

College Student and Young Adult Mental Health: The Numbers

National, California and Los Angeles figures on young adult and college student mental health, treatment, substance use and suicide.

KEY FINDINGS

33.2%	One in three U.S. young adults ages 18 to 25 (33.2%) had a mental illness in the past year in 2024. SAMHSA NSDUH, 2024
9.4%	Serious mental illness among young adults fell from 12.0% in 2021 to 9.4% in 2024. SAMHSA NSDUH, 2021 and 2024
37%	37% of college students screened positive for moderate to severe depression and 32% for moderate to severe anxiety. Healthy Minds Study, 2024 to 2025
60%	60% of college students with depression or anxiety symptoms received treatment; lack of time (23%) and cost (22%) were the top barriers. Healthy Minds Study, 2024 to 2025
21.3%	Frequent mental distress among U.S. adults ages 18 to 29 rose from 12.7% in 2012 to 21.3% in 2024. CDC, MMWR, October 2026
49.1%	Only 49.1% of young adults with any mental illness received mental health treatment in 2022. NIMH, from 2022 NSDUH
5,936	Suicide was the second leading cause of death for Americans ages 10 to 34 in 2023, with 5,936 deaths at ages 15 to 24. NIMH, from CDC data, 2023

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SOURCES

SAMHSA, 2024 National Survey on Drug Use and Health; Healthy Minds Study 2024 to 2025 results; CDC MMWR, frequent mental distress among adults 18 to 29, October 8, 2026; National Institute of Mental Health statistics; CDPH CalVDRS suicide fact sheet 2021; UC, CSU, CCC and LACCD enrollment. Full method, tables and links:
<https://blackburnclinical.com/college-student-mental-health-statistics/>