

Table 8.71A Virtual Mental Health Services in Past Year: Among People Aged 18 or Older; by Past Year Level of Mental Illness and Demographic and Socioeconomic Characteristics, Numbers in Thousands, Quarter 4, 2020

Demographic/Socioeconomic Characteristic	Total	Any Mental Illness	Serious Mental Illness	Any Mental Illness Excluding Serious Mental Illness	No Mental Illness ¹
TOTAL	27,736	18,504	7,245	11,259	9,232
AGE GROUP					
18-25	4,968	3,377	1,518	1,859	1,591
26 or Older	22,768	15,128	5,727	9,401	7,641
26-49	13,581	9,439	3,566	5,874	4,141
50 or Older	9,188	5,688	*	3,527	3,500
GENDER					
Male	8,926	5,344	2,118	3,226	3,581
Female	18,811	13,160	5,127	8,033	5,650
HISPANIC ORIGIN AND RACE					
Not Hispanic or Latino	24,421	16,121	6,235	9,886	8,301
White	19,703	12,704	5,029	7,675	7,000
Black or African American	2,644	*	*	*	526
AIAN	*	*	*	*	*
NHOPI	*	*	*	*	*
Asian	1,090	*	*	*	552
Two or More Races	759	*	*	*	198
Hispanic or Latino	3,315	2,384	*	1,373	931
HEALTH INSURANCE²					
Private	16,657	10,444	3,474	6,970	6,213
Medicaid/CHIP	7,119	5,060	1,876	3,184	2,059
Other ³	7,973	5,358	*	3,036	2,615
No Coverage	1,264	1,020	*	473	243
EMPLOYMENT STATUS					
Full-Time	10,204	6,581	2,153	4,428	3,623
Part-Time	4,639	3,180	1,561	1,619	1,459
Unemployed	1,992	1,379	*	907	614
Other ⁴	10,900	7,364	3,059	4,305	3,536

* = 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 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: Virtual Mental Health Services for adults includes treatment/counseling for problems with emotions, nerves, or mental health. Respondents with unknown virtual mental health service information were excluded.

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

³ Other Health Insurance is defined as having Medicare, military-related health care, or any other type of health insurance.

⁴ Other Employment includes students, people keeping house or caring for children full time, retired or disabled people, or other people not in the labor force.

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, Quarter 4, 2020.

Table 8.71B Virtual Mental Health Services in Past Year: Among People Aged 18 or Older; by Past Year Level of Mental Illness and Demographic and Socioeconomic Characteristics, Percentages, Quarter 4, 2020

Demographic/Socioeconomic Characteristic	Total	Any Mental Illness	Serious Mental Illness	Any Mental Illness Excluding Serious Mental Illness	No Mental Illness ¹
TOTAL	11.0	33.7	49.8	27.9	4.7
AGE GROUP					
18-25	14.9	35.9	49.3	29.3	6.7
26 or Older	10.4	33.3	49.9	27.6	4.4
26-49	13.4	34.9	50.3	29.4	5.6
50 or Older	7.9	30.9	*	25.2	3.6
GENDER					
Male	7.4	27.7	43.6	22.3	3.5
Female	14.4	37.0	52.8	31.0	6.0
HISPANIC ORIGIN AND RACE					
Not Hispanic or Latino	11.7	34.6	49.8	29.0	5.1
White	12.5	35.0	49.2	29.4	5.8
Black or African American	8.7	*	*	*	2.1
AIAN	*	*	*	*	*
NHOPI	*	*	*	*	*
Asian	7.1	*	*	*	4.2
Two or More Races	16.3	*	*	*	6.7
Hispanic or Latino	7.9	28.5	*	21.8	2.8
HEALTH INSURANCE²					
Private	10.9	34.1	50.9	29.3	5.1
Medicaid/CHIP	17.5	39.3	50.3	34.8	7.4
Other ³	10.5	36.9	*	29.2	4.3
No Coverage	4.3	16.2	*	10.0	1.0
EMPLOYMENT STATUS					
Full-Time	9.3	31.6	46.7	27.4	4.1
Part-Time	15.3	37.9	59.4	28.0	6.6
Unemployed	12.6	33.6	*	33.7	5.2
Other ⁴	11.4	34.1	51.8	27.4	4.8

* = 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 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.

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