

**Table 8.28A Perceived Unmet Need for Mental Health Services in Past Year among Persons Aged 18 or Older, by Receipt of Past Year Mental Health Services and Geographic and Socioeconomic Characteristics: Numbers in Thousands, 2018 and 2019**

Geographic/Socioeconomic Characteristic	Total <sup>1</sup>		MENTAL HEALTH SERVICES <sup>2</sup>			
			Received		Not Received	
	2018	2019	2018	2019	2018	2019
<b>TOTAL</b>	14,215 <sup>a</sup>	16,597	7,349 <sup>a</sup>	8,573	6,845 <sup>a</sup>	7,997
<b>GEOGRAPHIC REGION</b>						
Northeast	2,468	2,673	1,390	1,408	1,069	1,253
Midwest	3,139 <sup>a</sup>	3,754	1,677 <sup>a</sup>	2,095	1,458	1,646
South	4,987 <sup>a</sup>	5,868	2,439 <sup>a</sup>	2,973	2,543	2,894
West	3,621 <sup>a</sup>	4,302	1,844	2,097	1,775 <sup>a</sup>	2,203
<b>COUNTY TYPE</b>						
Large Metro	7,952 <sup>a</sup>	9,310	3,786 <sup>a</sup>	4,715	4,162	4,578
Small Metro	4,427 <sup>a</sup>	5,096	2,482	2,677	1,933 <sup>a</sup>	2,409
Nonmetro	1,836 <sup>a</sup>	2,190	1,081	1,181	749 <sup>a</sup>	1,009
Urbanized	870	1,027	459	546	411	482
Less Urbanized	820	991	526	549	289 <sup>a</sup>	442
Completely Rural	145	172	95	86	50	86
<b>POVERTY LEVEL<sup>3</sup></b>						
Less Than 100%	2,804	2,814	1,651	1,735	1,146	1,078
100-199%	3,135 <sup>a</sup>	3,824	1,520 <sup>a</sup>	2,034	1,605	1,790
200% or More	8,160 <sup>a</sup>	9,738	4,133 <sup>a</sup>	4,704	4,022 <sup>a</sup>	5,007
<b>EDUCATION</b>						
< High School	1,303	1,367	794	792	508	574
High School Graduate	2,733 <sup>a</sup>	3,315	1,304 <sup>a</sup>	1,719	1,426	1,595
Some College/Associate's Degree	5,546 <sup>a</sup>	6,201	2,989	3,138	2,546 <sup>a</sup>	3,058
College Graduate	4,633 <sup>a</sup>	5,714	2,263 <sup>a</sup>	2,924	2,365 <sup>a</sup>	2,770
<b>HEALTH INSURANCE<sup>4</sup></b>						
Private	8,330 <sup>a</sup>	10,270	4,139 <sup>a</sup>	5,044	4,173 <sup>a</sup>	5,200
Medicaid/CHIP	3,199	3,617	1,947 <sup>a</sup>	2,322	1,251	1,294
Other <sup>5</sup>	2,223	2,297	1,502	1,526	719	771
No Coverage	1,853	1,994	762	762	1,091	1,231

\* = 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.

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

<sup>1</sup> The Total column includes respondents with unknown mental health services information.

<sup>2</sup> 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.

<sup>3</sup> Respondents aged 18 to 22 who were living in a college dormitory were excluded.

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

<sup>5</sup> 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 8.28B Perceived Unmet Need for Mental Health Services in Past Year among Persons Aged 18 or Older, by Receipt of Past Year Mental Health Services and Geographic and Socioeconomic Characteristics: Percentages, 2018 and 2019**

Geographic/Socioeconomic Characteristic	Total <sup>1</sup>		MENTAL HEALTH SERVICES <sup>2</sup>			
			Received		Not Received	
	2018	2019	2018	2019	2018	2019
<b>TOTAL</b>	5.7 <sup>a</sup>	6.7	19.9	21.4	3.3 <sup>a</sup>	3.8
<b>GEOGRAPHIC REGION</b>						
Northeast	5.7	6.1	18.9	18.9	3.0	3.5
Midwest	6.1 <sup>a</sup>	7.2	18.9	21.6	3.4	3.9
South	5.3 <sup>a</sup>	6.2	19.4	22.1	3.1	3.6
West	6.2 <sup>a</sup>	7.3	22.3	22.3	3.5 <sup>a</sup>	4.4
<b>COUNTY TYPE</b>						
Large Metro	5.8 <sup>a</sup>	6.7	19.6 <sup>a</sup>	22.1	3.5	3.9
Small Metro	6.0 <sup>a</sup>	6.8	20.3	20.7	3.1 <sup>a</sup>	3.9
Nonmetro	5.1 <sup>a</sup>	6.4	19.7	20.6	2.5 <sup>a</sup>	3.5
Urbanized	5.4 <sup>a</sup>	7.2	17.8	21.4	3.0	4.1
Less Urbanized	5.0	6.2	22.5	20.6	2.1 <sup>a</sup>	3.3
Completely Rural	4.4	4.4	17.0	16.2	1.8	2.5
<b>POVERTY LEVEL<sup>3</sup></b>						
Less Than 100%	8.2	8.8	28.5	31.3	4.1	4.1
100-199%	6.4 <sup>a</sup>	8.1	24.9	27.7	3.8 <sup>a</sup>	4.5
200% or More	5.0 <sup>a</sup>	5.8	16.5	17.5	2.9 <sup>a</sup>	3.5
<b>EDUCATION</b>						
< High School	4.3	4.6	25.0	23.8	1.9	2.2
High School Graduate	4.5 <sup>a</sup>	5.5	18.3	21.7	2.6	3.1
Some College/Associate's Degree	7.2 <sup>a</sup>	8.1	23.1	22.8	4.0 <sup>a</sup>	4.9
College Graduate	5.9 <sup>a</sup>	7.0	16.4 <sup>a</sup>	19.4	3.6	4.1
<b>HEALTH INSURANCE<sup>4</sup></b>						
Private	5.1 <sup>a</sup>	6.2	16.7 <sup>a</sup>	18.9	3.0 <sup>a</sup>	3.8
Medicaid/CHIP	8.8 <sup>a</sup>	10.2	28.6	28.7	4.2	4.8
Other <sup>5</sup>	3.3	3.3	14.5	14.0	1.3	1.3
No Coverage	7.6	7.8	38.4	38.0	4.9	5.2

\* = 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.

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

<sup>1</sup> The Total column includes respondents with unknown mental health services information.

<sup>2</sup> 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.

<sup>3</sup> Respondents aged 18 to 22 who were living in a college dormitory were excluded.

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

<sup>5</sup> 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 8.30A Perceived Unmet Need for Mental Health Services in Past Year among Persons 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, 2018 and 2019**

Geographic/Socioeconomic Characteristic	Total <sup>1</sup>		MENTAL HEALTH SERVICES <sup>2</sup>			
			Received		Not Received	
	2018	2019	2018	2019	2018	2019
<b>TOTAL</b>	11,208 <sup>a</sup>	13,321	6,223 <sup>a</sup>	7,480	4,966 <sup>a</sup>	5,826
<b>GEOGRAPHIC REGION</b>						
Northeast	1,873	1,989	1,164	1,171	702	809
Midwest	2,506 <sup>a</sup>	3,103	1,428 <sup>a</sup>	1,876	1,074	1,222
South	3,972 <sup>a</sup>	4,659	2,057 <sup>a</sup>	2,545	1,910	2,113
West	2,857 <sup>a</sup>	3,571	1,575	1,888	1,280 <sup>a</sup>	1,681
<b>COUNTY TYPE</b>						
Large Metro	6,052 <sup>a</sup>	7,529	3,124 <sup>a</sup>	4,145	2,924 <sup>a</sup>	3,378
Small Metro	3,647	3,926	2,204	2,240	1,432 <sup>a</sup>	1,676
Nonmetro	1,510 <sup>a</sup>	1,867	895	1,095	610	772
Urbanized	688	857	374	492	314	365
Less Urbanized	698	863	443	521	250	341
Completely Rural	124	147	*	81	*	66
<b>POVERTY LEVEL<sup>3</sup></b>						
Less Than 100%	2,323	2,294	1,408	1,503	909	791
100-199%	2,518 <sup>a</sup>	3,140	1,354 <sup>a</sup>	1,737	1,154 <sup>a</sup>	1,403
200% or More	6,270 <sup>a</sup>	7,706	3,420 <sup>a</sup>	4,147	2,847 <sup>a</sup>	3,543
<b>EDUCATION</b>						
< High School	1,011	1,047	628	702	381	345
High School Graduate	2,236 <sup>a</sup>	2,660	1,119 <sup>a</sup>	1,377	1,113	1,284
Some College/Associate's Degree	4,624 <sup>a</sup>	5,232	2,666	2,877	1,947 <sup>a</sup>	2,349
College Graduate	3,337 <sup>a</sup>	4,382	1,810 <sup>a</sup>	2,524	1,524 <sup>a</sup>	1,848
<b>HEALTH INSURANCE<sup>4</sup></b>						
Private	6,327 <sup>a</sup>	8,112	3,440 <sup>a</sup>	4,391	2,869 <sup>a</sup>	3,706
Medicaid/CHIP	2,668	2,931	1,719	1,954	949	977
Other <sup>5</sup>	1,685	1,820	1,156	1,292	527	527
No Coverage	1,577	1,650	708	703	869	947

\* = 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.

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.

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

<sup>1</sup> The Total column includes respondents with unknown mental health services information.

<sup>2</sup> 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.

<sup>3</sup> Respondents aged 18 to 22 who were living in a college dormitory were excluded.

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

<sup>5</sup> 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 8.30B Perceived Unmet Need for Mental Health Services in Past Year among Persons Aged 18 or Older with Past Year Any Mental Illness, by Receipt of Past Year Mental Health Services and Geographic and Socioeconomic Characteristics: Percentages, 2018 and 2019**

Geographic/Socioeconomic Characteristic	Total <sup>1</sup>		MENTAL HEALTH SERVICES <sup>2</sup>			
			Received		Not Received	
	2018	2019	2018	2019	2018	2019
<b>TOTAL</b>	23.6 <sup>a</sup>	26.0	30.3	32.7	18.5 <sup>a</sup>	20.6
<b>GEOGRAPHIC REGION</b>						
Northeast	22.7	23.2	31.0	29.1	15.7	17.9
Midwest	24.3	27.1	29.6	33.1	19.7	21.2
South	23.5	25.7	29.2	33.3	19.4	20.1
West	23.8 <sup>a</sup>	27.3	32.3	34.0	18.0 <sup>a</sup>	22.5
<b>COUNTY TYPE</b>						
Large Metro	23.6 <sup>a</sup>	26.7	29.6 <sup>a</sup>	33.8	19.4	21.3
Small Metro	23.9	24.9	31.3	30.9	17.5	19.7
Nonmetro	22.9	25.6	30.6	32.3	16.8	19.8
Urbanized	21.9 <sup>a</sup>	27.7	28.7	32.6	17.1	23.1
Less Urbanized	24.8	24.3	34.3	32.9	16.7	17.5
Completely Rural	19.6	22.4	*	28.0	*	17.9
<b>POVERTY LEVEL<sup>3</sup></b>						
Less Than 100%	25.7	26.7	35.0	39.3	18.2	16.7
100-199%	25.1	28.0	36.2	36.5	18.4	21.8
200% or More	22.3 <sup>a</sup>	24.7	27.0	29.3	18.4 <sup>a</sup>	21.0
<b>EDUCATION</b>						
< High School	18.0	19.2	33.5	34.1	10.2	10.2
High School Graduate	20.2	22.9	26.4	30.3	16.3	18.2
Some College/Associate's Degree	27.1	28.8	34.5	34.7	20.9	23.8
College Graduate	24.3 <sup>a</sup>	27.4	27.2	31.5	21.7	23.2
<b>HEALTH INSURANCE<sup>4</sup></b>						
Private	22.5 <sup>a</sup>	26.4	27.2 <sup>a</sup>	31.3	18.6 <sup>a</sup>	22.3
Medicaid/CHIP	25.7	26.4	36.3	35.3	16.9	17.7
Other <sup>5</sup>	15.2	15.7	22.9	22.9	8.7	8.9
No Coverage	29.4	29.7	48.4	50.1	22.4	22.9

\* = 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.

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.

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

<sup>1</sup> The Total column includes respondents with unknown mental health services information.

<sup>2</sup> 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.

<sup>3</sup> Respondents aged 18 to 22 who were living in a college dormitory were excluded.

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

<sup>5</sup> 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 8.32A Perceived Unmet Need for Mental Health Services in Past Year among Persons 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, 2018 and 2019**

Geographic/Socioeconomic Characteristic	Total <sup>1</sup>		MENTAL HEALTH SERVICES <sup>2</sup>			
			Received		Not Received	
	2018	2019	2018	2019	2018	2019
<b>TOTAL</b>	5,116 <sup>a</sup>	6,233	3,268 <sup>a</sup>	4,186	1,845	2,046
<b>GEOGRAPHIC REGION</b>						
Northeast	793	986	569	702	224	284
Midwest	1,290	1,422	831	993	458	429
South	1,740 <sup>a</sup>	2,208	1,101 <sup>a</sup>	1,432	636	775
West	1,294 <sup>a</sup>	1,617	766 <sup>a</sup>	1,058	528	558
<b>COUNTY TYPE</b>						
Large Metro	2,618 <sup>a</sup>	3,389	1,576 <sup>a</sup>	2,336	1,042	1,052
Small Metro	1,742	1,875	1,196	1,217	546	659
Nonmetro	756 <sup>a</sup>	968	496	633	257	336
Urbanized	299 <sup>a</sup>	448	179 <sup>a</sup>	272	*	*
Less Urbanized	391	450	273	312	*	*
Completely Rural	*	*	*	*	*	*
<b>POVERTY LEVEL<sup>3</sup></b>						
Less Than 100%	1,234	1,240	833	913	401	328
100-199%	1,156 <sup>a</sup>	1,556	736 <sup>a</sup>	987	416 <sup>a</sup>	569
200% or More	2,690 <sup>a</sup>	3,369	1,682 <sup>a</sup>	2,264	1,007	1,103
<b>EDUCATION</b>						
< High School	481	558	349	432	*	127
High School Graduate	1,133	1,323	632	796	498	527
Some College/Associate's Degree	2,250 <sup>a</sup>	2,641	1,508	1,702	742	937
College Graduate	1,252 <sup>a</sup>	1,711	779 <sup>a</sup>	1,256	473	455
<b>HEALTH INSURANCE<sup>4</sup></b>						
Private	2,566 <sup>a</sup>	3,443	1,598 <sup>a</sup>	2,252	965 <sup>a</sup>	1,189
Medicaid/CHIP	1,338	1,621	970	1,221	368	400
Other <sup>5</sup>	817	910	662	765	155	145
No Coverage	918	853	508	451	409	402

\* = 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.

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 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.

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

<sup>1</sup> The Total column includes respondents with unknown mental health services information.

<sup>2</sup> 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.

<sup>3</sup> Respondents aged 18 to 22 who were living in a college dormitory were excluded.

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

<sup>5</sup> 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 8.32B Perceived Unmet Need for Mental Health Services in Past Year among Persons Aged 18 or Older with Past Year Serious Mental Illness, by Receipt of Past Year Mental Health Services and Geographic and Socioeconomic Characteristics: Percentages, 2018 and 2019**

Geographic/Socioeconomic Characteristic	Total <sup>1</sup>		MENTAL HEALTH SERVICES <sup>2</sup>			
			Received		Not Received	
	2018	2019	2018	2019	2018	2019
<b>TOTAL</b>	45.1	47.7	45.0	48.9	45.4	45.6
<b>GEOGRAPHIC REGION</b>						
Northeast	44.1	47.9	48.3	49.9	36.2	43.4
Midwest	48.9	48.8	46.7	49.0	53.4	48.7
South	43.3	46.6	42.0	49.4	46.2	42.3
West	44.8	48.1	45.8	47.3	43.4	49.8
<b>COUNTY TYPE</b>						
Large Metro	45.8	50.4	44.1 <sup>a</sup>	52.7	48.6	46.0
Small Metro	44.3	43.4	45.9	43.3	41.5	43.6
Nonmetro	44.7	47.7	46.1	47.8	42.5	48.5
Urbanized	40.2	50.4	37.6	48.6	*	*
Less Urbanized	52.1	48.0	59.9	50.3	*	*
Completely Rural	*	*	*	*	*	*
<b>POVERTY LEVEL<sup>3</sup></b>						
Less Than 100%	45.5	48.1	47.2	54.0	42.6	37.3
100-199%	47.6	48.7	50.2	49.5	43.3	47.4
200% or More	43.7	46.7	42.0	46.7	47.1	46.7
<b>EDUCATION</b>						
< High School	39.6	44.2	44.4	52.7	*	28.7
High School Graduate	40.3	42.8	39.1	44.5	42.0	40.7
Some College/Associate's Degree	49.6	49.4	50.3	49.0	48.5	50.1
College Graduate	45.2	50.8	42.1	50.4	51.3	51.7
<b>HEALTH INSURANCE<sup>4</sup></b>						
Private	43.1 <sup>a</sup>	48.9	40.9 <sup>a</sup>	47.7	47.3	51.4
Medicaid/CHIP	45.0	45.2	47.8	48.1	39.0	38.4
Other <sup>5</sup>	35.0	34.5	37.1	37.3	28.3	24.8
No Coverage	60.5	55.5	71.2	68.4	51.3	46.0

\* = 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.

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 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.

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

<sup>1</sup> The Total column includes respondents with unknown mental health services information.

<sup>2</sup> 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.

<sup>3</sup> Respondents aged 18 to 22 who were living in a college dormitory were excluded.

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

<sup>5</sup> 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.