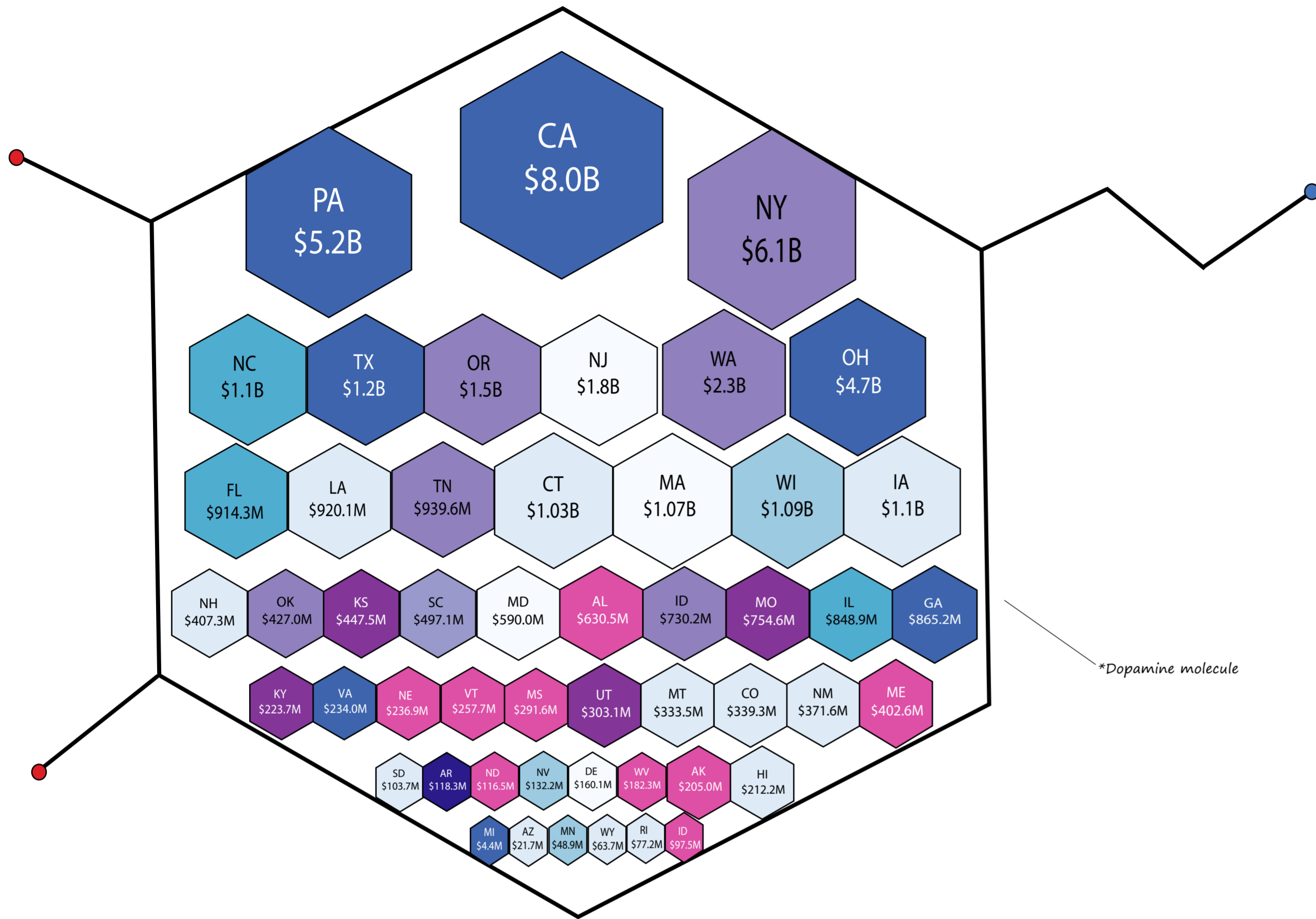


# A penny for your thoughts

The total amount spent on mental health per state in 2022



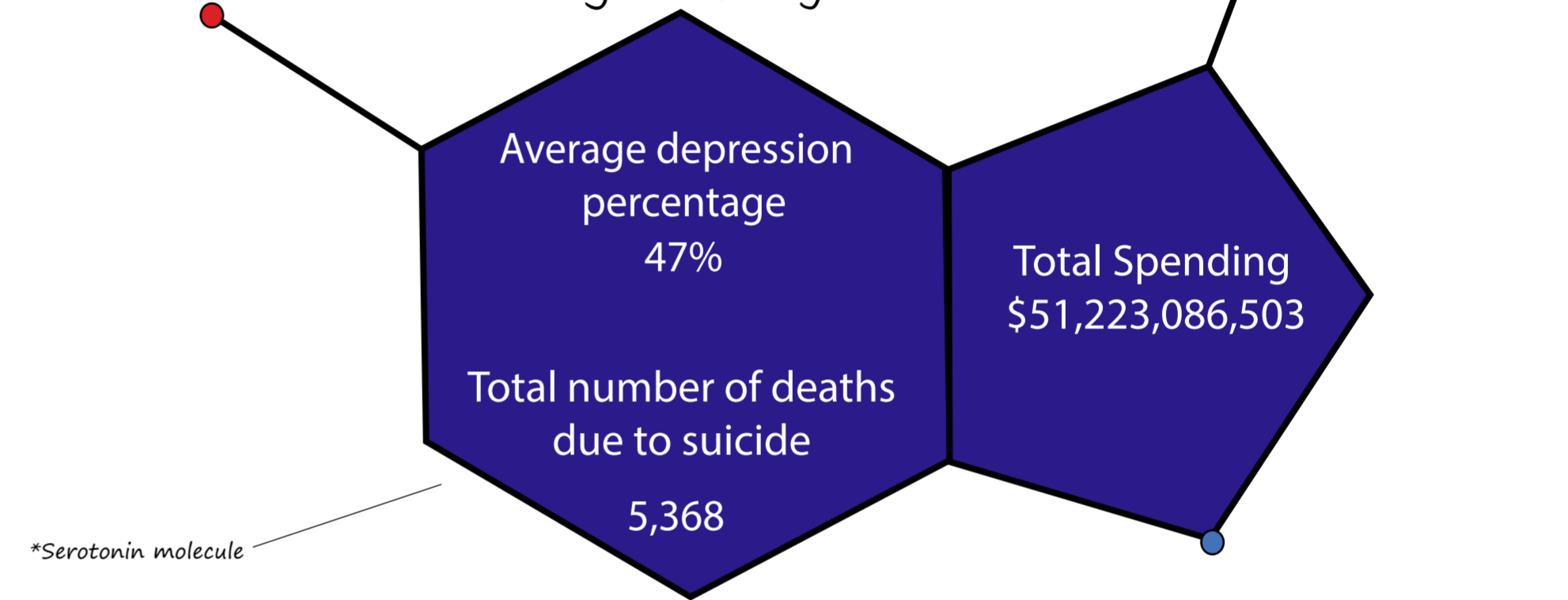
\*Dopamine molecule

# Does Money Buy Happiness for Young Adults in America?

The results of each states total spending on mental health and the outcomes of each state having a high and or low depression rate and suicide reports

## USA by the numbers

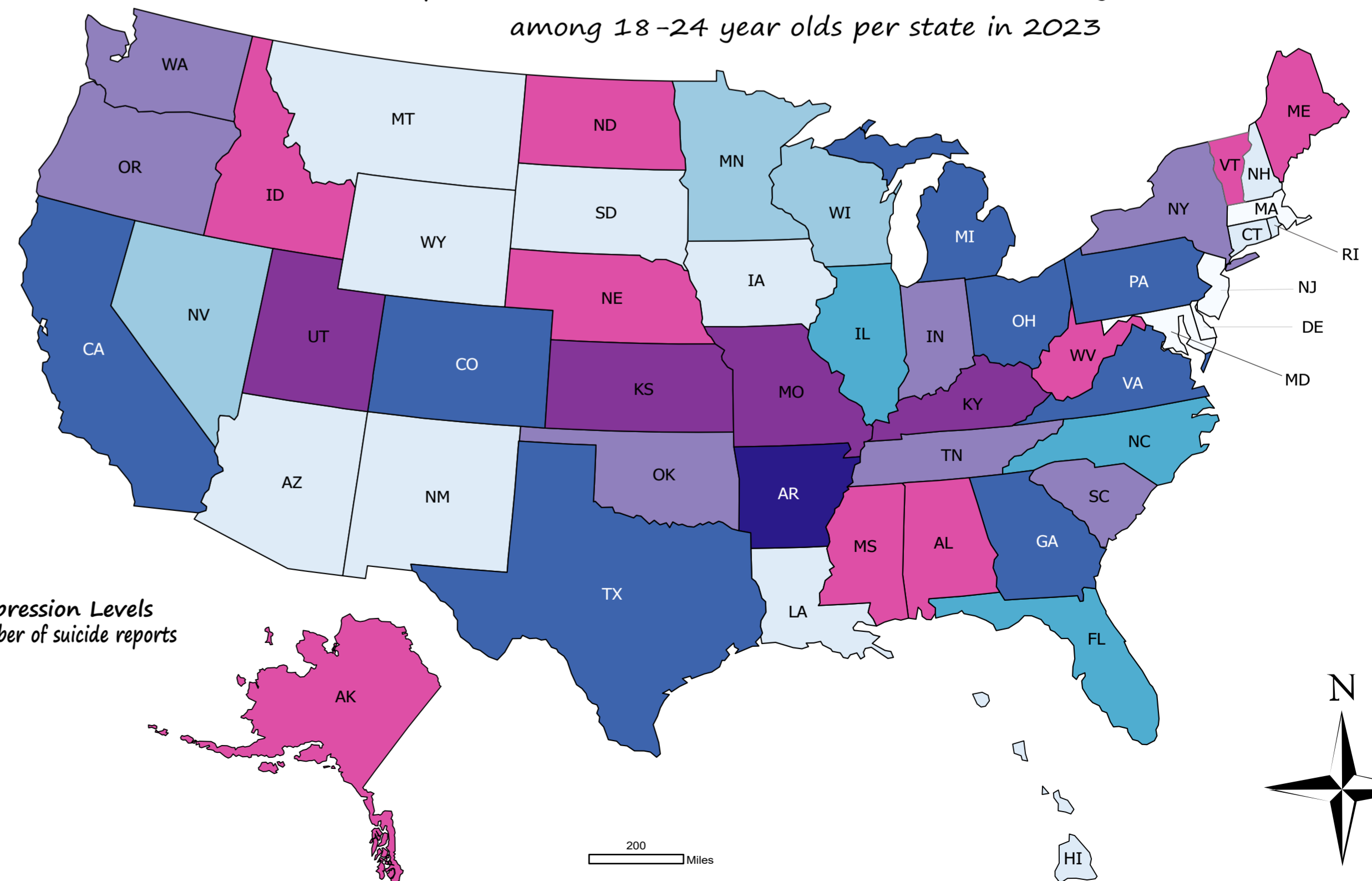
The collective data of total money spent on mental health, the average depression percentage, and the total number of suicides reported in the country among 18-24 year olds



\*Serotonin molecule

## The Dark Cloud Hanging Over Young Adults

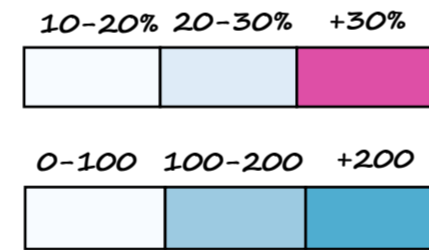
The Depression levels and the number of deaths resulting in suicide among 18-24 year olds per state in 2023



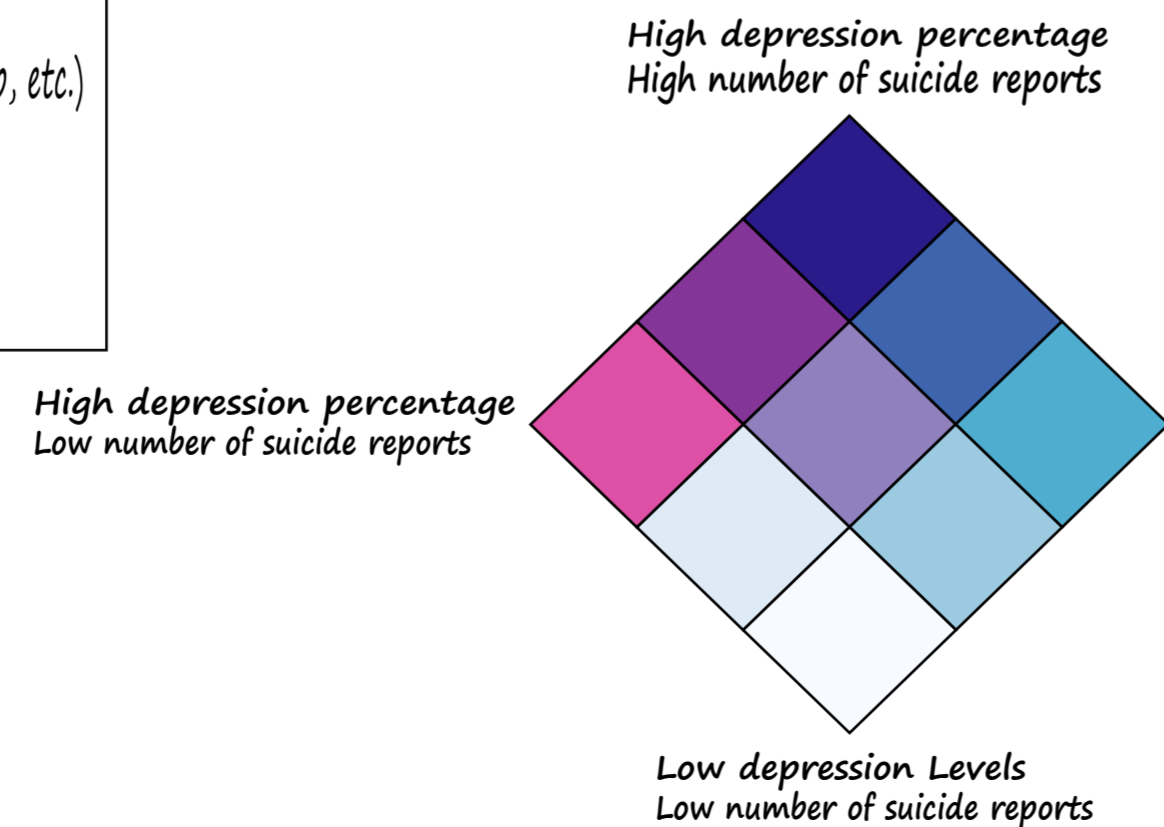
- The rates of depression for those that are between the ages of 18-24 are the highest among any other age group.
- 25.5% of these young adults have considered committing suicide.
- By the year 2030, depression will be leading disease burdon in the country
- Those that exercise will have a 22% higher chance of remission from depression. Walking for 30 minutes three times a week is even enough.
- By changing some part of your lifestyle (Diet, goals, find your passion, sleep, etc.) you can prevent the feeling of depression by 25%.
- 80% of those that seeked help for their depression have shown signs in improvement.

\*For more support call 988 to get in touch with the suicide hotline

The percentage of individuals that reported to have a form of depression that are aged 18-24



Number of reports in which involved suicide between the ages of 18-24



\*Alaska and Hawaii insets not to scale  
Projection: USA Contiguous Albers Equal Area Conic  
Sources: The COVID-19 Consortium for Understanding the Public's Policy Preferences Across States  
CDC Wonder  
NIH  
Substance Abuse and Mental Health Services Administration  
Method: Bivariate manual interval  
Jack DiPaolo 2023