

Table 8.18A Received Mental Health Services in Past Year among Persons Aged 18 or Older, by Past Year Level of Mental Illness and Geographic and Socioeconomic Characteristics: Numbers in Thousands, 2018 and 2019

Geographic/Socioeconomic Characteristic	Total (2018)	Total (2019)	Any Mental Illness (2018)	Any Mental Illness (2019)	Serious Mental Illness (2018)	Serious Mental Illness (2019)	Any Mental Illness Excluding Serious Mental Illness (2018)	Any Mental Illness Excluding Serious Mental Illness (2019)	No Mental Illness ¹ (2018)	No Mental Illness ¹ (2019)
TOTAL	37,101 ^a	40,154	20,579 ^a	22,953	7,277 ^a	8,575	13,302 ^a	14,378	16,522	17,201
GEOGRAPHIC REGION										
Northeast	7,369	7,503	3,771	4,048	1,184	1,406	2,588	2,642	3,597	3,455
Midwest	8,868 ^a	9,740	4,842 ^a	5,682	1,780	2,032	3,062 ^a	3,651	4,027	4,058
South	12,569	13,503	7,057	7,650	2,625	2,902	4,432	4,747	5,512	5,853
West	8,296 ^a	9,407	4,909	5,573	1,688 ^a	2,235	3,221	3,338	3,387	3,835
COUNTY TYPE										
Large Metro	19,362 ^a	21,410	10,585 ^a	12,293	3,587 ^a	4,439	6,998 ^a	7,854	8,777	9,117
Small Metro	12,252	12,970	7,058	7,273	2,605	2,812	4,453	4,461	5,194	5,698
Nonmetro	5,486	5,774	2,935 ^a	3,387	1,084	1,324	1,851	2,063	2,551	2,386
Urbanized	2,585	2,557	1,314	1,509	481	560	834	949	1,271	1,048
Less Urbanized	2,338	2,684	1,292 ^a	1,587	458	621	834	966	1,046	1,097
Completely Rural	563	532	329	291	*	*	*	148	234	241
POVERTY LEVEL²										
Less Than 100%	5,832	5,578	4,052	3,860	1,774	1,692	2,278	2,168	1,780	1,718
100-199%	6,116 ^a	7,403	3,753 ^a	4,762	1,470 ^a	2,000	2,283 ^a	2,762	2,363	2,641
200% or More	25,042 ^a	26,957	12,707 ^a	14,184	4,009 ^a	4,847	8,698	9,337	12,335	12,773
EDUCATION										
< High School	3,172	3,382	1,877	2,062	788	821	1,089	1,241	1,295	1,320
High School Graduate	7,167	7,939	4,263	4,550	1,622	1,793	2,641	2,757	2,904	3,389
Some College/Associate's Degree	12,994	13,772	7,776	8,333	3,011	3,470	4,765	4,862	5,218	5,439
College Graduate	13,768 ^a	15,061	6,663 ^a	8,008	1,856 ^a	2,491	4,807 ^a	5,517	7,105	7,054
HEALTH INSURANCE³										
Private	24,849 ^a	26,711	12,721 ^a	14,061	3,922 ^a	4,725	8,800	9,336	12,128	12,650
Medicaid/CHIP	6,834 ^a	8,131	4,749 ^a	5,553	2,033 ^a	2,540	2,716	3,013	2,085 ^a	2,578
Other ⁴	10,363	10,935	5,050	5,633	1,791	2,053	3,259	3,580	5,313	5,301
No Coverage	1,985	2,048	1,463	1,419	714	665	749	755	522	629

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

NOTE: 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.

NOTE: Mental Illness 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 serious mental illness (SMI) are a subset of estimates of any mental illness (AMI) because SMI is limited to persons 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.

^a The difference between this estimate and the 2019 estimate is statistically significant at the .05 level. Rounding may make the estimates appear identical.

¹ Respondents with no mental illness may still have received mental health treatment for a past disorder that is in partial or full remission or treatment for a disorder that was not included in the definition of mental illness or for other reasons.

² Respondents aged 18 to 22 who were living in a college dormitory were excluded.

³ Respondents could indicate multiple types of health insurance; thus, these response categories are not mutually exclusive.

⁴ 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, 2018 and 2019.

Table 8.18B Received Mental Health Services in Past Year among Persons Aged 18 or Older, by Past Year Level of Mental Illness and Geographic and Socioeconomic Characteristics: Percentages, 2018 and 2019

Geographic/Socioeconomic Characteristic	Total (2018)	Total (2019)	Any Mental Illness (2018)	Any Mental Illness (2019)	Serious Mental Illness (2018)	Serious Mental Illness (2019)	Any Mental Illness Excluding Serious Mental Illness (2018)	Any Mental Illness Excluding Serious Mental Illness (2019)	No Mental Illness ¹ (2018)	No Mental Illness ¹ (2019)
TOTAL	15.0 ^a	16.1	43.3	44.8	64.1	65.5	36.8	37.6	8.3	8.7
GEOGRAPHIC REGION										
Northeast	16.9	17.3	45.6	47.2	65.6	68.3	40.0	40.5	10.2	9.9
Midwest	17.2 ^a	18.8	47.1	49.6	67.5	69.7	40.0	42.8	9.7	10.0
South	13.4	14.3	41.8	42.1	65.5	61.1	34.4	35.4	7.2	7.7
West	14.1 ^a	15.9	40.8	42.6	58.1 ^a	66.5	35.3	34.4	7.3	8.3
COUNTY TYPE										
Large Metro	14.1 ^a	15.4	41.2	43.6	62.5	65.9	35.1	36.6	7.8	8.2
Small Metro	16.6	17.2	46.3	46.0	66.4	64.9	39.3	38.9	8.9	9.6
Nonmetro	15.4	16.8	44.6	46.5	64.1	65.7	37.9	39.2	8.8	8.8
Urbanized	16.0	17.9	41.7 ^a	48.9	63.8	63.2	34.7 ^a	43.1	9.8	9.4
Less Urbanized	14.4 ^a	16.7	46.3	44.9	61.4	67.0	40.8	37.1	7.8	8.7
Completely Rural	17.1	13.6	51.9	44.3	*	*	*	32.6	8.8	7.4
POVERTY LEVEL²										
Less Than 100%	17.1	17.5	44.8	44.9	65.3	65.6	35.9	36.0	7.1	7.4
100-199%	12.5 ^a	15.6	37.3 ^a	42.4	60.4	62.2	29.9 ^a	34.5	6.1 ^a	7.3
200% or More	15.3	16.0	45.1	45.6	65.1	67.2	39.5	39.0	9.1	9.3
EDUCATION										
< High School	10.4	11.3	33.5	37.7	64.9	64.1	24.8	29.6	5.2	5.4
High School Graduate	11.7 ^a	13.2	38.4	39.2	57.7	58.1	31.9	32.4	5.8 ^a	7.0
Some College/Associate's Degree	16.9	18.0	45.5	45.8	66.2	64.9	38.0	37.8	8.7	9.3
College Graduate	17.4	18.3	48.6	50.1	66.8 ^a	73.9	44.0	43.7	10.9	10.7
HEALTH INSURANCE³										
Private	15.1 ^a	16.2	45.2	45.8	65.8	67.1	39.6	39.5	8.9	9.4
Medicaid/CHIP	18.7 ^a	22.9	45.7 ^a	50.1	68.3	70.8	36.6	40.3	8.0 ^a	10.6
Other ⁴	15.3	15.9	45.5	48.8	76.6	77.8	37.2	40.2	9.4	9.3
No Coverage	8.2	8.0	27.4	25.5	47.1	42.8	19.6	18.8	2.7	3.1

* = 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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