

AMERICA'S MENTAL HEALTH 2018

ATTITUDES & ACCESS TO CARE

KEY FINDINGS

1

DEMAND FOR MENTAL HEALTH SERVICES IS STRONGER THAN EVER

Nearly **6 in 10 Americans** have sought or wanted to seek mental health services either for themselves or for a loved one.



These individuals:

- Are skewing younger
- Are more likely to be of lower income
- Are more likely to have a military background.



76% OF AMERICANS BELIEVE THAT MENTAL HEALTH IS JUST AS IMPORTANT AS PHYSICAL HEALTH.



When Americans seek mental health treatment, they often do so for general symptoms:



However, other more urgent reasons for treatment included:



2



A LACK OF AWARENESS OF SERVICES AND SOCIAL STIGMA AROUND SEEKING MENTAL HEALTH CARE PERSIST IN AMERICA.



About **60 million people** who have not sought mental health treatment wouldn't know where to go if they needed treatment in the future.



Nearly **one-third** of Americans have worried about others judging them for seeking mental health services.



Over **one-fifth** of the population have even lied to avoid telling people they were seeking mental health services.

YOUNGER AMERICANS DON'T KNOW WHERE TO TURN

- Younger Americans (i.e., Gen Z and Millennials) are less sure about resources for mental health services, compared to older generations.
- This younger generation is more likely to find it difficult to figure out legitimate resources online, turning to unreliable resources like social media instead.
- Younger Americans are more likely to have worried about others judging them when they say they have sought mental health services.

3

LACK OF ACCESS IS THE ROOT CAUSE FOR THE MENTAL HEALTH CRISIS IN AMERICA.

Key contributors to this lack of access include cost, limited resources, funding, social stigma and distance/ability to secure an appointment.



COST IS THE MAIN BARRIER FOR ACCESSING MENTAL HEALTH.



42% of Americans say cost and poor insurance coverage are the top barriers for accessing mental health care.



Nearly **1 in 4** Americans noted they have had to choose between getting treatment for a physical health condition and a mental health condition due to their insurance policy.



94 Million Americans have had to wait longer than one week for mental health treatments.



74% of Americans do not believe mental health services are extremely accessible to the general population, and about half believe options are limited.



Nearly **46%** of Americans have had to or know someone who has had to drive more than an hour roundtrip to seek treatment.

THE PATH FORWARD:

COHEN VETERANS NETWORK AND THE NATIONAL COUNCIL FOR BEHAVIORAL HEALTH BELIEVE THAT MORE MUST BE DONE TO IMPROVE AMERICANS' ABILITY TO RECEIVE MENTAL HEALTH CARE. SPECIFICALLY:

- Younger Americans need to understand what mental illness is and that treatments are effective
- Improve understanding of the real cost of delivering mental health care and move reimbursement levels to parity with physical health care
- Explore new models such as philanthropy, including **Cohen Veterans Network**, and Certified Community Behavioral Health Clinics (CCBHCs) as well as community programs like Mental Health First Aid

CVN and the National Council partnered with Ketchum Analytics who conducted an online survey among 5,000 Americans, representative of the U.S. population based on age, gender, region, household income and race/ethnicity. The survey was conducted between July 31 – August 12, 2018, with a margin of error of +/- 1.38. A custom index was developed, ranking each state according to its mental health service access. Third-party data was gathered to determine access based on four pillars: providers, facilities, funding and satisfaction.



For more information, visit cohenveteransnetwork.org/americasmentalhealth