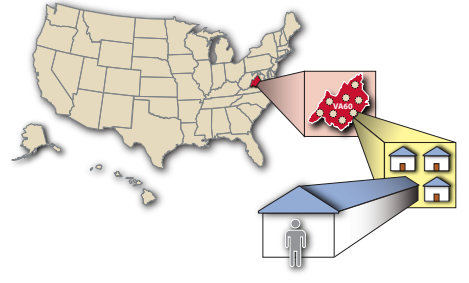


# The NSDUH Report

Data Spotlight

September 24, 2013



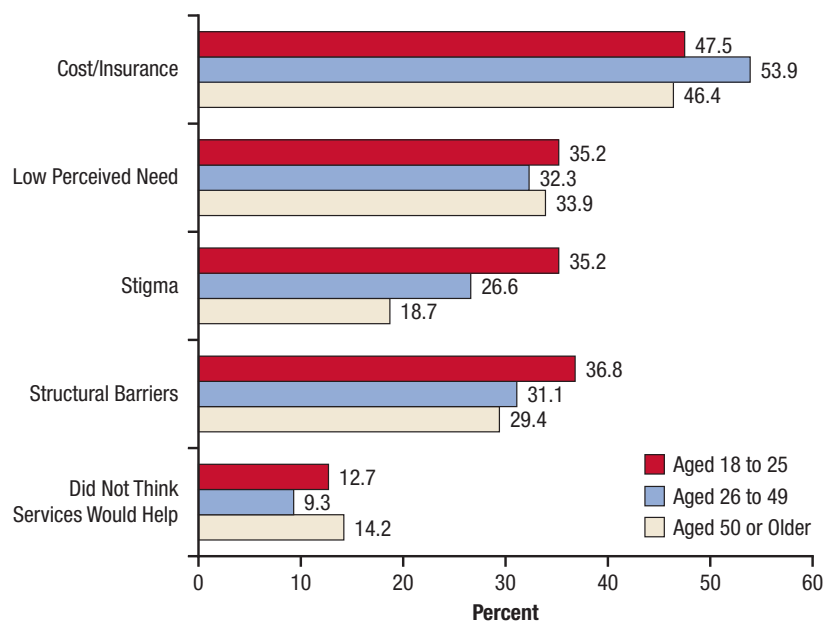
## Affordability Most Frequent Reason for Not Receiving Mental Health Services

Every year, about 5 million adults have an unmet need for mental health care and do not receive mental health services.<sup>1</sup> According to the 2009 to 2011 National Surveys on Drug Use and Health (NSDUHs), cost/insurance issues (e.g., not being able to afford care or lacking insurance coverage) were the most frequently mentioned reasons for not receiving mental health services (50.6 percent).<sup>2</sup> Other reasons included: low perceived need (33.4 percent); structural barriers, such as lack of transportation (32.4 percent); issues related to stigma (27.5 percent); and thinking services would not help (11.2 percent). Compared with adults aged 26 to 49, young adults aged 18 to 25 were more likely to mention concerns about stigma, structural barriers, and a belief that services would not help (Figure). Adults aged 18 to 25 were less likely than adults aged 26 to 49 to mention cost/insurance as a reason for not getting services.

The Substance Abuse and Mental Health Services Administration (SAMHSA) provides resources for those seeking and those providing mental health care services. For information, please visit <http://www.mentalhealth.gov/index.html>.

- Center for Behavioral Health Statistics and Quality. (2012). *Results from the 2011 National Survey on Drug Use and Health: Mental health detailed tables*. Rockville, MD: Substance Abuse and Mental Health Services Administration.
- "Cost/insurance" includes the following response options: could not afford cost, health insurance does not cover any mental health treatment/counseling, and health insurance does not pay enough for mental health treatment/counseling. "Low perceived need" includes did not feel need for treatment at the time and could handle the problem without treatment. "Stigma" includes might cause neighbors/community to have negative opinion, might have negative effect on job, did not want others to find out, concerned about confidentiality, and concerned about being committed/having to take medicine. "Structural barriers" include no transportation/inconvenient, did not know where to go for services, and did not have time.

**Reasons\* for Not Receiving Mental Health Services in the Past Year among Adults Aged 18 or Older with an Unmet Need for Mental Health Care Who Did Not Receive Mental Health Services, by Age Group: 2009 to 2011**



\* Because respondents could give multiple reasons for not receiving treatment, percentages may add to more than 100 percent.

Source: 2009 to 2011 National Surveys on Drug Use and Health (NSDUHs). NSDUH is an annual survey sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA). The survey collects data by administering questionnaires to a representative sample of the population through face-to-face interviews at their places of residence.

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. The **Data Spotlight** may be copied without permission. Citation of the source is appreciated. Find this report and those on similar topics online at <http://www.samhsa.gov/data/>.

