

# What's the connection between mental health and substance use?

People may turn to substances, like drugs or alcohol, to cope with life's daily challenges. The research below shows a connection between substance use and mental health.

## Facts about the connection:

In 2022, **more than one in four adults** in the US with a mental health condition, such as depression or anxiety, also used substances such as alcohol.

Getting help early can **reduce the risk** of a substance use disorder later in life.

**4 serious mental health conditions are associated with substance use:**

- 1 Major depression
- 2 Anxiety disorders
- 3 Schizophrenia
- 4 Personality disorders

## How common are mental health conditions in Texas?\*

**3,347,000** Texan adults had a mental health condition

**796,000** Texan adults had a serious mental health condition

**314,000** Texans ages 12-17 had depression

**43.4% of adults** in Texas reported symptoms of anxiety or depression

## Substance use in Texas:

In 2020, **19.1%** of high schoolers and **13.9 %** of adults in Texas reported tobacco use

In 2021, about **5,000** Texans died of overdoses from substances such as alcohol, Fentanyl and Adderall

**1,207,000** adults and **126,000** teens ages 12-17 reported illicit drug use such as cocaine and heroin from 2019-2020

**1,759,000** adults and **66,000** teens ages 12-17 reported alcohol use from 2019-2020

In 2020, an estimated **11.3 million** people in Texas were living with a substance use disorder

Up to **70%** of overdoses in Texas, mostly nonfatal, go unreported

\* These facts were compiled based on data available in February 2021

Sources: National Alliance on Mental Illness (NAMI), National Institute on Drug Abuse (NIDA), MentalHealth.Gov, Substance Abuse and Mental Health Services Administration (SAMHSA), Centers for Disease Control and Prevention (CDC), Texas Health and Human Services Commission (HHSC), The Texas Tribune, Kaiser Family Foundation (KFF), American Lung Association

