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.

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.

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

KEY FINDINGS

1. About 60 million people who have not sought mental health treatment are young, of lower income and military background.

2. 74% of Americans do not believe mental health services are extremely accessible to the general population, and about half believe options are limited.

3. Nearly 60 million people who have not sought mental health treatment wouldn’t know where to go if they needed treatment in the future.

4. 76% of Americans believe that mental health is just as important as physical health.

5. 94 Million Americans have had to wait longer than one week for mental health treatments.

6. Nearly 46% of Americans have had to or know someone who had to choose between getting treatment for a physical health condition and a mental health condition due to their insurance policy.

7. I was suicidal

8. I was worried my mental health state would lead me to harm others

However, other more urgent reasons for treatment included:

9. • Improve understanding of the real cost of delivering mental health care and move reimbursement levels to parity with physical health care

10. • 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

11. • Younger Americans don’t know where to turn

12. Younger Americans (i.e., Gen Z and Millennials) are less sure about resources for mental health services, compared to older generations.

13. This younger generation is more likely to have sought help online and legitimate resources online, turning to unreliable resources like social media instead.

14. Younger Americans are more likely to have worried about others judging them when they say they have sought mental health services.

15. 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:

16. 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.

17. For more information, visit cohenveteransnetwork.org/americasmentalhealth