

**Table 8.18C 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, Standard Errors of Numbers in Thousands, 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 <sup>1</sup>	
			(2019)	(2020)	(2019)	(2020)	(2019)	(2020)	(2019)	(2020)
<b>TOTAL</b>	606	902	485	700	276	458	381	589	444	675
<b>GEOGRAPHIC REGION</b>										
Northeast	262	430	207	274	119	150	167	216	182	341
Midwest	263	392	213	324	120	217	163	248	200	302
South	368	562	274	450	159	284	213	373	269	403
West	310	429	256	366	148	219	208	322	246	295
<b>COUNTY TYPE</b>										
Large Metro	589	761	396	526	219	324	303	439	359	533
Small Metro	400	569	254	424	150	271	198	320	264	359
Nonmetro	254	396	180	283	94	168	134	223	144	251
Urbanized	179	249	125	195	58	*	100	173	96	137
Less Urbanized	178	296	130	208	72	*	90	157	97	191
Completely Rural	74	145	50	*	*	*	29	*	45	91
<b>POVERTY LEVEL<sup>2</sup></b>										
Less Than 100%	227	448	178	333	108	218	138	248	122	285
100-199%	287	440	220	347	137	227	161	255	181	273
200% or More	613	804	396	551	212	312	322	475	395	545
<b>EDUCATION LEVEL</b>										
< High School	190	335	147	255	92	*	114	213	114	247
High School Graduate	294	504	209	395	120	261	174	298	195	374
Some College/Associate's Degree	371	475	270	414	177	264	200	331	246	322
College Graduate	449	475	289	359	148	199	245	312	291	357
<b>HEALTH INSURANCE<sup>3</sup></b>										
Private	587	737	374	487	200	276	300	427	388	523
Medicaid/CHIP	294	489	228	379	154	229	159	288	164	317
Other <sup>4</sup>	412	659	267	474	154	312	219	392	299	447
No Coverage	118	185	96	149	64	99	67	106	69	106

\* = 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.

<sup>1</sup> 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.

<sup>2</sup> Respondents aged 18 to 22 who were living in a college dormitory were excluded.

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

<sup>4</sup> 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 8.18D 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, Standard Errors of Percentages, 2019 and 2020**

Geographic/Socioeconomic Characteristic	Total (2019)	Total (2020)	Any Mental Illness		Serious Mental Illness		Any Mental Illness Excluding Serious		No Mental Illness <sup>1</sup>	
			(2019)	(2020)	(2019)	(2020)	(2019)	(2020)	(2019)	(2020)
<b>TOTAL</b>	0.24	<i>0.36</i>	0.65	<i>1.04</i>	1.18	<i>1.96</i>	0.73	<i>1.23</i>	0.20	<i>0.32</i>
<b>GEOGRAPHIC REGION</b>										
Northeast	0.60	<i>0.99</i>	1.62	<i>2.36</i>	3.27	<i>3.91</i>	1.78	<i>2.69</i>	0.47	<i>0.92</i>
Midwest	0.51	<i>0.75</i>	1.25	<i>2.08</i>	2.22	<i>3.35</i>	1.44	<i>2.38</i>	0.44	<i>0.70</i>
South	0.39	<i>0.59</i>	1.05	<i>1.79</i>	1.98	<i>3.89</i>	1.17	<i>2.15</i>	0.33	<i>0.50</i>
West	0.52	<i>0.72</i>	1.38	<i>2.17</i>	2.33	<i>3.51</i>	1.61	<i>2.62</i>	0.48	<i>0.62</i>
<b>COUNTY TYPE</b>										
Large Metro	0.35	<i>0.51</i>	0.95	<i>1.50</i>	1.77	<i>2.79</i>	1.04	<i>1.73</i>	0.29	<i>0.46</i>
Small Metro	0.38	<i>0.64</i>	1.05	<i>1.83</i>	1.94	<i>3.26</i>	1.21	<i>2.12</i>	0.37	<i>0.56</i>
Nonmetro	0.59	<i>0.88</i>	1.65	<i>2.51</i>	2.68	<i>5.09</i>	1.91	<i>3.00</i>	0.47	<i>0.79</i>
Urbanized	0.97	<i>1.42</i>	2.57	<i>3.76</i>	4.29	*	3.11	<i>4.98</i>	0.73	<i>1.08</i>
Less Urbanized	0.83	<i>1.30</i>	2.42	<i>3.72</i>	3.39	*	2.69	<i>4.18</i>	0.69	<i>1.24</i>
Completely Rural	1.33	<i>2.66</i>	4.93	*	*	*	4.47	*	1.11	<i>2.10</i>
<b>POVERTY LEVEL<sup>2</sup></b>										
Less Than 100%	0.63	<i>1.12</i>	1.46	<i>2.72</i>	2.40	<i>4.92</i>	1.74	<i>3.11</i>	0.50	<i>1.01</i>
100-199%	0.53	<i>0.86</i>	1.43	<i>2.25</i>	2.65	<i>3.95</i>	1.56	<i>2.55</i>	0.47	<i>0.76</i>
200% or More	0.30	<i>0.43</i>	0.83	<i>1.27</i>	1.52	<i>2.39</i>	0.96	<i>1.49</i>	0.26	<i>0.38</i>
<b>EDUCATION LEVEL</b>										
< High School	0.61	<i>1.17</i>	2.07	<i>3.84</i>	3.97	*	2.24	<i>4.25</i>	0.46	<i>1.03</i>
High School Graduate	0.45	<i>0.73</i>	1.33	<i>2.29</i>	2.57	<i>4.34</i>	1.57	<i>2.59</i>	0.39	<i>0.65</i>
Some College/Associate's Degree	0.42	<i>0.62</i>	1.06	<i>1.63</i>	1.80	<i>2.68</i>	1.19	<i>2.03</i>	0.38	<i>0.53</i>
College Graduate	0.45	<i>0.62</i>	1.19	<i>1.65</i>	2.11	<i>2.74</i>	1.37	<i>1.92</i>	0.40	<i>0.55</i>
<b>HEALTH INSURANCE<sup>3</sup></b>										
Private	0.30	<i>0.43</i>	0.83	<i>1.26</i>	1.54	<i>2.49</i>	0.91	<i>1.47</i>	0.26	<i>0.39</i>
Medicaid/CHIP	0.71	<i>1.08</i>	1.42	<i>2.33</i>	2.40	<i>3.23</i>	1.64	<i>2.75</i>	0.63	<i>1.06</i>
Other <sup>4</sup>	0.53	<i>0.82</i>	1.63	<i>2.64</i>	2.69	<i>4.77</i>	1.86	<i>3.10</i>	0.49	<i>0.70</i>
No Coverage	0.44	<i>0.65</i>	1.48	<i>2.21</i>	3.22	<i>4.92</i>	1.52	<i>2.34</i>	0.34	<i>0.49</i>

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