

Table 8.33A Detailed Reasons for Not Receiving Mental Health Services in Past Year among Persons Aged 18 or Older with a Perceived Unmet Need for Mental Health Services in Past Year, by Receipt of Past Year Mental Health Services: Numbers in Thousands, 2017 and 2018

Reason Did Not Receive Mental Health Services ¹	Total ²		MENTAL HEALTH SERVICES ³			
			Received		Not Received	
	2017	2018	2017	2018	2017	2018
TOTAL POPULATION	13,475	14,215	6,991	7,349	6,451	6,845
Could Not Afford Cost	5,465	5,411	2,742	2,587	2,705	2,815
Might Cause Neighbors/Community to Have Negative Opinion	1,453	1,467	730	665	721	801
Might Have Negative Effect on Job	1,382	1,320	660	679	722	641
Health Insurance Does Not Cover Any Mental Health Services	1,051	1,100	485	551	558	545
Health Insurance Does Not Pay Enough for Mental Health Services	2,063	2,213	1,195	1,143	867	1,065
Did Not Know Where to Go for Services	3,300	3,432	1,523	1,552	1,767	1,879
Concerned about Confidentiality	1,236	1,199	583	473	652	726
Concerned about Being Committed/Having to Take Medicine	1,537	1,731	816	888	719	841
Did Not Feel Need for Treatment at the Time	1,330	1,465	637	686	691	778
Thought Could Handle the Problem Without Treatment	3,914	3,709	1,695	1,641	2,201	2,067
Treatment Would Not Help	1,547	1,572	746	870	791	703
Did Not Have Time	2,819	2,832	1,340	1,406	1,461	1,415
Did Not Want Others to Find Out	1,156	1,053	437	381	719	671
No Transportation/Inconvenient	630	722	381	459	244	263
Some Other Reason ⁴	1,213 ^a	1,502	739	880	472	618

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

NOTE: Perception of unmet need was asked of all respondents regardless of their mental health. Respondents with unknown perception of unmet need information were excluded.

^a The difference between this estimate and the 2018 estimate is statistically significant at the .05 level. Rounding may make the estimates appear identical.

¹ Respondents could indicate multiple reasons for not receiving mental health services; thus, these response categories are not mutually exclusive.

² The Total column includes respondents with unknown mental health services information.

³ 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.

⁴ Respondents with unknown or invalid responses to the other-specify question on Some Other Reason for Not Receiving Mental Health Services were classified as not having received treatment/counseling for Some Other Reason.

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, 2017 and 2018.

Table 8.33B Detailed Reasons for Not Receiving Mental Health Services in Past Year among Persons Aged 18 or Older with a Perceived Unmet Need for Mental Health Services in Past Year, by Receipt of Past Year Mental Health Services: Percentages, 2017 and 2018

Reason Did Not Receive Mental Health Services ¹	Total ²		MENTAL HEALTH SERVICES ³			
			Received		Not Received	
	2017	2018	2017	2018	2017	2018
TOTAL POPULATION	100.0	100.0	100.0	100.0	100.0	100.0
Could Not Afford Cost	40.8	38.5	39.5	35.7	42.2	41.5
Might Cause Neighbors/Community to Have Negative Opinion	10.8	10.4	10.5	9.2	11.3	11.8
Might Have Negative Effect on Job	10.3	9.4	9.5	9.4	11.3	9.4
Health Insurance Does Not Cover Any Mental Health Services	7.8	7.8	7.0	7.6	8.7	8.0
Health Insurance Does Not Pay Enough for Mental Health Services	15.4	15.7	17.2	15.8	13.5	15.7
Did Not Know Where to Go for Services	24.6	24.4	21.9	21.4	27.6	27.7
Concerned about Confidentiality	9.2	8.5	8.4	6.5	10.2	10.7
Concerned about Being Committed/Having to Take Medicine	11.5	12.3	11.7	12.3	11.2	12.4
Did Not Feel Need for Treatment at the Time	9.9	10.4	9.2	9.5	10.8	11.5
Thought Could Handle the Problem Without Treatment	29.2	26.4	24.4	22.7	34.3	30.4
Treatment Would Not Help	11.6	11.2	10.7	12.0	12.3	10.3
Did Not Have Time	21.1	20.2	19.3	19.4	22.8	20.8
Did Not Want Others to Find Out	8.6	7.5	6.3	5.3	11.2	9.9
No Transportation/Inconvenient	4.7	5.1	5.5	6.3	3.8	3.9
Some Other Reason ⁴	9.1	10.7	10.6	12.2	7.4	9.1

* = 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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