

Table 9.4A Reasons for Receiving Most Recent Mental Health Service in Past Year: Among People Aged 12 to 17 Who Received Mental Health Services in the Respective Settings in Past Year; Numbers in Thousands, 2019 and 2020

Reason for Receipt of Mental Health Service ¹	Any Specialty Mental Health Service ²		Outpatient		Inpatient or Residential		Education ³		General Medicine		Child Welfare	
	2019	2020	2019	2020	2019	2020	2019	2020	2019	2020	2019	2020
RECEIVED MENTAL HEALTH SERVICES⁴	4,088	<i>4,246</i>	3,747	<i>4,088</i>	701	<i>510</i>	3,727	<i>3,136</i>	902	<i>762</i>	97	<i>66</i>
Thought about Killing Self or Tried to Kill Self	1,152	<i>1,232</i>	1,020	<i>1,170</i>	317	*	437	<i>355</i>	163	<i>134</i>	*	*
Felt Depressed	2,191	<i>2,444</i>	2,096	<i>2,424</i>	291	*	1,171	<i>1,044</i>	424	<i>325</i>	*	*
Felt Very Afraid and Tense	1,181	<i>1,593</i>	1,119	<i>1,574</i>	121	*	630	<i>676</i>	215	<i>252</i>	*	*
Had Eating Problems	381	<i>579</i>	360	<i>567</i>	55	*	139	<i>139</i>	99	<i>125</i>	*	*
Had Other Self-Reported Mental/Neurological Disorder ⁵	94	<i>224</i>	94	<i>224</i>	0	*	14	<i>14</i>	37	*	*	*
Broke Rules and “Acted Out”	591	<i>580</i>	524	<i>552</i>	104	*	389	<i>302</i>	81	<i>56</i>	*	*
Had Trouble Controlling Anger	484	<i>453</i>	445	<i>443</i>	50	*	230	<i>103</i>	61	<i>34</i>	*	*
Got into Physical Fights	90	<i>55</i>	79	<i>54</i>	13	*	84	<i>43</i>	7	<i>3</i>	*	*
Had Problems with Home/Family	852	<i>896</i>	822	<i>886</i>	43	*	320	<i>238</i>	52	<i>20</i>	*	*
Had Problems with Friends	425	<i>523</i>	407	<i>511</i>	21	*	402	<i>417</i>	38	<i>36</i>	*	*
Had Problems with People Other Than Family/Friends	315	<i>278</i>	302	<i>271</i>	18	*	202	<i>165</i>	25	<i>9</i>	*	*
Had Problems at School	640	<i>573</i>	596	<i>549</i>	60	*	568	<i>485</i>	87	<i>91</i>	*	*
Some Other Reason ⁶	417	<i>513</i>	391	<i>460</i>	39	*	215	<i>217</i>	69	<i>54</i>	*	*

* = 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: Mental health services for people aged 12 to 17 includes treatment/counseling for emotional or behavioral problems not caused by drug or alcohol use. 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: Respondents could indicate multiple service settings; thus, the response categories are not mutually exclusive.

¹ Respondents could indicate multiple reasons for the last time they received mental health care in a specific service setting; thus, these response categories are not mutually exclusive. Respondents who did not indicate a reason were excluded from the analysis for the particular service category column.

² Includes treatment/counseling received as outpatient care (e.g., care from a private therapist, psychologist, psychiatrist, social worker, or counselor; mental health clinic or center; partial day hospital or day treatment program; or in-home therapist, counselor, or family preservation worker) or inpatient or residential care (e.g., an overnight care in a hospital or residential treatment center).

³ Respondents who did not report their school enrollment status, who reported not being enrolled in school in the past 12 months, or who reported being home-schooled were not asked about receipt of mental health services or reasons for mental health care from this setting; however, respondents who reported not being enrolled in school in the past 12 months were classified as not having received mental health services from this setting.

⁴ The Received Mental Health Services row represents all youths who received mental health services regardless of whether a reason is known. The level of unknown data in this row is less than the level of unknown data in the reason for receipt of mental health service rows. The reason for receipt of mental health service rows have a smaller denominator compared to the overall received mental health services row due to the larger amount of unknown reason for treatment data.

⁵ Respondent self-reported in the other-specify question that he or she has a mental or neurological disorder as a reason for having received mental health services. This reason is one of the most commonly reported other reasons for having received mental health services.

⁶ Respondents with unknown or invalid responses to the other-specify question on Some Other Reason for Receiving Mental Health Services were excluded.

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 9.4B Reasons for Receiving Most Recent Mental Health Service in Past Year: Among People Aged 12 to 17 Who Received Mental Health Services in the Respective Settings in Past Year; Percentages, 2019 and 2020

Reason for Receipt of Mental Health Service ¹	Any Specialty Mental Health Service ²		Outpatient		Inpatient or Residential		Education ³		General Medicine		Child Welfare	
	2019	2020	2019	2020	2019	2020	2019	2020	2019	2020	2019	2020
RECEIVED MENTAL HEALTH SERVICES⁴	16.7	<i>17.3</i>	15.3	<i>16.6</i>	2.9	<i>2.1</i>	15.4	<i>12.8</i>	3.7	<i>3.1</i>	0.4	<i>0.3</i>
Thought about Killing Self or Tried to Kill Self	31.5	<i>32.2</i>	29.4	<i>31.1</i>	59.1	*	17.2	<i>16.0</i>	19.8	<i>19.1</i>	*	*
Felt Depressed	59.4	<i>63.4</i>	59.9	<i>64.0</i>	55.3	*	46.0	<i>47.1</i>	51.4	<i>46.4</i>	*	*
Felt Very Afraid and Tense	32.6	<i>42.0</i>	32.4	<i>42.0</i>	23.0	*	24.7	<i>30.5</i>	26.1	<i>36.1</i>	*	*
Had Eating Problems	10.6	<i>15.3</i>	10.4	<i>15.2</i>	10.5	*	5.5	<i>6.2</i>	12.0	<i>17.8</i>	*	*
Had Other Self-Reported Mental/Neurological Disorder ⁵	2.7	<i>6.1</i>	2.8	<i>6.1</i>	0.0	*	0.5	<i>0.7</i>	4.6	*	*	*
Broke Rules and “Acted Out”	16.3	<i>15.4</i>	15.2	<i>14.9</i>	19.7	*	15.3	<i>13.6</i>	9.8	<i>8.1</i>	*	*
Had Trouble Controlling Anger	13.4	<i>12.0</i>	12.9	<i>11.9</i>	9.6	*	9.0	<i>4.6</i>	7.4	<i>4.9</i>	*	*
Got into Physical Fights	2.5	<i>1.5</i>	2.3	<i>1.5</i>	2.5	*	3.3	<i>1.9</i>	0.9	<i>0.5</i>	*	*
Had Problems with Home/Family	23.5	<i>23.6</i>	23.8	<i>23.7</i>	8.2	*	12.6	<i>10.7</i>	6.4	<i>2.9</i>	*	*
Had Problems with Friends	11.8	<i>13.9</i>	11.9	<i>13.8</i>	4.0	*	15.8	<i>18.8</i>	4.6	<i>5.1</i>	*	*
Had Problems with People Other Than Family/Friends	8.7	<i>7.4</i>	8.8	<i>7.3</i>	3.4	*	8.0	<i>7.4</i>	3.0	<i>1.3</i>	*	*
Had Problems at School	17.7	<i>15.1</i>	17.3	<i>14.7</i>	11.4	*	22.3	<i>21.9</i>	10.5	<i>13.0</i>	*	*
Some Other Reason ⁶	11.7	<i>13.8</i>	11.6	<i>12.5</i>	7.5	*	8.6	<i>10.0</i>	8.5	<i>7.7</i>	*	*

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