

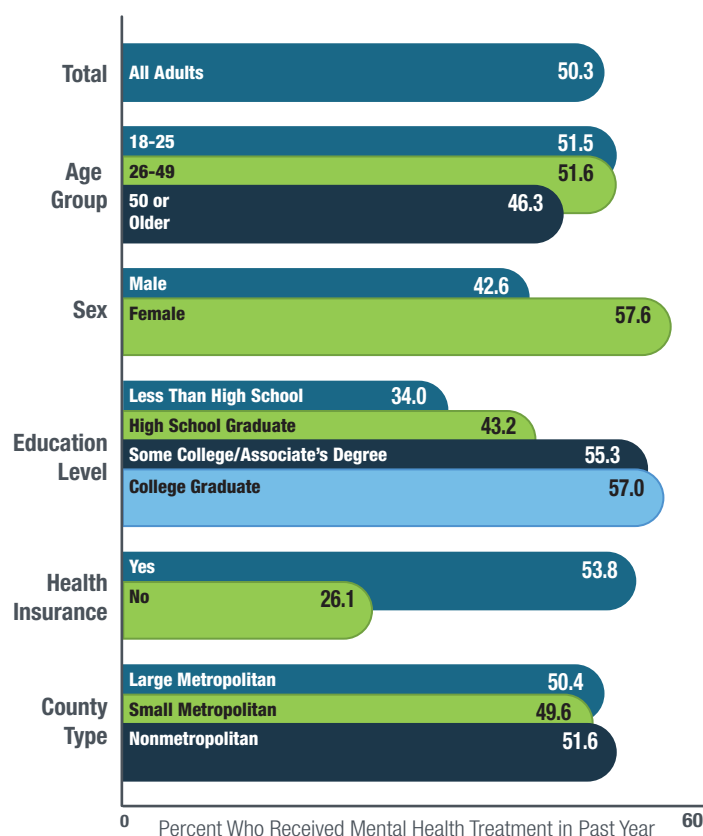
## Mental Health Treatment among Adults Who Had Serious Thoughts of Suicide

Suicide is a leading cause of death in the United States and has increased over the past two decades.<sup>1</sup> Studies have shown that mental health treatment is significantly associated with reduced suicidal ideation and suicide attempts.<sup>2</sup> This spotlight presents estimates for the receipt of any mental health treatment in the past year among adults aged 18 or older who had serious thoughts of suicide during that time. Estimates are based on data from the 2024 National Survey on Drug Use and Health.

Among an estimated 14.3 million adults aged 18 or older in 2024 who had serious thoughts of suicide in the past year, about half (50.3%) received any mental health treatment in that period. Percentages were lower among males than among females (42.6% vs. 57.6%) and lower among adults who had less than a high school education (34.0%) or were high school graduates (43.2%) than among adults who had completed some college education or had an associate's degree (55.3%) or who were college graduates (57.0%). Adults who had serious thoughts of suicide and did not have health insurance coverage were about half as likely as those who had health insurance coverage to have received mental health treatment (26.1% vs. 53.8%). Percentages did not differ significantly by age group or county type.

Although mental health treatment is beneficial for people who have had suicidal thoughts or behaviors, this spotlight indicates that nearly half of adults in 2024 who had serious thoughts about suicide in the past year did not receive mental health treatment. Among adults who had serious thoughts of suicide and did not have health insurance coverage, about three fourths did not receive mental health treatment.

**Received Any Mental Health Treatment in the Past Year: Among Adults Aged 18 or Older Who Had Serious Thoughts of Suicide in the Past Year; by Selected Sociodemographic and Geographic Characteristics, 2024**



Source: SAMHSA, Center for Behavioral Statistics and Quality, National Survey on Drug Use and Health, 2024.

### Definitions

**Serious thoughts of suicide** is based on reports from respondents that they seriously thought about trying to kill themselves at any time during the past 12 months.

**Any mental health treatment** means the receipt of treatment or counseling for any problem with mental health, emotions, or behavior in the past 12 months in an inpatient location, in an outpatient location, through the use of prescription medication, via telehealth treatment, or in a prison, jail, or juvenile detention center.

### References

- Garnett, M. F., & Curtin, S. C. (2023). *Suicide mortality in the United States, 2001–2021* (NCHS Data Brief, No. 464). National Center for Health Statistics. <https://dx.doi.org/10.15620/cdc.125705>
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### Data Source

The **National Survey on Drug Use and Health (NSDUH)** is a household survey of people aged 12 or older. NSDUH collects information on substance use, mental health, and receipt of substance use and mental health treatment in the United States. NSDUH uses a complex sampling method. Interviews are conducted in person and via the web. Estimates presented are weighted to represent the noninstitutionalized, civilian U.S. population.