

Mental Health in Delaware



Many Delawareans 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.

165,000

adults in Delaware have a mental health condition. That's more than **4x** the population of **Dover**.



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.

15,000 Delaware adolescents experience a **major depressive episode** each year.

42,000 Delaware adults have a **serious mental illness**.

1 in 12 of the more than **1,000 people** in Delaware **who are unhoused** have a **serious mental illness**.



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

37,000 Delaware adults have **serious thoughts of suicide** each year.

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

10,000 Delaware adolescents have **serious thoughts of suicide** each year.



19% of youth aged 0-17 in Delaware have **experienced 2+ adverse childhood experiences**, which are linked to mental illness and substance misuse in adulthood.

130 lives were **lost to suicide** in Delaware in 2022.

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More than
220,000

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

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

5x

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

4,954

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

1 in 856

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

DELAWARE
is facing a mental
health crisis.

53,000

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

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



NAMI Delaware 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 namide.org. For data citations, visit nami.quorum.us/mhpolicystats/.

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