

STRATEGIES for MINDFUL LIVING

Courtesy of UAB Employee Assistance & Counseling Center

The State of Mental Health in Alabama

May is Mental Health Awareness Month, a time to remember that your mental health is just as important as your physical health. Recent data from NAMI (National Alliance on Mental Illness) Alabama show that Alabamians are facing a growing mental health crisis. About 931,000 adults in Alabama have a mental health condition — more than 4x the population of Birmingham. From high rates of serious mental illness to unmet treatment needs, 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.

Mental Health in Alabama by the Numbers

Provided by NAMI Alabama based on data available in March 2025



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.

236,000 Alabama adults have a **serious mental illness**.

1 in 9 of the more than **3,000 people** in Alabama who are **unhoused** have a **serious mental illness**.

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



210,000 Alabama adults have **serious thoughts of suicide** each year.

840 lives were **lost to suicide** in Alabama in 2022.

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

76,000 Alabama adolescents experience a **major depressive episode** each year.

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

52,000 Alabama adolescents have **serious thoughts of suicide** each year.



20% of youth aged 0-17 in Alabama have **experienced 2+ adverse childhood experiences**, which are linked to mental illness and substance misuse in adulthood.

The need for access to mental health care in Alabama is urgent.

Almost 3 million

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

3x

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

30,425

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

292,000

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

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

NAMI Alabama is part of the 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 namialabama.org. For data citations, visit nami.quorum.us/mhpolicystats.