

# **Mental Health Market Size, Share, Trends, and Forecast by Disorder, Service, Age Group, and Region 2025-2033**

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## **Abstracts**

The global mental health market size reached USD 448.23 Billion in 2024. Looking forward, IMARC Group expects the market to reach USD 573.75 Billion by 2033, exhibiting a growth rate (CAGR) of 2.76% during 2025-2033. North America currently dominates the market, holding a mental health market share of over 56.4% in 2024. The market is experiencing steady growth driven by the rising demand for mental health services and solutions, ongoing advancements in telehealth and digital mental health platforms, beneficial government programs and policies, and growing business attention to workers' mental health.

### **Mental Health Market Trends:**

#### **Increasing mental health awareness**

The gradual shift in societal attitudes toward mental health has played a pivotal role in shaping the mental health market. As public awareness grows, there has been a substantial reduction in the stigma historically associated with mental health issues. This cultural shift has empowered individuals to seek help and support for their mental well-being without fear of judgment. The destigmatization of mental health represents a significant driver for the market, as more people are recognizing the importance of addressing mental health concerns. This heightened awareness has led to a higher demand for mental health services and solutions, ranging from counseling and therapy to digital mental health apps and telehealth platforms. Moreover, it has prompted governments, organizations, and healthcare providers to extensively invest in mental health resources and infrastructure to meet this rising demand. Overall, the expanding public awareness of mental health issues has improved the lives of individuals seeking

help and created a fertile ground for growth within the mental health market, with an increased focus on accessible and effective solutions.

### Rapid expansion of telehealth and digital platforms

In recent years, the evolution of telemedicine and the emergence of digital mental health platforms have ushered in a transformative era in mental healthcare. These technological advances represent major drivers of the mental health market by significantly enhancing access to care and support. Telehealth has bridged geographical barriers, enabling individuals to connect with mental health professionals remotely. This has been particularly beneficial in rural or underserved areas, where access to in-person care may be limited. Digital mental health platforms, including mobile apps and online therapy services, offer convenience and privacy, appealing to a wide spectrum of users. The enhanced convenience, accessibility, and affordability of remote mental health services have catalyzed market growth. Individuals can now seek support on their terms, reducing barriers to entry and increasing the overall demand for mental health services. Furthermore, these technologies have gained traction during the recent coronavirus (COVID-19) pandemic, accelerating their adoption and solidifying their position as key drivers in the evolving mental health landscape.

### Rising focus of corporates on mental well-being

A notable driver of the mental health market stems from the increasing attention placed on the mental well-being of employees within organizations. As businesses acknowledge the profound impact of mental health on productivity, job satisfaction, and overall company success, they are making substantial investments in mental health programs and services. Employers now understand that a mentally healthy workforce is a more engaged and resilient one. As a result, they are implementing initiatives such as employee assistance programs (EAPs), mental health training, and flexible work arrangements to support their staff's mental well-being. This proactive approach enhances the work environment and reduces absenteeism, turnover, and healthcare costs. This growing corporate focus on employee mental health serves as a driving force for the mental health market. It fuels the demand for mental health services, both preventive and therapeutic, within organizations. Additionally, it contributes to the broader societal shift in acknowledging and addressing mental health concerns, thereby fostering a more supportive and empathetic work culture.

### Mental Health Industry Segmentation:

IMARC Group provides an analysis of the key trends in each segment of the market, along with forecasts at the global, regional, and country levels for 2024-2032. Our report has categorized the market based on disorder, service, and age group.

#### Breakup by Disorder:

Schizophrenia

Alcohol Use Disorders

Bipolar Disorder

Depression and Anxiety

Post-traumatic Stress Disorder

Substance Abuse Disorders

Eating Disorders

Others

Depression and anxiety accounts for the majority of the market share

The report has provided a detailed breakup and analysis of the market based on the disorder. This includes schizophrenia, alcohol use disorders, bipolar disorder, depression and anxiety, post-traumatic stress disorder, substance abuse disorders, eating disorders, and others. According to the report, depression and anxiety represented the largest segment.

#### Breakup by Service:

Emergency Mental Health Services

Outpatient Counselling

Home-based Treatment Services

Inpatient Hospital Treatment Services

Others

Inpatient hospital treatment services hold the largest share in the industry

A detailed breakup and analysis of the market based on the service have also been provided in the report. This includes emergency mental health services, outpatient counselling, home-based treatment services, inpatient hospital treatment services, and others. According to the report, inpatient hospital treatment services accounted for the largest market share.

Breakup by Age Group:

Pediatric

Adult

Geriatric

Adult represents the leading market segment

The report has provided a detailed breakup and analysis of the market based on the age group. This includes pediatric, adult, and geriatric. According to the report, adult represented the largest segment.

Breakup by Region:

North America

United States

Canada

Asia-Pacific

China

Japan

India

South Korea

Australia

Indonesia

Others

Europe

Germany

France

United Kingdom

Italy

Spain

Russia

Others

Latin America

Brazil

Mexico

Others

Middle East and Africa

North America leads the market, accounting for the largest mental health market share

The market research report has also provided a comprehensive analysis of all the major regional markets, which include North America (the United States and Canada); Asia Pacific (China, Japan, India, South Korea, Australia, Indonesia, and others); Europe (Germany, France, the United Kingdom, Italy, Spain, and others); Latin America (Brazil, Mexico, and others); and the Middle East and Africa. According to the report, North America accounted for the largest market share.

The market research report has provided a comprehensive analysis of the competitive landscape. Detailed profiles of all major companies have also been provided. Some of the key players in the market include:

Acadia Healthcare

Ascension Seton

Behavioral Health Network Inc.

CareTech Holdings PLC

North Range Behavioral Health

Promises Behavioral Health

Pyramid Healthcare

Strategic Behavioral Health LLC

Sevita (The MENTOR Network)

Universal Health Services Inc.

## Key Questions Answered in This Report

1.How big is the mental health market?

2.What is the future outlook of mental health market?

- 3.What are the key factors driving the mental health market?
- 4.Which region accounts for the largest mental health market share?
- 5.Which are the leading companies in the global mental health market?

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