Maine has a higher rate of binge drinking among young adults compared to the U.S. and Northeast (1).

More than one in four young adults used marijuana in the past month (1).

Maine’s past month marijuana use among young adults is considerably higher than the nation (1).

In the past year, compared to adults 26 and older, 18 to 25 year olds were:

Three times as likely to use marijuana (1).

Three times as likely to misuse pain relievers (1).

Four times as likely to use cocaine

Notes
*Binge drinking = five or more drinks in one setting.
** Dependence or abuse is based on definitions found in the 4th edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV).

Sources
1. National Survey on Drug Use and Health (2013-14)
2. Maine Treatment Data System (2014)
**Mental Health Among Young Adults (18-25)**

**Maine Center for Disease Control and Prevention**

**March 2016**

For more SEOW resources visit: www.MaineSEOW.com

---

**Mental Illness**

- One in five young adults in Maine reported having a mental illness* during the past year (1).

Young adults in Maine reported a mental illness rate of 22 percent compared to Northeast at 21 percent, and the Nation at 20 percent (1).

- Maine has 62,000 young adults affected by mental illness (1).

**Depression**

- One in four young adults in Maine have been told they have depression disorder (2).

Major depressive episodes† among young adults in Maine have increased from 8.6 percent in 2010-11 to 10.8 percent in 2013-14 (1).

The past year major depressive episode rate among young adults in Maine is three percentage points higher than those 26 and older (1).

---

**Suicidal Ideation**

Young adults in Maine are two times as likely to have had serious thoughts of suicide in the past year compared to adults 26 and older (1).

**Notes**

* Any Mental Illness = having a diagnosable mental, behavioral, or emotional disorder, other than a developmental or substance use disorder (as defined by DSM-IV)

**Serious Mental Illness = having a diagnosable mental, behavioral, or emotional disorder, other than a developmental or substance use disorder, that resulted in serious functional impairment

† Major depressive episode = a period of at least 2 weeks when a person experienced a depressed mood, loss of interest, or pleasure in daily activities and had a majority of specified depression symptoms (as defined by DSM-IV).

**Sources**

1. National Survey on Drug Use and Health (2013-14)