

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, 2018 and 2019

Reason Did Not Receive Mental Health Services ¹	Total ²		MENTAL HEALTH SERVICES ³			
			Received		Not Received	
	2018	2019	2018	2019	2018	2019
TOTAL POPULATION	14,215 ^a	16,597	7,349 ^a	8,573	6,845 ^a	7,997
Could Not Afford Cost	5,411 ^a	6,701	2,587 ^a	3,467	2,815 ^a	3,232
Might Cause Neighbors/Community to Have Negative Opinion	1,467	1,651	665	749	801	897
Might Have Negative Effect on Job	1,320	1,492	679	686	641	806
Health Insurance Does Not Cover Any Mental Health Services	1,100	1,243	551	574	545	669
Health Insurance Does Not Pay Enough for Mental Health Services	2,213	2,505	1,143 ^a	1,441	1,065	1,061
Did Not Know Where to Go for Services	3,432 ^a	4,033	1,552	1,604	1,879 ^a	2,420
Concerned about Confidentiality	1,199	1,438	473 ^a	644	726	794
Concerned about Being Committed/Having to Take Medicine	1,731 ^a	2,031	888	1,077	841	952
Did Not Feel Need for Treatment at the Time	1,465	1,685	686	885	778	801
Thought Could Handle the Problem Without Treatment	3,709 ^a	4,579	1,641 ^a	2,052	2,067 ^a	2,526
Treatment Would Not Help	1,572 ^a	1,893	870	1,032	703	862
Did Not Have Time	2,832 ^a	3,553	1,406 ^a	1,861	1,415 ^a	1,686
Did Not Want Others to Find Out	1,053	1,103	381	436	671	667
No Transportation/Inconvenient	722	920	459	597	263	323
Some Other Reason ⁴	1,502 ^a	1,906	880 ^a	1,183	618	720

* = 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 2019 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, 2018 and 2019.

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, 2018 and 2019

Reason Did Not Receive Mental Health Services ¹	Total ²		MENTAL HEALTH SERVICES ³			
			Received		Not Received	
	2018	2019	2018	2019	2018	2019
TOTAL POPULATION	100.0	100.0	100.0	100.0	100.0	100.0
Could Not Afford Cost	38.5	40.6	35.7 ^a	40.6	41.5	40.8
Might Cause Neighbors/Community to Have Negative Opinion	10.4	10.0	9.2	8.8	11.8	11.3
Might Have Negative Effect on Job	9.4	9.0	9.4	8.0	9.4	10.2
Health Insurance Does Not Cover Any Mental Health Services	7.8	7.5	7.6	6.7	8.0	8.4
Health Insurance Does Not Pay Enough for Mental Health Services	15.7	15.2	15.8	16.9	15.7	13.4
Did Not Know Where to Go for Services	24.4	24.4	21.4	18.8	27.7	30.5
Concerned about Confidentiality	8.5	8.7	6.5	7.5	10.7	10.0
Concerned about Being Committed/Having to Take Medicine	12.3	12.3	12.3	12.6	12.4	12.0
Did Not Feel Need for Treatment at the Time	10.4	10.2	9.5	10.4	11.5	10.1
Thought Could Handle the Problem Without Treatment	26.4	27.8	22.7	24.0	30.4	31.9
Treatment Would Not Help	11.2	11.5	12.0	12.1	10.3	10.9
Did Not Have Time	20.2	21.6	19.4	21.8	20.8	21.3
Did Not Want Others to Find Out	7.5	6.7	5.3	5.1	9.9	8.4
No Transportation/Inconvenient	5.1	5.6	6.3	7.0	3.9	4.1
Some Other Reason ⁴	10.7	11.6	12.2	13.9	9.1	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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