

Mental Health in Iowa



Many Iowans 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.

649,000

adults in Iowa have a mental health condition. That's more than **4x** the population of **Cedar Rapids**.



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.

54,000 Iowa adolescents experience a **major depressive episode** each year.

171,000

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

1 in 5 of the more than **2,500 people** in Iowa **who are unhoused** have a **serious mental illness**.



1 in 20

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

134,000 Iowa adults have **serious thoughts of suicide** each year.

1 in 9

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

36,000 Iowa adolescents have **serious thoughts of suicide** each year.



18%

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

590

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

Mental Health in **Iowa**



More than
1,300,000

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

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

1.3x

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

23,340

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

1 in 1,627

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

IOWA
is facing a mental
health crisis.

181,000

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

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



NAMI Iowa 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 nami.iowa.org. For data citations, visit nami.quorum.us/mhpolicystats/.

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