

Mental Health in Idaho



Many Idahoans 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.

402,000

adults in Idaho have a mental health condition. That's more than **10x** the population of **Meridian**.



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.

37,000 Idaho adolescents experience a **major depressive episode** each year.

95,000

Idaho adults have a **serious mental illness**.

1 in 9 of the more than **2,000 people** in Idaho **who are unhoused** have a **serious mental illness**.



1 in 20

adults have **serious thoughts of suicide** each year.

96,000 Idaho adults have **serious thoughts of suicide** each year.

1 in 9

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

25,000 Idaho adolescents have **serious thoughts of suicide** each year.



19%

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

444

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

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More than
1,200,000

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

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

1 in 671

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

14,576

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

IDAHO
is facing a mental
health crisis.

109,000

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

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



NAMI Idaho 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 namiidaho.org. For data citations, visit nami.quorum.us/mhpolicystats/.

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