

Table 8.33C 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, Standard Errors of 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	359	656	270	415	234	489
Could Not Afford Cost	222	390	168	244	136	288
Might Cause Neighbors/Community to Have Negative Opinion	106	186	77	96	70	161
Might Have Negative Effect on Job	101	155	66	93	79	124
Health Insurance Does Not Cover Any Mental Health Services	90	166	68	109	63	125
Health Insurance Does Not Pay Enough for Mental Health Services	129	266	104	166	81	207
Did Not Know Where to Go for Services	166	349	106	202	122	261
Concerned about Confidentiality	95	179	66	126	68	127
Concerned about Being Committed/Having to Take Medicine	109	253	80	155	70	198
Did Not Feel Need for Treatment at the Time	112	298	93	98	65	280
Thought Could Handle the Problem Without Treatment	184	365	126	166	127	322
Treatment Would Not Help	114	295	89	99	72	277
Did Not Have Time	162	245	118	169	103	173
Did Not Want Others to Find Out	80	231	46	65	64	222
No Transportation/Inconvenient	78	129	63	108	42	69
COVID-19-Related ⁴	--	153	--	61	--	140
Some Other Reason ⁵	125	205	102	140	76	138

* = 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 8.33D 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, Standard Errors of 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	0.00	<i>0.00</i>	0.00	<i>0.00</i>	0.00	<i>0.00</i>
Could Not Afford Cost	1.03	<i>1.56</i>	1.50	<i>2.18</i>	1.34	<i>2.20</i>
Might Cause Neighbors/Community to Have Negative Opinion	0.61	<i>0.89</i>	0.86	<i>1.03</i>	0.84	<i>1.45</i>
Might Have Negative Effect on Job	0.57	<i>0.75</i>	0.74	<i>1.00</i>	0.94	<i>1.16</i>
Health Insurance Does Not Cover Any Mental Health Services	0.53	<i>0.81</i>	0.76	<i>1.15</i>	0.76	<i>1.16</i>
Health Insurance Does Not Pay Enough for Mental Health Services	0.72	<i>1.19</i>	1.13	<i>1.60</i>	0.96	<i>1.79</i>
Did Not Know Where to Go for Services	0.87	<i>1.48</i>	1.14	<i>1.93</i>	1.27	<i>2.09</i>
Concerned about Confidentiality	0.54	<i>0.86</i>	0.73	<i>1.31</i>	0.82	<i>1.18</i>
Concerned about Being Committed/Having to Take Medicine	0.62	<i>1.16</i>	0.87	<i>1.54</i>	0.82	<i>1.74</i>
Did Not Feel Need for Treatment at the Time	0.64	<i>1.41</i>	1.00	<i>1.06</i>	0.79	<i>2.41</i>
Thought Could Handle the Problem Without Treatment	0.95	<i>1.56</i>	1.29	<i>1.73</i>	1.30	<i>2.40</i>
Treatment Would Not Help	0.67	<i>1.38</i>	0.98	<i>1.06</i>	0.88	<i>2.39</i>
Did Not Have Time	0.87	<i>1.18</i>	1.23	<i>1.77</i>	1.16	<i>1.61</i>
Did Not Want Others to Find Out	0.47	<i>1.12</i>	0.53	<i>0.70</i>	0.77	<i>1.99</i>
No Transportation/Inconvenient	0.45	<i>0.65</i>	0.70	<i>1.16</i>	0.51	<i>0.67</i>
COVID-19-Related ⁴	--	<i>0.77</i>	--	<i>0.66</i>	--	<i>1.33</i>
Some Other Reason ⁵	0.71	<i>1.03</i>	1.08	<i>1.50</i>	0.91	<i>1.32</i>

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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.

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Table 8.34C Detailed Reasons for Not Receiving Mental Health Services in Past Year: Among People 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, Standard Errors of 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	320	604	248	418	195	426
Could Not Afford Cost	208	371	164	256	119	251
Might Cause Neighbors/Community to Have Negative Opinion	98	171	75	98	59	141
Might Have Negative Effect on Job	93	140	66	98	67	99
Health Insurance Does Not Cover Any Mental Health Services	84	161	67	97	52	131
Health Insurance Does Not Pay Enough for Mental Health Services	125	231	101	148	74	180
Did Not Know Where to Go for Services	149	324	96	216	108	236
Concerned about Confidentiality	92	154	64	109	62	108
Concerned about Being Committed/Having to Take Medicine	105	230	79	170	66	153
Did Not Feel Need for Treatment at the Time	80	226	64	100	48	203
Thought Could Handle the Problem Without Treatment	153	305	108	162	104	261
Treatment Would Not Help	102	241	76	95	67	219
Did Not Have Time	138	227	106	159	83	156
Did Not Want Others to Find Out	75	192	45	69	58	180
No Transportation/Inconvenient	75	140	62	119	39	73
COVID-19-Related ⁴	--	128	--	92	--	89
Some Other Reason ⁵	103	186	85	136	65	119

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NOTE: Estimates in this table for 2020 exclude a subset of respondents who did not complete the questionnaire. The analysis weights and estimates were adjusted for the reduced sample size. See the *2020 National Survey on Drug Use and Health: Methodological Summary and Definitions* for details.

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: 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.

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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.

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Table 8.34D Detailed Reasons for Not Receiving Mental Health Services in Past Year: Among People 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, Standard Errors of 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	0.00	0.00	0.00	0.00	0.00	0.00
Could Not Afford Cost	1.13	1.79	1.57	2.45	1.59	2.57
Might Cause Neighbors/Community to Have Negative Opinion	0.70	1.01	0.96	1.16	0.98	1.69
Might Have Negative Effect on Job	0.64	0.84	0.84	1.15	1.08	1.24
Health Insurance Does Not Cover Any Mental Health Services	0.60	0.96	0.85	1.14	0.86	1.59
Health Insurance Does Not Pay Enough for Mental Health Services	0.86	1.30	1.25	1.63	1.20	2.12
Did Not Know Where to Go for Services	0.95	1.68	1.18	2.26	1.49	2.47
Concerned about Confidentiality	0.65	0.91	0.82	1.28	1.01	1.33
Concerned about Being Committed/Having to Take Medicine	0.72	1.30	0.97	1.85	1.04	1.80
Did Not Feel Need for Treatment at the Time	0.58	1.33	0.82	1.19	0.79	2.37
Thought Could Handle the Problem Without Treatment	1.00	1.67	1.30	1.91	1.47	2.73
Treatment Would Not Help	0.74	1.39	0.97	1.15	1.09	2.49
Did Not Have Time	0.91	1.33	1.26	1.87	1.26	1.88
Did Not Want Others to Find Out	0.54	1.14	0.59	0.82	0.95	2.16
No Transportation/Inconvenient	0.54	0.86	0.79	1.39	0.65	0.95
COVID-19-Related ⁴	--	0.78	--	1.08	--	1.14
Some Other Reason ⁵	0.72	1.14	1.01	1.64	1.07	1.52

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Table 8.35C Detailed Reasons for Not Receiving Mental Health Services in Past Year: Among People 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, Standard Errors of 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	218	405	179	310	115	246
Could Not Afford Cost	150	281	120	226	80	160
Might Cause Neighbors/Community to Have Negative Opinion	74	129	64	58	37	116
Might Have Negative Effect on Job	71	101	55	83	46	59
Health Insurance Does Not Cover Any Mental Health Services	55	102	46	71	30	73
Health Insurance Does Not Pay Enough for Mental Health Services	85	160	72	121	43	110
Did Not Know Where to Go for Services	99	217	73	170	69	133
Concerned about Confidentiality	72	115	51	100	47	56
Concerned about Being Committed/Having to Take Medicine	78	208	64	160	44	127
Did Not Feel Need for Treatment at the Time	48	113	38	65	30	93
Thought Could Handle the Problem Without Treatment	105	181	79	120	67	133
Treatment Would Not Help	74	138	59	74	43	114
Did Not Have Time	91	125	74	98	51	76
Did Not Want Others to Find Out	52	81	36	54	36	61
No Transportation/Inconvenient	55	82	46	69	26	44
COVID-19-Related ⁴	--	91	--	27	--	*
Some Other Reason ⁵	83	113	71	100	41	56

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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	
	2019	2020	2019	2020	2019	2020
TOTAL POPULATION	0.00	<i>0.00</i>	0.00	<i>0.00</i>	0.00	<i>0.00</i>
Could Not Afford Cost	1.76	<i>2.82</i>	2.20	<i>3.64</i>	2.75	<i>4.38</i>
Might Cause Neighbors/Community to Have Negative Opinion	1.13	<i>1.72</i>	1.46	<i>1.32</i>	1.72	<i>3.83</i>
Might Have Negative Effect on Job	1.09	<i>1.40</i>	1.28	<i>1.83</i>	2.15	<i>2.24</i>
Health Insurance Does Not Cover Any Mental Health Services	0.84	<i>1.39</i>	1.05	<i>1.58</i>	1.40	<i>2.62</i>
Health Insurance Does Not Pay Enough for Mental Health Services	1.26	<i>2.03</i>	1.59	<i>2.44</i>	2.02	<i>3.66</i>
Did Not Know Where to Go for Services	1.43	<i>2.54</i>	1.64	<i>3.31</i>	2.75	<i>4.04</i>
Concerned about Confidentiality	1.10	<i>1.56</i>	1.18	<i>2.17</i>	2.11	<i>2.15</i>
Concerned about Being Committed/Having to Take Medicine	1.21	<i>2.49</i>	1.47	<i>3.09</i>	2.08	<i>3.97</i>
Did Not Feel Need for Treatment at the Time	0.73	<i>1.55</i>	0.89	<i>1.49</i>	1.35	<i>3.27</i>
Thought Could Handle the Problem Without Treatment	1.48	<i>2.29</i>	1.76	<i>2.60</i>	2.66	<i>4.13</i>
Treatment Would Not Help	1.11	<i>1.83</i>	1.36	<i>1.68</i>	1.92	<i>3.75</i>
Did Not Have Time	1.29	<i>1.69</i>	1.59	<i>2.17</i>	2.16	<i>2.74</i>
Did Not Want Others to Find Out	0.81	<i>1.13</i>	0.85	<i>1.21</i>	1.66	<i>2.28</i>
No Transportation/Inconvenient	0.84	<i>1.14</i>	1.07	<i>1.58</i>	1.24	<i>1.64</i>
COVID-19-Related ⁴	--	<i>1.26</i>	--	<i>0.61</i>	--	<i>*</i>
Some Other Reason ⁵	1.22	<i>1.55</i>	1.56	<i>2.17</i>	1.88	<i>2.08</i>

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