

Mental Health in

Massachusetts



Many Bay Staters 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.

1,292,000

adults in Massachusetts have a mental health condition. That's more than **6x** the population of **Worcester**.



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.



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

93,000 Massachusetts adolescents experience a **major depressive episode** each year.

330,000 Massachusetts adults have a **serious mental illness**.

1 in 7 of the more than **19,000 people** in Massachusetts **who are unhoused** have a **serious mental illness**.



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

243,000 Massachusetts adults have **serious thoughts of suicide** each year.

626

lives were **lost to suicide** in Massachusetts in 2022.

MASSACHUSETTS
is facing a mental
health crisis.

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

59,000 Massachusetts adolescents have **serious thoughts of suicide** each year.



14%

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



More than

250,000

people in Massachusetts live in a community without enough mental health professionals.

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

14x

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

68,104

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

1 in 686

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

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343,000

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

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



NAMI Massachusetts 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 namimass.org. For data citations, visit nami.quorum.us/mhpolicystats/.

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