	1.14	(1.09-1.19)	0.0000	1.06	(1.01-1.11)	0.0228			◆
Nonmetro – Urbanized	23.7	0.80	1.08	(0.99-1.18)	0.0935	0.98	(0.90-1.07)	0.6861			○
Nonmetro – Less Urbanized	22.3	0.59	1.00	(0.93-1.08)	0.9901	0.93	(0.86-1.01)	0.0853			○
Nonmetro – Completely Rural	22.4	1.74	1.00	(0.82-1.23)	0.9704	0.94	(0.76-1.16)	0.5765			○
Poverty Level											
Less Than 100%	29.0	0.53	1.53	(1.45-1.62)	0.0000	1.56	(1.46-1.67)	0.0000			◆
100-199%	25.6	0.45	1.29	(1.23-1.36)	0.0000	1.36	(1.28-1.44)	0.0000			◆
200% or More	21.0	0.22	1.00	-	—	1.00	-	—			○
Aged 18-22 in College Dorm	31.8	4.79	1.75	(1.14-2.71)	0.0114	1.11	(0.78-1.58)	0.5493			○

* Low precision; — = not applicable; no estimate reported.

AIAN = American Indian or Alaska Native; CI = confidence interval; NH = Not Hispanic or Latino; NHPI = Native Hawaiian/Pacific Islander; OR = odds ratio; SE = standard error.

Note: Reference values are in italics and indicated by an open circle (○) in the table. Significant p values (p < 0.05) of adjusted ORs are in bold and indicated by a solid diamond (◆) with marked CIs (±) in the table.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2022-2024.

Table A.2 Serious Thoughts of Suicide in the Past Year among Adults Aged 18 or Older, by Sociodemographic and Geographic Characteristics: Annual Averages, 2022-2024 NSDUHs

Characteristics	Percentage	SE of Percentage	Unadjusted Odds Ratio			Adjusted Odds Ratio			Adjusted OR & 95% CI		
			OR	95% CI OR	P Value	OR	95% CI OR	P Value	0.17	1.0	6.0
Overall	5.2	0.09	—	—	—	—	—	—			
Age											
18-25 ¹	12.8	0.25	5.80	(5.18-6.50)	0.0000	5.50	(4.87-6.20)	0.0000			◆
26-49	5.8	0.14	2.44	(2.18-2.73)	0.0000	2.55	(2.28-2.87)	0.0000			◆
50 or Older	2.5	0.13	1.00	.	—	1.00	.	—		○	
Sex											
Male	5.0	0.13	0.92	(0.86-0.98)	0.0097	0.90	(0.84-0.97)	0.0043			◆
Female	5.4	0.12	1.00	.	—	1.00	.	—		○	
Race/Ethnicity											
NH AIAN	6.4	0.76	1.24	(0.96-1.59)	0.1004	0.92	(0.71-1.19)	0.5222			◆
NH Asian	4.0	0.39	0.76	(0.62-0.93)	0.0078	0.67	(0.55-0.83)	0.0002			◆
NH Black or African American	5.0	0.24	0.96	(0.86-1.07)	0.4397	0.79	(0.70-0.89)	0.0001			◆
NH NHPI	4.1	1.51	0.77	(0.36-1.64)	0.5051	0.57	(0.26-1.23)	0.1494			◆
NH White	5.2	0.11	1.00	.	—	1.00	.	—		○	
NH Two or More Races	10.7	0.84	2.17	(1.82-2.61)	0.0000	1.60	(1.33-1.93)	0.0000			◆
Hispanic or Latino	5.0	0.20	0.96	(0.87-1.05)	0.3707	0.69	(0.62-0.77)	0.0000			◆
Education Level											
Less Than High School	5.0	0.28	0.90	(0.79-1.03)	0.1368	0.94	(0.82-1.08)	0.3945			◆
High School Graduate	5.5	0.17	1.00	.	—	1.00	.	—		○	
Some College/Associate's Degree	6.6	0.17	1.21	(1.12-1.31)	0.0000	1.19	(1.10-1.29)	0.0000			◆
College Graduate	3.8	0.13	0.68	(0.62-0.76)	0.0000	0.83	(0.75-0.92)	0.0003			◆
Region											
Northeast	5.0	0.22	0.89	(0.79-1.01)	0.0659	0.91	(0.80-1.03)	0.1225			◆
Midwest	5.4	0.18	0.96	(0.86-1.07)	0.4476	0.88	(0.79-0.98)	0.0221			◆
South	4.9	0.14	0.87	(0.79-0.96)	0.0051	0.83	(0.75-0.92)	0.0003			◆
West	5.6	0.20	1.00	.	—	1.00	.	—		○	
County Type											
Large Metro	4.8	0.12	1.00	.	—	1.00	.	—		○	
Small Metro	5.9	0.15	1.25	(1.17-1.35)	0.0000	1.15	(1.07-1.25)	0.0003			◆
Nonmetro – Urbanized	5.6	0.37	1.18	(1.02-1.37)	0.0271	1.05	(0.90-1.22)	0.5419			◆
Nonmetro – Less Urbanized	5.2	0.35	1.10	(0.95-1.27)	0.2049	1.04	(0.88-1.22)	0.6560			◆
Nonmetro – Completely Rural	4.7	0.76	0.98	(0.70-1.38)	0.9259	0.97	(0.69-1.37)	0.8703			◆
Poverty Level											
Less Than 100%	7.4	0.25	1.76	(1.61-1.92)	0.0000	1.46	(1.32-1.60)	0.0000			◆
100-199%	6.4	0.25	1.50	(1.36-1.65)	0.0000	1.35	(1.22-1.50)	0.0000			◆
200% or More	4.3	0.10	1.00	.	—	1.00	.	—		○	
Aged 18-22 in College Dorm	10.0	2.36	2.43	(1.45-4.09)	0.0008	0.87	(0.53-1.42)	0.5733			◆

* Low precision; — = not applicable; no estimate reported.

AIAN = American Indian or Alaska Native; CI = confidence interval; NH = Not Hispanic or Latino; NHPI = Native Hawaiian/Pacific Islander; OR = odds ratio; SE = standard error.

Note: Reference values are in italics and indicated by an open circle (○) in the table. Significant p values (p < 0.05) of adjusted ORs are in bold and indicated by a solid diamond (◆) with marked CIs (I-I) in the table.

¹ Outcome has a CI value that falls outside the range of values shown in the table.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2022-2024.