Entering Adulthood: Getting Help for Mental and Substance Use Disorders

The big life changes that 18-to-25-year-olds experience when transitioning into adulthood come with a range of emotions. While it can sometimes feel like you’re the only one going through ups and downs, you’re not alone.

8.8 million young adults reported having a mental illness
42% of those with mental illness went untreated

5.1 million young adults reported having a substance use disorder
87% of those with substance use disorders went untreated

Common Signs

- Trouble sleeping or oversleeping
- Loss of interest in hobbies + friends
- Feelings of anxiousness
- Changes in overall energy levels
- Changes in appetite + weight
- Feelings of hopelessness
- Difficulty in daily functioning
- Extreme mood changes
- Thoughts of suicide

It’s okay to ask for help.
Visit SAMHSA.gov/young-adults or call 1-800-662-HELP (4357) for treatment referral.

SAMHSA’s mission is to reduce the impact of substance abuse and mental illness on America’s communities. 1-877-SAMHSA-7 (1-877-726-4727) • 1-800-487-4889 (TDD) • www.samhsa.gov