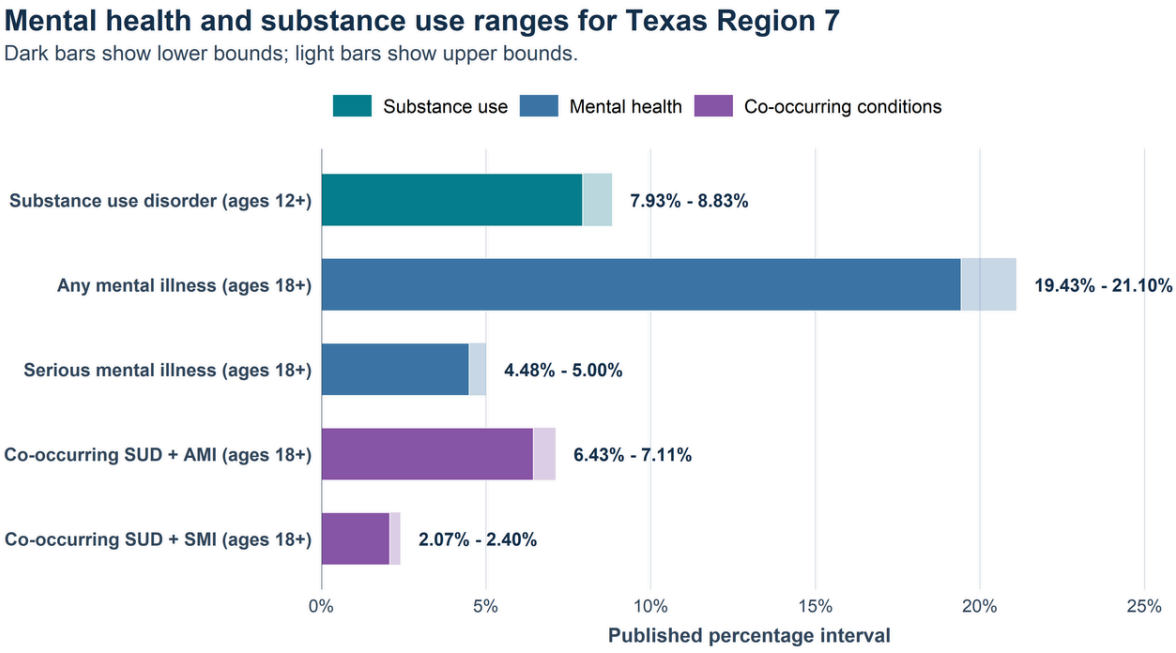
PRC 7 MONTHLY NEWSLETTER

MENTAL HEALTH AND SUBSTANCE USE VARY ACROSS TEXAS REGION 7



Source: SAMHSA, 2021-2023 NSDUH Substate Maps, Figs. 26 and 32-35; Measures 26 and 32-35.

Figure 1

SAMHSA's 2021–2023 data place Region 7 within published percentage ranges for mental health, substance use disorder, and co-occurring conditions.

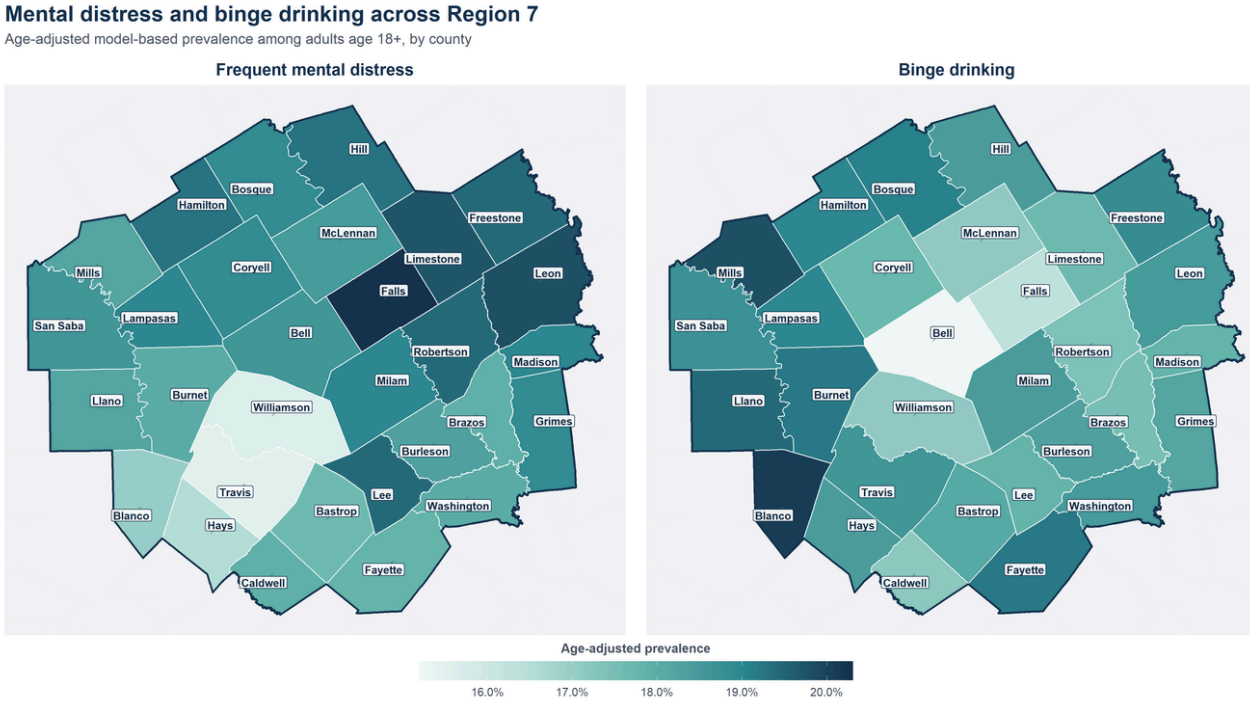
- The highest range shown is for any mental illness among adults, at 19.43%–21.10%.
- Co-occurring substance use disorder and any mental illness falls within a range of 6.43%–7.11%.
- Substance use disorder among people aged 12 or older ranged from 7.93% to 8.83%.

Overall, any mental illness had the highest published range in Region 7, co-occuring SUD & SMI had the lowest.

Figure 2

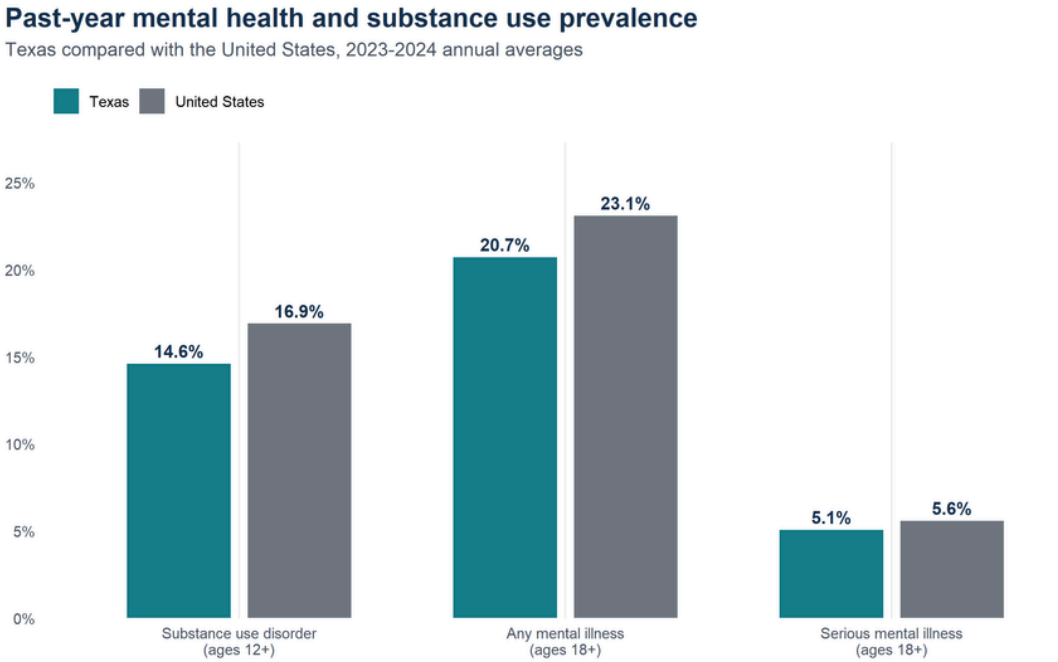
- Frequent mental distress ranged from 15.5% in Travis County to 20.3% in Falls County.
- Falls, Leon, and Limestone counties had the highest mental-distress estimates at 20.3%, 19.8%, and 19.7%.
- Binge drinking ranged from 15.2% in Bell County to 20.1% in Blanco County.
- Blanco, Mills, and Llano counties had the highest binge-drinking estimates at 20.1%, 19.8%, and 19.4%.
- Hamilton County had comparatively high estimates for both mental distress (19.3%) and binge drinking (19.0%).

Falls County had the highest mental-distress estimate but one of the lowest binge-drinking estimates. In contrast, Blanco County had the highest binge-drinking estimate but a lower mental-distress estimate.



Source: CDC PLACES, 2025 release (2023 estimates), dataset i46a-9kgh. Values are modeled county estimates; darker colors indicate higher prevalence.

YOUNG ADULTS HAVE THE HIGHEST SUBSTANCE USE DISORDER PREVALENCE



Source: SAMHSA, 2023-2024 NSDUH State Estimates, Tables 24, 33, and 34. SUD is reported for ages 12+; AMI and SMI are reported for ages 18+.

Figure 3

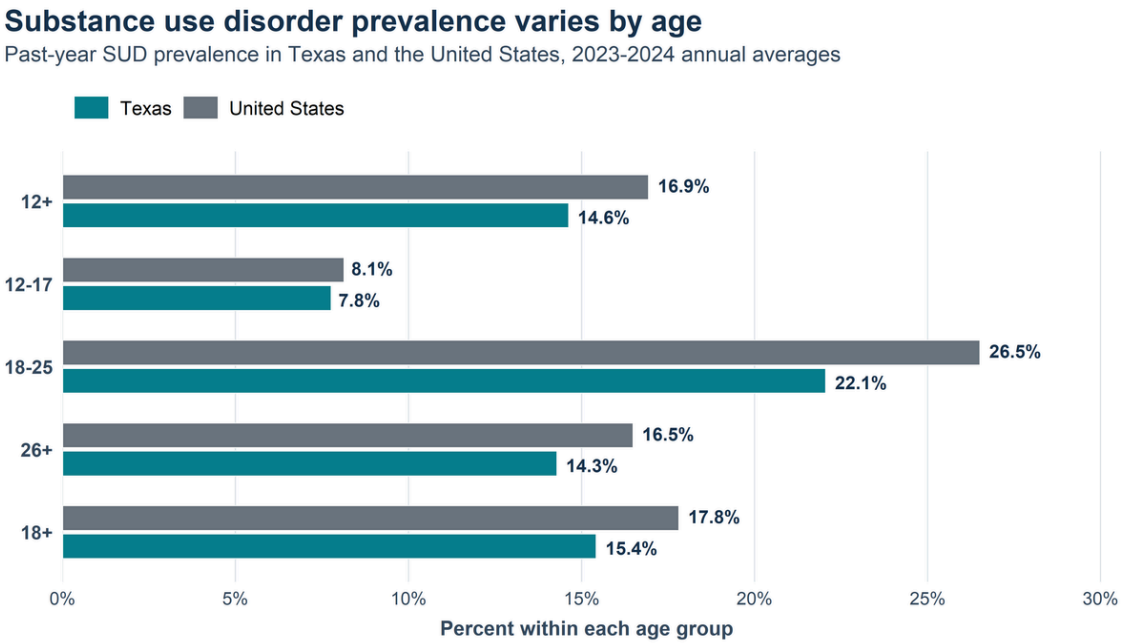
- Substance use disorder affected 14.6% of Texans aged 12 or older, compared with 16.9% nationally.
- Any mental illness affected 20.7% of Texas adults, compared with 23.1% nationally.
- Serious mental illness affected 5.1% of Texas adults, compared with 5.6% nationally.

Overall, approximately one in five Texas adults experienced any mental illness, while about one in seven Texans aged 12 or older experienced a substance use disorder based on the reported data. Texas had lower prevalence than the United States for all three measures shown.

Figure 4

- Adults aged 18–25 had the highest substance use disorder prevalence: 22.1% in Texas and 26.5% nationally.
- Adolescents aged 12–17 had the lowest prevalence: 7.8% in Texas and 8.1% nationally.
- Among adults aged 26 or older, prevalence was 14.3% in Texas and 16.5% nationally.
- Texas had a lower estimate than the United States in every age group shown.

Overall, substance use disorder was most prevalent among young adults aged 18–25 and least prevalent among adolescents aged 12–17 in both Texas and the United States. The findings highlight young adults as an important population for prevention and early support.



Source: SAMHSA, 2023-2024 NSDUH State Estimates, Table 24. The 12+ and 18+ rows are overlapping summary populations and should not be summed.

KEY TAKEAWAY:

Overall, the findings show that mental health and substance use remain important concerns across Texas and Region 7, particularly among young adults. Although county-level binge drinking and frequent mental distress did not show a consistent geographic pattern, both issues require continued attention. Families, schools, healthcare professionals, and community organizations can help by promoting mental well-being, encouraging responsible alcohol use, reducing stigma, recognizing warning signs, and connecting individuals with appropriate prevention, treatment, and recovery services.