

Table 8.18A Received Mental Health Services in Past Year: Among People Aged 18 or Older; by Past Year Level of Mental Illness and Geographic and Socioeconomic Characteristics, Numbers in Thousands, 2019 and 2020

Geographic/Socioeconomic Characteristic	Total (2019)	Total (2020)	Any Mental Illness		Serious Mental Illness		Any Mental Illness Excluding Serious	Any Mental Illness Excluding Serious	No Mental Illness ¹	No Mental Illness ¹
			(2019)	(2020)	(2019)	(2020)	(2019)	(2020)	(2019)	(2020)
TOTAL	40,154	42,420	22,953	24,303	8,575	9,133	14,378	15,169	17,201	18,118
GEOGRAPHIC REGION										
Northeast	7,503	7,533	4,048	3,899	1,406	1,322	2,642	2,576	3,455	3,635
Midwest	9,740	10,056	5,682	5,823	2,032	2,322	3,651	3,501	4,058	4,233
South	13,503	15,234	7,650	8,856	2,902	3,338	4,747	5,518	5,853	6,377
West	9,407	9,597	5,573	5,725	2,235	2,152	3,338	3,573	3,835	3,872
COUNTY TYPE										
Large Metro	21,410	21,460	12,293	11,823	4,439	4,419	7,854	7,404	9,117	9,637
Small Metro	12,970	14,879	7,273	8,810	2,812	3,396	4,461	5,414	5,698	6,069
Nonmetro	5,774	6,081	3,387	3,670	1,324	1,319	2,063	2,351	2,386	2,411
Urbanized	2,557	2,372	1,509	1,492	560	*	949	981	1,048	879
Less Urbanized	2,684	3,050	1,587	1,836	621	*	966	1,200	1,097	1,214
Completely Rural	532	659	291	*	*	*	148	*	241	318
POVERTY LEVEL²										
Less Than 100%	5,578	6,818	3,860	4,464	1,692	1,882	2,168	2,582	1,718	2,354
100-199%	7,403	7,549	4,762	4,932	2,000	2,317	2,762	2,615	2,641	2,616
200% or More	26,957	27,969	14,184	14,834	4,847	4,892	9,337	9,942	12,773	13,136
EDUCATION LEVEL										
< High School	3,382	3,440	2,062	1,995	821	*	1,241	1,268	1,320	1,445
High School Graduate	7,939	9,562	4,550	5,482	1,793	2,281	2,757	3,202	3,389	4,080
Some College/Associate's Degree	13,772	13,934	8,333	8,643	3,470	3,505	4,862	5,139	5,439	5,291
College Graduate	15,061	15,484	8,008	8,182	2,491	2,621	5,517	5,561	7,054	7,302
HEALTH INSURANCE³										
Private	26,711	26,550	14,061	14,286	4,725	4,568	9,336	9,718	12,650	12,264
Medicaid/CHIP	8,131	9,075	5,553	5,912	2,540	2,458	3,013	3,453	2,578	3,164
Other ⁴	10,935	12,954	5,633	6,784	2,053	2,697	3,580	4,087	5,301	6,170
No Coverage	2,048	2,059	1,419	1,458	665	721	755	737	629	601

* = low precision; -- = not available; da = does not apply; nc = not comparable due to methodological changes; nr = not reported due to measurement issues.

NOTE: Estimates in the 2020 column are italicized to indicate caution should be used when comparing estimates between 2020 and prior years because of methodological changes for 2020. Due to these changes, significance testing between 2020 and prior years was not performed. See the *2020 National Survey on Drug Use and Health: Methodological Summary and Definitions* for details.

NOTE: Estimates in this table for 2020 exclude a subset of respondents who did not complete the questionnaire. The analysis weights and estimates were adjusted for the reduced sample size. Therefore, some estimates in this table could differ from corresponding estimates in other tables that did not undergo sample size adjustments. See the *2020 National Survey on Drug Use and Health: Methodological Summary and Definitions* for details.

NOTE: Mental Health Services for adults includes inpatient treatment/counseling, outpatient treatment/counseling, or use of prescription medication for problems with emotions, nerves, or mental health. Respondents with unknown mental health service information were excluded. Questions on virtual services were added in Quarter 4 of 2020. Estimates in this table do not include data from these questions. Data on virtual services are included at the end of this section. See the *2020 National Survey on Drug Use and Health: Methodological Summary and Definitions* for details.

NOTE: Mental Illness aligns with DSM-IV criteria and is defined as having a diagnosable mental, behavioral, or emotional disorder, other than a developmental or substance use disorder. Estimates of serious mental illness (SMI) are a subset of estimates of any mental illness (AMI) because SMI is limited to people with AMI that resulted in serious functional impairment. These mental illness estimates are based on a predictive model and are not direct measures of diagnostic status.

¹ Respondents with no mental illness may still have received mental health treatment for a past disorder that is in partial or full remission or treatment for a disorder that was not included in the definition of mental illness or for other reasons.

² Respondents aged 18 to 22 who were living in a college dormitory were excluded.

³ Respondents could indicate multiple types of health insurance; thus, these response categories are not mutually exclusive.

⁴ Other Health Insurance is defined as having Medicare, military-related health care, or any other type of health insurance.

Definitions: Measures and terms are defined in Appendix A.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2019 and Quarters 1 and 4, 2020.

Table 8.18B Received Mental Health Services in Past Year: Among People Aged 18 or Older; by Past Year Level of Mental Illness and Geographic and Socioeconomic Characteristics, Percentages, 2019 and 2020

Geographic/Socioeconomic Characteristic	Total (2019)	Total (2020)	Any Mental Illness		Serious Mental Illness		Any Mental Illness Excluding Serious Mental Illness		No Mental Illness ¹	
			(2019)	(2020)	(2019)	(2020)	(2019)	(2020)	(2019)	(2020)
TOTAL	16.1	16.9	44.8	46.2	65.5	64.5	37.6	39.4	8.7	9.1
GEOGRAPHIC REGION										
Northeast	17.3	17.3	47.2	46.8	68.3	67.8	40.5	40.4	9.9	10.3
Midwest	18.8	19.3	49.6	49.3	69.7	67.5	42.8	41.8	10.0	10.5
South	14.3	15.9	42.1	47.8	61.1	63.6	35.4	41.6	7.7	8.3
West	15.9	16.1	42.6	41.1	66.5	61.2	34.4	34.3	8.3	8.5
COUNTY TYPE										
Large Metro	15.4	15.7	43.6	43.7	65.9	65.0	36.6	36.6	8.2	8.8
Small Metro	17.2	19.3	46.0	49.3	64.9	65.1	38.9	42.8	9.6	10.3
Nonmetro	16.8	16.3	46.5	47.7	65.7	61.8	39.2	42.3	8.8	8.1
Urbanized	17.9	15.8	48.9	44.4	63.2	*	43.1	41.2	9.4	7.6
Less Urbanized	16.7	17.2	44.9	50.6	67.0	*	37.1	44.9	8.7	8.6
Completely Rural	13.6	14.1	44.3	*	*	*	32.6	*	7.4	8.0
POVERTY LEVEL²										
Less Than 100%	17.5	18.4	44.9	45.6	65.6	61.1	36.0	38.5	7.4	8.7
100-199%	15.6	16.5	42.4	43.1	62.2	64.6	34.5	33.3	7.3	7.6
200% or More	16.0	16.7	45.6	47.5	67.2	65.8	39.0	41.8	9.3	9.6
EDUCATION LEVEL										
< High School	11.3	12.0	37.7	35.9	64.1	*	29.6	30.0	5.4	6.3
High School Graduate	13.2	13.8	39.2	41.7	58.1	59.4	32.4	34.4	7.0	7.3
Some College/Associate's Degree	18.0	18.3	45.8	47.5	64.9	63.8	37.8	40.4	9.3	9.1
College Graduate	18.3	20.1	50.1	52.1	73.9	75.0	43.7	45.6	10.7	11.9
HEALTH INSURANCE³										
Private	16.2	16.8	45.8	47.5	67.1	65.9	39.5	42.0	9.4	9.6
Medicaid/CHIP	22.9	23.1	50.1	49.0	70.8	68.6	40.3	40.7	10.6	11.6
Other ⁴	15.9	17.4	48.8	51.7	77.8	73.0	40.2	43.3	9.3	10.1
No Coverage	8.0	7.6	25.5	25.2	42.8	44.9	18.8	17.6	3.1	2.8

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