

The Mental Wellness Market In 2029

The Business Research Company's Mental Wellness Global Market Report 2025 – Market Size, Trends, And Global Forecast 2025-2034

LONDON, GREATER LONDON, UNITED KINGDOM, December 19, 2025 /EINPresswire.com/ -- "Mental Wellness Market to Surpass \$263 billion in 2029. Within the broader Healthcare Services industry, which is expected to be \$10,759 billion by 2029, the Mental Wellness market is estimated to account for nearly 3% of the total market value.



Which Will Be the Biggest Region in the Mental Wellness Market in 2029



The Business Research Company's Latest Report Explores Market Driver, Trends, Regional Insights - Market Sizing & Forecasts Through 2034"

The Business Research Company

North America will be the largest region in the mental wellness market in 2029, valued at \$90,648 million. The market is expected to grow from \$63,365 million in 2024 at a compound annual growth rate (CAGR) of 7%. The strong growth in the historic period can be attributed to the increasing prevalence of mental health disorders and government initiatives to improve access to mental health services.

Which Will Be The Largest Country In The Mental Wellness Market In 2029?

The USA will be the largest country in the mental wellness market in 2029, valued at \$80,729 million. The market is expected to grow from \$57,119 million in 2024 at a compound annual growth rate (CAGR) of 7%. The strong growth in the forecast period can be attributed to the increasing awareness of stress management and increasing healthcare expenditure.

Request a free sample of theThe Mental Wellness Market report:

https://www.thebusinessresearchcompany.com/sample_request?id=10519&type=smp

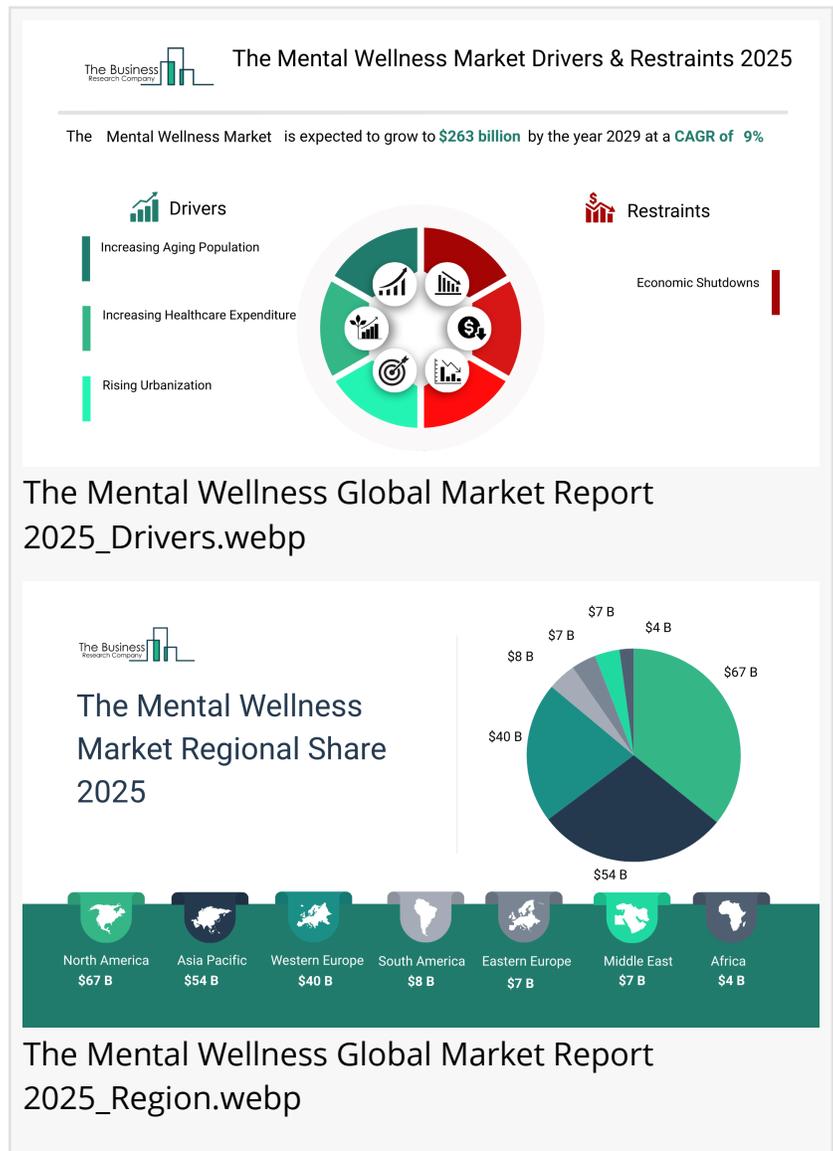
What will be Largest Segment in the Mental Wellness Market in 2029?

The mental wellness market is by type into senses, spaces and sleep, brain boosting nutraceuticals and botanicals, self-improvement and meditation and mindfulness. The senses, spaces and sleep market will be the largest segment of the mental wellness market segmented by type, accounting for 40% or \$1,05,100 million of the total in 2029. The senses, spaces and sleep market will be supported by rising awareness about the importance of sleep for overall health, growing demand for sleep-enhancing products and calming environments, advancements in smart home technologies and sleep-tracking devices, corporate initiatives promoting workplace wellness and increasing stress and sleep disorders.

The mental wellness market is segmented by service into emergency mental health services, outpatient counselling, home-based treatment services, inpatient hospital treatment services, and other services. The inpatient hospital treatment services market will be the largest segment of the mental wellness market segmented by service, accounting for 41% or \$1,08,200 million of the total in 2029. The inpatient hospital treatment services market will be supported by the rising prevalence of severe mental health disorders, increasing demand for intensive psychiatric care, government support for mental health infrastructure and the expansion of insurance coverage for mental health treatment.

The mental wellness market is by age into adult, geriatric, and teenager. The adult market will be the largest segment of the mental wellness market segmented by age, accounting for 50% or \$132,595 million of the total in 2029. The adult market will be supported by increasing awareness about mental health, growing workplace stress and the rising prevalence of anxiety and depression. Companies are investing in digital mental health platforms, therapy apps, and self-care solutions to meet demand from working professionals and older adults.

The mental wellness market is by disorder into depression, anxiety, schizophrenia, substance use disorder, bipolar disorder, alcohol use disorder, and other disorder. The depression market



will be the largest segment of the mental wellness market segmented by disorder, accounting for 37% or \$97,370 million of the total in 2029. The depression market will be supported by the increasing prevalence of depression, growing awareness about mental health issues, advancements in therapeutic treatments and medications and the rising adoption of digital mental health platforms.

What is the expected CAGR for the Mental Wellness Market leading up to 2029?

The expected CAGR for the Mental Wellness Market leading up to 2029 is 9%.

What Will Be The [Growth Driving Factors In The Mental Wellness Market In The Forecast Period?](#)

The rapid growth of the global mental wellness market leading up to 2029 will be driven by the following key factors that are expected to reshape healthcare delivery, workplace productivity, and personal well-being ecosystems worldwide.

Increasing Aging Population- The increasing aging population will become a key driver of growth in the mental wellness market by 2029. As individuals age, they face an increased likelihood of mental health challenges such as depression, anxiety, dementia, and cognitive decline. Factors like social isolation, loss of loved ones and physical health issues contribute to these risks. Growing awareness, coupled with proactive healthcare initiatives, is driving the demand for mental health services and solutions to address the needs of older adults. As a result, the increasing aging population is anticipated to contributing to annual growth in the market.

Increasing Healthcare Expenditure- The increasing healthcare expenditure will become a key driver of growth in the mental wellness market by 2029. Increased healthcare funding enhances access to mental health professionals, counselling, therapy, and wellness programs, improving affordability and accessibility, which supports market growth. Higher healthcare spending drives investments in technologies like telehealth, mental health apps and online counselling, expanding support reach and boosting adoption rates. As a result, the increasing healthcare expenditure is anticipated to contributing to annual growth in the market.

Rising Urbanization- The rising urbanization will emerge as a major factor driving the expansion of the mental wellness market by 2029. Urban areas experience crowded environments, noise pollution, traffic congestion and limited personal space, contributing to increased stress and anxiety. High competition for jobs in urban settings exacerbates work-related stress, burnout, and mental health challenges, impacting overall productivity and well-being. Consequently, the rising urbanization is projected to contributing to annual growth in the market.

Access the detailed The Mental Wellness report here:

<https://www.thebusinessresearchcompany.com/report/mental-wellness-global-market-report>

What Are The Key Growth Opportunities In The Mental Wellness Market in 2029?

The most significant growth opportunities are anticipated in the mental, sensory, and sleep wellness market, the integrated mental wellness for inpatient treatment market, and the mental

wellness for adult market. Collectively, these segments are projected to contribute over \$125 billion in market value by 2029, driven by rising global awareness of mental health, increasing prevalence of stress and anxiety disorders, and the growing demand for holistic well-being solutions that integrate behavioural, emotional, and physical health. This surge reflects the rapid adoption of digital therapeutics, AI-driven mental wellness platforms, and data-based early intervention models, which are transforming how mental health care is accessed, personalized, and delivered worldwide fuelling transformative growth across the broader mental wellness industry.

The mental wellness for adult market is projected to grow by \$50,479 million, the integrated mental wellness for inpatient treatment market by \$38,214 million, and the mental, sensory, and sleep wellness market by \$36,030 million over the next five years from 2024 to 2029.

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