

Table 8.69A Major Depressive Episode, Mental Health Services and Perceived Need, Substance Use Disorder, Serious Psychological Distress, and Substance Use Treatment at a Specialty Facility in Past Year: Among People Aged 18 or Older Who Had Serious Thoughts of Suicide in Past Year; Numbers in Thousands, 2019 and 2020

Past Year Mental Health or Substance Use Measure	2019	2020
Major Depressive Episode ¹	6,193	7,000
No Major Depressive Episode ¹	5,680	5,111
Mental Health Services ²	5,807	6,537
No Mental Health Services ²	6,091	5,616
Perceived Need ³	2,107	2,349
No Perceived Need ³	3,977	3,267
Substance Use Disorder ⁴	nc	5,339
Alcohol Use Disorder ⁴	nc	3,388
Illicit Drug Use Disorder ⁴	nc	3,416
No Substance Use Disorder ⁴	nc	6,858
Serious Psychological Distress	8,186	9,010
No Serious Psychological Distress	3,765	3,188
Substance Use Treatment at a Specialty Facility ⁵	493	599
No Substance Use Treatment at a Specialty Facility ⁵	11,458	11,598

* = 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: 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: Respondents with unknown suicide information were excluded.

¹ Respondents with unknown past year Major Depressive Episode (MDE) data were excluded.

² 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.

³ 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.

⁴ Substance use disorder (SUD) estimates in 2020 are based on criteria from the Diagnostic and Statistical Manual of Mental Disorders, 5th edition (DSM-5). SUD and related estimates are not comparable between 2020 and prior years of NSDUH, because prior years' estimates were based on DSM-IV criteria.

⁵ Specialty facilities for substance use treatment include hospitals (inpatient only), rehabilitation facilities (inpatient or outpatient), or mental health centers.

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 8.69B Major Depressive Episode, Mental Health Services and Perceived Need, Substance Use Disorder, Serious Psychological Distress, and Substance Use Treatment at a Specialty Facility in Past Year: Among People Aged 18 or Older Who Had Serious Thoughts of Suicide in Past Year; Percentages, 2019 and 2020

Past Year Mental Health or Substance Use Measure	2019	2020
Major Depressive Episode ¹	52.2	57.8
No Major Depressive Episode ¹	47.8	42.2
Mental Health Services ²	48.8	53.8
No Mental Health Services ²	51.2	46.2
Perceived Need ³	17.8	19.4
No Perceived Need ³	33.5	26.9
Substance Use Disorder ⁴	nc	43.8
Alcohol Use Disorder ⁴	nc	27.8
Illicit Drug Use Disorder ⁴	nc	28.0
No Substance Use Disorder ⁴	nc	56.2
Serious Psychological Distress	68.5	73.9
No Serious Psychological Distress	31.5	26.1
Substance Use Treatment at a Specialty Facility ⁵	4.1	4.9
No Substance Use Treatment at a Specialty Facility ⁵	95.9	95.1

* = 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: 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: Respondents with unknown suicide information were excluded.

¹ Respondents with unknown past year Major Depressive Episode (MDE) data were excluded.

² 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.

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