

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

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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 8.34A Detailed Reasons for Not Receiving Mental Health Services in Past Year among Persons Aged 18 or Older with Past Year Any Mental Illness and 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	11,208 ^a	13,321	6,223 ^a	7,480	4,966 ^a	5,826
Could Not Afford Cost	4,529 ^a	5,744	2,283 ^a	3,198	2,238	2,547
Might Cause Neighbors/Community to Have Negative Opinion	1,227	1,404	616	703	610	696
Might Have Negative Effect on Job	1,159	1,327	618	651	541	676
Health Insurance Does Not Cover Any Mental Health Services	884	1,033	439	519	441	513
Health Insurance Does Not Pay Enough for Mental Health Services	1,846	2,116	1,047	1,262	794	853
Did Not Know Where to Go for Services	2,799 ^a	3,315	1,348	1,394	1,449 ^a	1,920
Concerned about Confidentiality	1,030 ^a	1,281	429 ^a	602	601	679
Concerned about Being Committed/Having to Take Medicine	1,564 ^a	1,892	862	1,030	698	861
Did Not Feel Need for Treatment at the Time	1,139	1,241	605	712	533	529
Thought Could Handle the Problem Without Treatment	2,855 ^a	3,516	1,387 ^a	1,749	1,468 ^a	1,767
Treatment Would Not Help	1,329 ^a	1,694	761	952	569 ^a	741
Did Not Have Time	2,317 ^a	2,822	1,255 ^a	1,654	1,053	1,162
Did Not Want Others to Find Out	876	994	338	422	538	573
No Transportation/Inconvenient	624 ^a	842	440	568	184	274
Some Other Reason ⁴	1,316	1,544	781 ^a	1,031	531	509

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

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.

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 8.34B Detailed Reasons for Not Receiving Mental Health Services in Past Year among Persons Aged 18 or Older with Past Year Any Mental Illness and 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	40.7	43.3	37.1 ^a	42.9	45.2	43.9
Might Cause Neighbors/Community to Have Negative Opinion	11.0	10.6	10.0	9.4	12.3	12.0
Might Have Negative Effect on Job	10.4	10.0	10.1	8.7	10.9	11.7
Health Insurance Does Not Cover Any Mental Health Services	8.0	7.8	7.1	7.0	8.9	8.8
Health Insurance Does Not Pay Enough for Mental Health Services	16.6	15.9	17.0	16.9	16.0	14.7
Did Not Know Where to Go for Services	25.2	25.0	21.9	18.7	29.3	33.1
Concerned about Confidentiality	9.3	9.6	7.0	8.1	12.1	11.7
Concerned about Being Committed/Having to Take Medicine	14.1	14.2	14.0	13.8	14.1	14.8
Did Not Feel Need for Treatment at the Time	10.2	9.3	9.8	9.5	10.8	9.1
Thought Could Handle the Problem Without Treatment	25.7	26.5	22.6	23.5	29.6	30.5
Treatment Would Not Help	12.0	12.8	12.4	12.8	11.5	12.8
Did Not Have Time	20.8	21.3	20.4	22.2	21.3	20.0
Did Not Want Others to Find Out	7.9	7.5	5.5	5.7	10.9	9.9
No Transportation/Inconvenient	5.6	6.3	7.2	7.6	3.7	4.7
Some Other Reason ⁴	11.8	11.6	12.7	13.8	10.7	8.8

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

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.

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.

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Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2018 and 2019.

Table 8.35A Detailed Reasons for Not Receiving Mental Health Services in Past Year among Persons Aged 18 or Older with Past Year Serious Mental Illness and 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	5,116 ^a	6,233	3,268 ^a	4,186	1,845	2,046
Could Not Afford Cost	2,351 ^a	2,923	1,338 ^a	1,864	1,009	1,059
Might Cause Neighbors/Community to Have Negative Opinion	667	715	401	450	266	265
Might Have Negative Effect on Job	668	780	417	441	251	339
Health Insurance Does Not Cover Any Mental Health Services	493	473	304	272	189	201
Health Insurance Does Not Pay Enough for Mental Health Services	973	1,065	617	717	352	348
Did Not Know Where to Go for Services	1,365	1,547	781	793	584	753
Concerned about Confidentiality	617	735	308	390	308	345
Concerned about Being Committed/Having to Take Medicine	1,044	1,240	624	760	416	478
Did Not Feel Need for Treatment at the Time	473	505	304	332	169	173
Thought Could Handle the Problem Without Treatment	1,131 ^a	1,479	663 ^a	921	468	558
Treatment Would Not Help	674	842	408 ^a	564	266	277
Did Not Have Time	946	1,182	610	804	335	378
Did Not Want Others to Find Out	454	449	211	258	243	190
No Transportation/Inconvenient	410	459	318	325	92	135
Some Other Reason ⁴	641 ^a	871	440 ^a	636	202	235

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

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.

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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	46.1	46.9	41.2	44.6	54.7	51.8
Might Cause Neighbors/Community to Have Negative Opinion	13.1	11.5	12.3	10.8	14.4	12.9
Might Have Negative Effect on Job	13.1	12.5	12.8	10.5	13.6	16.6
Health Insurance Does Not Cover Any Mental Health Services	9.7	7.6	9.4	6.5	10.3	9.8
Health Insurance Does Not Pay Enough for Mental Health Services	19.1	17.1	19.0	17.1	19.1	17.0
Did Not Know Where to Go for Services	26.8	24.8	24.0	19.0	31.6	36.8
Concerned about Confidentiality	12.1	11.8	9.5	9.3	16.7	16.9
Concerned about Being Committed/Having to Take Medicine	20.5	19.9	19.2	18.2	22.5	23.4
Did Not Feel Need for Treatment at the Time	9.3	8.1	9.3	7.9	9.2	8.5
Thought Could Handle the Problem Without Treatment	22.2	23.7	20.4	22.0	25.4	27.3
Treatment Would Not Help	13.2	13.5	12.6	13.5	14.4	13.6
Did Not Have Time	18.6	19.0	18.8	19.2	18.2	18.5
Did Not Want Others to Find Out	8.9	7.2	6.5	6.2	13.2	9.3
No Transportation/Inconvenient	8.0	7.4	9.8	7.8	5.0	6.6
Some Other Reason ⁴	12.6	14.0	13.5	15.2	10.9	11.5

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