

# Entering Adulthood: Getting Help for Mental and Substance Use Disorders

The big life changes that 18-to-25-year-olds experience when transitioning into adulthood come with a range of emotions. While it can sometimes feel like you're the only one going through ups and downs, **you're not alone.**



**8.8 million**  
young adults reported  
having a mental illness



**42%**  
of those with mental  
illness went untreated



**5.1 million**  
young adults reported  
having a substance  
use disorder



**87%**  
of those with substance  
use disorders went  
untreated

## Common Signs



**Trouble sleeping  
or oversleeping**



**Loss of interest in  
hobbies + friends**



**Feelings of  
anxiousness**



**Changes in overall  
energy levels**



**Changes in  
appetite + weight**



**Feelings of  
hopelessness**



**Difficulty in  
daily functioning**



**Extreme mood  
changes**



**Thoughts of  
suicide**

**It's okay to ask for help.**

Visit [SAMHSA.gov/young-adults](https://www.samhsa.gov/young-adults) or call 1-800-662-HELP (4357) for treatment referral.