

Table 8.33A Detailed Reasons for Not Receiving Mental Health Services in Past Year: Among People 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, 2019 and 2020

Reason Did Not Receive Mental Health Services ¹	Total ²		MENTAL HEALTH SERVICES ³			
			Received		Not Received	
	2019	2020	2019	2020	2019	2020
TOTAL POPULATION	16,597	<i>19,725</i>	8,573	<i>9,291</i>	7,997	<i>10,400</i>
Could Not Afford Cost	6,701	<i>7,443</i>	3,467	<i>3,221</i>	3,232	<i>4,198</i>
Might Cause Neighbors/Community to Have Negative Opinion	1,651	<i>2,129</i>	749	<i>749</i>	897	<i>1,369</i>
Might Have Negative Effect on Job	1,492	<i>1,740</i>	686	<i>778</i>	806	<i>960</i>
Health Insurance Does Not Cover Any Mental Health Services	1,243	<i>1,668</i>	574	<i>705</i>	669	<i>952</i>
Health Insurance Does Not Pay Enough for Mental Health Services	2,505	<i>3,361</i>	1,441	<i>1,563</i>	1,061	<i>1,791</i>
Did Not Know Where to Go for Services	4,033	<i>5,407</i>	1,604	<i>2,157</i>	2,420	<i>3,240</i>
Concerned about Confidentiality	1,438	<i>1,770</i>	644	<i>766</i>	794	<i>993</i>
Concerned about Being Committed/Having to Take Medicine	2,031	<i>2,793</i>	1,077	<i>1,329</i>	952	<i>1,457</i>
Did Not Feel Need for Treatment at the Time	1,685	<i>2,082</i>	885	<i>745</i>	801	<i>1,337</i>
Thought Could Handle the Problem Without Treatment	4,579	<i>5,449</i>	2,052	<i>2,145</i>	2,526	<i>3,296</i>
Treatment Would Not Help	1,893	<i>2,414</i>	1,032	<i>911</i>	862	<i>1,496</i>
Did Not Have Time	3,553	<i>3,934</i>	1,861	<i>1,881</i>	1,686	<i>2,042</i>
Did Not Want Others to Find Out	1,103	<i>1,418</i>	436	<i>438</i>	667	<i>980</i>
No Transportation/Inconvenient	920	<i>1,043</i>	597	<i>685</i>	323	<i>344</i>
COVID-19-Related ⁴	--	<i>467</i>	--	<i>246</i>	--	<i>221</i>
Some Other Reason ⁵	1,906	<i>2,269</i>	1,183	<i>1,232</i>	720	<i>1,026</i>

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

NOTE: Estimates in the 2020 column are italicized to indicate caution should be used when comparing estimates between 2020 and prior years because of methodological changes for 2020. Due to these changes, significance testing between 2020 and prior years was not performed. See the *2020 National Survey on Drug Use and Health: Methodological Summary and Definitions* for details.

NOTE: Perceived unmet need for mental health services is defined as a perceived need for treatment/counseling that was not received. Perception of unmet need was asked of all respondents regardless of their mental health. Respondents with unknown perception of unmet need information were excluded.

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. Questions on virtual services were added in Quarter 4 of 2020. Estimates in this table do not include data from these questions. Data on virtual services are included at the end of this section. See the *2020 National Survey on Drug Use and Health: Methodological Summary and Definitions* for details.

⁴ Respondents were permitted to specify other reasons for not receiving mental health services. Reasons related to COVID-19 were collectively the most common write-in response.

⁵ Respondents with unknown or invalid responses to the other-specify question on Some Other Reason for Not Receiving Mental Health Services were classified as having provided a “no” response 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, 2019 and Quarters 1 and 4, 2020.

Table 8.33B Detailed Reasons for Not Receiving Mental Health Services in Past Year: Among People 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, 2019 and 2020

Reason Did Not Receive Mental Health Services ¹	Total ²		MENTAL HEALTH SERVICES ³			
			Received		Not Received	
	2019	2020	2019	2020	2019	2020
TOTAL POPULATION	100.0	<i>100.0</i>	100.0	<i>100.0</i>	100.0	<i>100.0</i>
Could Not Afford Cost	40.6	<i>38.3</i>	40.6	<i>35.3</i>	40.8	<i>40.8</i>
Might Cause Neighbors/Community to Have Negative Opinion	10.0	<i>10.9</i>	8.8	<i>8.2</i>	11.3	<i>13.3</i>
Might Have Negative Effect on Job	9.0	<i>8.9</i>	8.0	<i>8.5</i>	10.2	<i>9.3</i>
Health Insurance Does Not Cover Any Mental Health Services	7.5	<i>8.6</i>	6.7	<i>7.7</i>	8.4	<i>9.2</i>
Health Insurance Does Not Pay Enough for Mental Health Services	15.2	<i>17.3</i>	16.9	<i>17.1</i>	13.4	<i>17.4</i>
Did Not Know Where to Go for Services	24.4	<i>27.8</i>	18.8	<i>23.6</i>	30.5	<i>31.5</i>
Concerned about Confidentiality	8.7	<i>9.1</i>	7.5	<i>8.4</i>	10.0	<i>9.6</i>
Concerned about Being Committed/Having to Take Medicine	12.3	<i>14.4</i>	12.6	<i>14.6</i>	12.0	<i>14.2</i>
Did Not Feel Need for Treatment at the Time	10.2	<i>10.7</i>	10.4	<i>8.2</i>	10.1	<i>13.0</i>
Thought Could Handle the Problem Without Treatment	27.8	<i>28.0</i>	24.0	<i>23.5</i>	31.9	<i>32.0</i>
Treatment Would Not Help	11.5	<i>12.4</i>	12.1	<i>10.0</i>	10.9	<i>14.5</i>
Did Not Have Time	21.6	<i>20.2</i>	21.8	<i>20.6</i>	21.3	<i>19.8</i>
Did Not Want Others to Find Out	6.7	<i>7.3</i>	5.1	<i>4.8</i>	8.4	<i>9.5</i>
No Transportation/Inconvenient	5.6	<i>5.4</i>	7.0	<i>7.5</i>	4.1	<i>3.3</i>
COVID-19-Related ⁴	--	<i>2.4</i>	--	<i>2.7</i>	--	<i>2.1</i>
Some Other Reason ⁵	11.6	<i>11.6</i>	13.9	<i>13.5</i>	9.1	<i>9.9</i>

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