

Table 8.28A Perceived Unmet Need for Mental Health Services in Past Year: Among People Aged 18 or Older; by Receipt of Past Year Mental Health Services and Geographic and Socioeconomic Characteristics, Numbers in Thousands, 2019 and 2020

Geographic/Socioeconomic Characteristic	Total ¹		MENTAL HEALTH SERVICES ²			
			Received		Not Received	
	2019	2020	2019	2020	2019	2020
TOTAL	16,597	19,725	8,573	9,291	7,997	10,400
GEOGRAPHIC REGION						
Northeast	2,673	2,890	1,408	1,473	1,253	1,399
Midwest	3,754	4,370	2,095	2,095	1,646	2,271
South	5,868	7,007	2,973	3,156	2,894	3,842
West	4,302	5,459	2,097	2,567	2,203	2,888
COUNTY TYPE						
Large Metro	9,310	10,511	4,715	4,686	4,578	5,812
Small Metro	5,096	6,838	2,677	3,422	2,409	3,397
Nonmetro	2,190	2,376	1,181	1,183	1,009	1,191
Urbanized	1,027	1,168	546	551	482	617
Less Urbanized	991	1,023	549	546	442	476
Completely Rural	172	185	86	*	86	99
POVERTY LEVEL³						
Less Than 100%	2,814	3,609	1,735	1,862	1,078	1,740
100-199%	3,824	3,974	2,034	2,010	1,790	1,961
200% or More	9,738	12,092	4,704	5,391	5,007	6,676
EDUCATION LEVEL						
< High School	1,367	1,523	792	806	574	716
High School Graduate	3,315	4,449	1,719	1,849	1,595	2,593
Some College/Associate's Degree	6,201	7,370	3,138	3,363	3,058	4,000
College Graduate	5,714	6,382	2,924	3,273	2,770	3,091
HEALTH INSURANCE⁴						
Private	10,270	11,954	5,044	5,568	5,200	6,364
Medicaid/CHIP	3,617	3,900	2,322	2,124	1,294	1,765
Other ⁵	2,297	3,273	1,526	1,669	771	1,604
No Coverage	1,994	2,262	762	816	1,231	1,439

* = 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: Perceived unmet need for mental health services is defined as a perceived need for treatment/counseling that was not received. Perception of unmet need was asked of all respondents regardless of their mental health. Respondents with unknown perception of unmet need information were excluded.

¹ The Total column includes respondents with unknown mental health services information.

² 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.

³ Respondents aged 18 to 22 who were living in a college dormitory were excluded.

⁴ Respondents could indicate multiple types of health insurance; thus, these response categories are not mutually exclusive.

⁵ 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 8.28B Perceived Unmet Need for Mental Health Services in Past Year: Among People Aged 18 or Older; by Receipt of Past Year Mental Health Services and Geographic and Socioeconomic Characteristics, Percentages, 2019 and 2020

Geographic/Socioeconomic Characteristic	Total ¹		MENTAL HEALTH SERVICES ²			
			Received		Not Received	
	2019	2020	2019	2020	2019	2020
TOTAL	6.7	8.1	21.4	22.5	3.8	5.1
GEOGRAPHIC REGION						
Northeast	6.1	6.8	18.9	20.3	3.5	4.0
Midwest	7.2	8.5	21.6	21.0	3.9	5.5
South	6.2	7.5	22.1	21.4	3.6	4.9
West	7.3	9.4	22.3	27.3	4.4	6.0
COUNTY TYPE						
Large Metro	6.7	7.9	22.1	22.4	3.9	5.2
Small Metro	6.8	9.2	20.7	23.8	3.9	5.7
Nonmetro	6.4	6.4	20.6	19.5	3.5	3.8
Urbanized	7.2	7.9	21.4	23.3	4.1	5.0
Less Urbanized	6.2	5.8	20.6	17.9	3.3	3.2
Completely Rural	4.4	3.9	16.2	*	2.5	2.4
POVERTY LEVEL³						
Less Than 100%	8.8	10.1	31.3	29.1	4.1	6.0
100-199%	8.1	8.9	27.7	27.9	4.5	5.3
200% or More	5.8	7.4	17.5	19.5	3.5	4.9
EDUCATION LEVEL						
< High School	4.6	5.5	23.8	24.3	2.2	2.9
High School Graduate	5.5	6.7	21.7	20.1	3.1	4.5
Some College/Associate's Degree	8.1	9.9	22.8	24.9	4.9	6.6
College Graduate	7.0	8.4	19.4	21.3	4.1	5.1
HEALTH INSURANCE⁴						
Private	6.2	7.7	18.9	21.2	3.8	4.9
Medicaid/CHIP	10.2	10.1	28.7	24.6	4.8	5.9
Other ⁵	3.3	4.5	14.0	13.4	1.3	2.7
No Coverage	7.8	8.7	38.0	41.2	5.2	6.0

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Table 8.30A Perceived Unmet Need for Mental Health Services in Past Year: Among People Aged 18 or Older with Past Year Any Mental Illness; by Receipt of Past Year Mental Health Services and Geographic and Socioeconomic Characteristics, Numbers in Thousands, 2019 and 2020

Geographic/Socioeconomic Characteristic	Total ¹		MENTAL HEALTH SERVICES ²			
			Received		Not Received	
	2019	2020	2019	2020	2019	2020
TOTAL	13,321	<i>16,083</i>	7,480	<i>8,342</i>	5,826	<i>7,709</i>
GEOGRAPHIC REGION						
Northeast	1,989	<i>2,231</i>	1,171	<i>1,342</i>	809	<i>873</i>
Midwest	3,103	<i>3,393</i>	1,876	<i>1,808</i>	1,222	<i>1,584</i>
South	4,659	<i>5,798</i>	2,545	<i>2,835</i>	2,113	<i>2,954</i>
West	3,571	<i>4,661</i>	1,888	<i>2,357</i>	1,681	<i>2,299</i>
COUNTY TYPE						
Large Metro	7,529	<i>8,536</i>	4,145	<i>4,232</i>	3,378	<i>4,295</i>
Small Metro	3,926	<i>5,674</i>	2,240	<i>3,083</i>	1,676	<i>2,571</i>
Nonmetro	1,867	<i>1,872</i>	1,095	<i>1,028</i>	772	<i>844</i>
Urbanized	857	<i>990</i>	492	*	365	<i>466</i>
Less Urbanized	863	<i>766</i>	521	<i>476</i>	341	<i>289</i>
Completely Rural	147	<i>117</i>	81	*	66	*
POVERTY LEVEL³						
Less Than 100%	2,294	<i>3,265</i>	1,503	<i>1,884</i>	791	<i>1,377</i>
100-199%	3,140	<i>3,531</i>	1,737	<i>1,988</i>	1,403	<i>1,543</i>
200% or More	7,706	<i>9,240</i>	4,147	<i>4,445</i>	3,543	<i>4,769</i>
EDUCATION LEVEL						
< High School	1,047	<i>1,412</i>	702	*	345	<i>580</i>
High School Graduate	2,660	<i>3,822</i>	1,377	<i>1,799</i>	1,284	<i>2,015</i>
Some College/Associate's Degree	5,232	<i>6,101</i>	2,877	<i>3,064</i>	2,349	<i>3,033</i>
College Graduate	4,382	<i>4,747</i>	2,524	<i>2,648</i>	1,848	<i>2,081</i>
HEALTH INSURANCE⁴						
Private	8,112	<i>9,409</i>	4,391	<i>4,801</i>	3,706	<i>4,587</i>
Medicaid/CHIP	2,931	<i>3,521</i>	1,954	<i>2,109</i>	977	<i>1,403</i>
Other ⁵	1,820	<i>2,709</i>	1,292	<i>1,525</i>	527	<i>1,184</i>
No Coverage	1,650	<i>1,959</i>	703	<i>775</i>	947	<i>1,176</i>

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

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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. See the *2020 National Survey on Drug Use and Health: Methodological Summary and Definitions* for details.

NOTE: Perceived unmet need for mental health services is defined as a perceived need for treatment/counseling that was not received. Perception of unmet need was asked of all respondents regardless of their mental health. Respondents with unknown perception of unmet need information were excluded.

NOTE: Any Mental Illness (AMI) 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. These mental illness estimates are based on a predictive model and are not direct measures of diagnostic status.

¹ The Total column includes respondents with unknown mental health services information.

² 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.

³ Respondents aged 18 to 22 who were living in a college dormitory were excluded.

⁴ Respondents could indicate multiple types of health insurance; thus, these response categories are not mutually exclusive.

⁵ 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.

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Table 8.30B Perceived Unmet Need for Mental Health Services in Past Year: Among People Aged 18 or Older with Past Year Any Mental Illness; by Receipt of Past Year Mental Health Services and Geographic and Socioeconomic Characteristics, Percentages, 2019 and 2020

Geographic/Socioeconomic Characteristic	Total ¹		MENTAL HEALTH SERVICES ²			
			Received		Not Received	
	2019	2020	2019	2020	2019	2020
TOTAL	26.0	30.5	32.7	34.4	20.6	27.3
GEOGRAPHIC REGION						
Northeast	23.2	26.7	29.1	34.4	17.9	19.8
Midwest	27.1	28.6	33.1	31.1	21.2	26.4
South	25.7	31.2	33.3	32.0	20.1	30.6
West	27.3	33.4	34.0	41.3	22.5	28.0
COUNTY TYPE						
Large Metro	26.7	31.4	33.8	35.8	21.3	28.2
Small Metro	24.9	31.7	30.9	35.1	19.7	28.4
Nonmetro	25.6	24.3	32.3	28.0	19.8	21.0
Urbanized	27.7	29.5	32.6	*	23.1	24.9
Less Urbanized	24.3	21.1	32.9	25.9	17.5	16.1
Completely Rural	22.4	16.4	28.0	*	17.9	*
POVERTY LEVEL³						
Less Than 100%	26.7	33.3	39.3	42.2	16.7	25.9
100-199%	28.0	30.9	36.5	40.5	21.8	23.7
200% or More	24.7	29.4	29.3	30.0	21.0	29.1
EDUCATION LEVEL						
< High School	19.2	25.4	34.1	*	10.2	16.3
High School Graduate	22.9	29.1	30.3	32.8	18.2	26.3
Some College/Associate's Degree	28.8	33.3	34.7	35.5	23.8	31.7
College Graduate	27.4	30.1	31.5	32.4	23.2	27.7
HEALTH INSURANCE⁴						
Private	26.4	31.2	31.3	33.7	22.3	29.1
Medicaid/CHIP	26.4	29.1	35.3	35.7	17.7	22.8
Other ⁵	15.7	20.6	22.9	22.5	8.9	18.6
No Coverage	29.7	33.7	50.1	53.2	22.9	27.1

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NOTE: Perceived unmet need for mental health services is defined as a perceived need for treatment/counseling that was not received. Perception of unmet need was asked of all respondents regardless of their mental health. Respondents with unknown perception of unmet need information were excluded.

NOTE: Any Mental Illness (AMI) 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. These mental illness estimates are based on a predictive model and are not direct measures of diagnostic status.

¹ The Total column includes respondents with unknown mental health services information.

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Table 8.32A Perceived Unmet Need for Mental Health Services in Past Year: Among People Aged 18 or Older with Past Year Serious Mental Illness; by Receipt of Past Year Mental Health Services and Geographic and Socioeconomic Characteristics, Numbers in Thousands, 2019 and 2020

Geographic/Socioeconomic Characteristic	Total ¹		MENTAL HEALTH SERVICES ²			
			Received		Not Received	
	2019	2020	2019	2020	2019	2020
TOTAL	6,233	7,048	4,186	4,392	2,046	2,647
GEOGRAPHIC REGION						
Northeast	986	904	702	622	284	*
Midwest	1,422	1,651	993	1,072	429	578
South	2,208	2,596	1,432	1,573	775	*
West	1,617	1,897	1,058	1,126	558	*
COUNTY TYPE						
Large Metro	3,389	3,724	2,336	2,287	1,052	1,436
Small Metro	1,875	2,472	1,217	1,554	659	*
Nonmetro	968	853	633	550	336	*
Urbanized	448	*	272	*	*	*
Less Urbanized	450	*	312	*	*	*
Completely Rural	*	*	*	*	*	*
POVERTY LEVEL³						
Less Than 100%	1,240	1,583	913	1,022	328	*
100-199%	1,556	1,882	987	1,231	569	*
200% or More	3,369	3,571	2,264	2,128	1,103	1,433
EDUCATION LEVEL						
< High School	558	*	432	*	127	*
High School Graduate	1,323	1,754	796	976	527	*
Some College/Associate's Degree	2,641	2,893	1,702	1,704	937	1,185
College Graduate	1,711	1,794	1,256	1,294	455	*
HEALTH INSURANCE⁴						
Private	3,443	3,557	2,252	2,191	1,189	1,359
Medicaid/CHIP	1,621	1,573	1,221	1,084	400	490
Other ⁵	910	1,430	765	*	145	*
No Coverage	853	983	451	547	402	*

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NOTE: Serious Mental Illness (SMI) 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 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.

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Geographic/Socioeconomic Characteristic	Total ¹		MENTAL HEALTH SERVICES ²			
			Received		Not Received	
	2019	2020	2019	2020	2019	2020
TOTAL	47.7	49.7	48.9	48.2	45.6	52.7
GEOGRAPHIC REGION						
Northeast	47.9	45.9	49.9	47.0	43.4	*
Midwest	48.8	47.9	49.0	46.2	48.7	51.7
South	46.6	49.4	49.4	47.1	42.3	*
West	48.1	54.0	47.3	52.8	49.8	*
COUNTY TYPE						
Large Metro	50.4	54.5	52.7	51.8	46.0	60.2
Small Metro	43.4	47.5	43.3	46.0	43.6	*
Nonmetro	47.7	40.0	47.8	41.8	48.5	*
Urbanized	50.4	*	48.6	*	*	*
Less Urbanized	48.0	*	50.3	*	*	*
Completely Rural	*	*	*	*	*	*
POVERTY LEVEL³						
Less Than 100%	48.1	51.3	54.0	54.3	37.3	*
100-199%	48.7	52.7	49.5	53.6	47.4	*
200% or More	46.7	47.8	46.7	43.5	46.7	56.3
EDUCATION LEVEL						
< High School	44.2	*	52.7	*	28.7	*
High School Graduate	42.8	45.7	44.5	42.8	40.7	*
Some College/Associate's Degree	49.4	52.5	49.0	48.9	50.1	59.5
College Graduate	50.8	51.1	50.4	49.4	51.7	*
HEALTH INSURANCE⁴						
Private	48.9	51.2	47.7	48.2	51.4	57.5
Medicaid/CHIP	45.2	43.9	48.1	44.1	38.4	43.6
Other ⁵	34.5	38.6	37.3	*	24.8	*
No Coverage	55.5	61.1	68.4	75.9	46.0	*

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