

Table 8.28C Perceived Unmet Need for Mental Health Services in Past Year: Among People Aged 18 or Older; by Receipt of Past Year Mental Health Services and Geographic and Socioeconomic Characteristics, Standard Errors of Numbers in Thousands, 2019 and 2020

Geographic/Socioeconomic Characteristic	Total ¹		MENTAL HEALTH SERVICES ²			
			Received		Not Received	
	2019	2020	2019	2020	2019	2020
TOTAL	349	634	270	415	234	489
GEOGRAPHIC REGION						
Northeast	133	232	104	172	87	146
Midwest	134	243	113	179	89	167
South	227	415	174	251	151	332
West	175	356	138	202	124	297
COUNTY TYPE						
Large Metro	285	512	215	287	185	403
Small Metro	185	375	145	231	117	264
Nonmetro	127	220	87	171	80	128
Urbanized	90	164	63	122	61	97
Less Urbanized	79	137	57	112	46	75
Completely Rural	28	57	16	*	20	37
POVERTY LEVEL³						
Less Than 100%	144	292	110	214	84	193
100-199%	177	286	136	180	110	212
200% or More	274	498	197	302	188	388
EDUCATION LEVEL						
< High School	103	225	84	175	63	140
High School Graduate	156	398	122	211	98	335
Some College/Associate's Degree	211	329	148	218	138	246
College Graduate	214	300	154	203	147	214
HEALTH INSURANCE⁴						
Private	283	481	199	291	189	378
Medicaid/CHIP	171	278	147	226	88	173
Other ⁵	150	344	132	232	81	250
No Coverage	117	188	70	101	92	149

* = 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 The Total column includes respondents with unknown mental health services information.

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 Respondents aged 18 to 22 who were living in a college dormitory were excluded.

⁴ Respondents could indicate multiple types of health insurance; thus, these response categories are not mutually exclusive.

⁵ Other Health Insurance is defined as having Medicare, military-related health care, or any other type of health insurance.

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 8.28D Perceived Unmet Need for Mental Health Services in Past Year: Among People Aged 18 or Older; by Receipt of Past Year Mental Health Services and Geographic and Socioeconomic Characteristics, Standard Errors of Percentages, 2019 and 2020

Geographic/Socioeconomic Characteristic	Total ¹		MENTAL HEALTH SERVICES ²			
			Received		Not Received	
	2019	2020	2019	2020	2019	2020
TOTAL	0.14	0.26	0.61	0.89	0.11	0.23
GEOGRAPHIC REGION						
Northeast	0.30	0.54	1.30	2.12	0.23	0.40
Midwest	0.26	0.48	1.04	1.58	0.21	0.40
South	0.24	0.45	1.14	1.56	0.18	0.41
West	0.30	0.61	1.29	1.85	0.24	0.59
COUNTY TYPE						
Large Metro	0.19	0.37	0.88	1.28	0.15	0.35
Small Metro	0.23	0.47	1.02	1.40	0.18	0.42
Nonmetro	0.34	0.55	1.30	2.46	0.26	0.39
Urbanized	0.57	1.04	2.04	4.22	0.50	0.77
Less Urbanized	0.45	0.69	1.82	3.28	0.33	0.45
Completely Rural	0.59	1.12	3.00	*	0.55	0.90
POVERTY LEVEL³						
Less Than 100%	0.42	0.78	1.72	2.80	0.31	0.64
100-199%	0.36	0.61	1.61	2.28	0.28	0.55
200% or More	0.15	0.29	0.65	0.97	0.13	0.28
EDUCATION LEVEL						
< High School	0.35	0.81	2.27	4.66	0.24	0.57
High School Graduate	0.25	0.57	1.42	2.13	0.19	0.56
Some College/Associate's Degree	0.26	0.43	0.97	1.37	0.21	0.40
College Graduate	0.25	0.38	0.93	1.24	0.21	0.34
HEALTH INSURANCE⁴						
Private	0.16	0.30	0.69	0.97	0.13	0.29
Medicaid/CHIP	0.45	0.70	1.54	2.28	0.32	0.56
Other ⁵	0.22	0.47	1.15	1.77	0.14	0.41
No Coverage	0.43	0.68	2.79	4.02	0.38	0.60

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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 The Total column includes respondents with unknown mental health services information.

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 Respondents aged 18 to 22 who were living in a college dormitory were excluded.

⁴ Respondents could indicate multiple types of health insurance; thus, these response categories are not mutually exclusive.

⁵ Other Health Insurance is defined as having Medicare, military-related health care, or any other type of health insurance.

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 8.30C Perceived Unmet Need for Mental Health Services in Past Year: Among People Aged 18 or Older with Past Year Any Mental Illness; by Receipt of Past Year Mental Health Services and Geographic and Socioeconomic Characteristics, Standard Errors of Numbers in Thousands, 2019 and 2020

Geographic/Socioeconomic Characteristic	Total ¹		MENTAL HEALTH SERVICES ²			
			Received		Not Received	
	2019	2020	2019	2020	2019	2020
TOTAL	320	604	248	418	195	426
GEOGRAPHIC REGION						
Northeast	121	212	96	166	67	103
Midwest	133	240	108	172	76	149
South	206	385	148	241	126	294
West	162	333	132	217	111	261
COUNTY TYPE						
Large Metro	259	461	203	305	158	348
Small Metro	150	355	118	226	94	235
Nonmetro	114	185	83	146	70	102
Urbanized	80	148	60	*	53	78
Less Urbanized	73	106	55	85	42	55
Completely Rural	25	39	15	*	16	*
POVERTY LEVEL³						
Less Than 100%	131	305	103	235	73	188
100-199%	153	257	118	189	94	170
200% or More	247	437	186	276	157	327
EDUCATION LEVEL						
< High School	93	216	82	*	49	124
High School Graduate	132	359	97	224	90	274
Some College/Associate's Degree	191	319	143	213	116	238
College Graduate	187	270	144	186	120	177
HEALTH INSURANCE⁴						
Private	247	430	181	272	161	327
Medicaid/CHIP	148	287	127	237	76	172
Other ⁵	130	311	114	237	59	200
No Coverage	107	184	68	108	80	137

* = 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: 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.

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.

¹ The Total column includes respondents with unknown mental health services information.

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 Respondents aged 18 to 22 who were living in a college dormitory were excluded.

⁴ Respondents could indicate multiple types of health insurance; thus, these response categories are not mutually exclusive.

⁵ Other Health Insurance is defined as having Medicare, military-related health care, or any other type of health insurance.

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 8.30D Perceived Unmet Need for Mental Health Services in Past Year: Among People Aged 18 or Older with Past Year Any Mental Illness; by Receipt of Past Year Mental Health Services and Geographic and Socioeconomic Characteristics, Standard Errors of Percentages, 2019 and 2020

Geographic/Socioeconomic Characteristic	Total ¹		MENTAL HEALTH SERVICES ²			
			Received		Not Received	
	2019	2020	2019	2020	2019	2020
TOTAL	0.57	0.95	0.92	1.40	0.65	1.25
GEOGRAPHIC REGION						
Northeast	1.28	2.13	2.14	3.15	1.44	2.29
Midwest	1.02	1.56	1.55	2.44	1.25	2.00
South	0.97	1.76	1.65	2.35	1.08	2.47
West	1.13	1.85	2.02	3.12	1.39	2.55
COUNTY TYPE						
Large Metro	0.79	1.41	1.35	2.12	0.93	1.87
Small Metro	0.88	1.58	1.47	2.11	1.03	2.14
Nonmetro	1.25	2.02	2.02	3.28	1.57	2.38
Urbanized	1.94	3.48	2.99	*	2.88	4.15
Less Urbanized	1.61	2.59	2.85	4.08	1.91	2.68
Completely Rural	3.49	4.45	5.32	*	4.00	*
POVERTY LEVEL³						
Less Than 100%	1.35	2.55	2.23	3.71	1.44	3.19
100-199%	1.16	2.00	2.02	3.22	1.33	2.43
200% or More	0.71	1.18	1.11	1.61	0.87	1.63
EDUCATION LEVEL						
< High School	1.58	3.46	3.31	*	1.42	3.39
High School Graduate	1.03	2.26	1.90	3.47	1.21	3.02
Some College/Associate's Degree	0.89	1.47	1.43	2.08	1.04	2.08
College Graduate	1.03	1.48	1.55	2.07	1.36	1.90
HEALTH INSURANCE⁴						
Private	0.74	1.15	1.12	1.55	0.89	1.69
Medicaid/CHIP	1.18	1.99	1.88	3.03	1.28	2.57
Other ⁵	1.10	2.17	1.85	3.14	1.03	2.92
No Coverage	1.60	2.60	3.38	4.91	1.70	2.84

* = 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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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: 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.

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.

¹ The Total column includes respondents with unknown mental health services information.

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 Respondents aged 18 to 22 who were living in a college dormitory were excluded.

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Definitions: Measures and terms are defined in Appendix A.

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Table 8.32C Perceived Unmet Need for Mental Health Services in Past Year: Among People Aged 18 or Older with Past Year Serious Mental Illness; by Receipt of Past Year Mental Health Services and Geographic and Socioeconomic Characteristics, Standard Errors of Numbers in Thousands, 2019 and 2020

Geographic/Socioeconomic Characteristic	Total ¹		MENTAL HEALTH SERVICES ²			
			Received		Not Received	
	2019	2020	2019	2020	2019	2020
TOTAL	218	405	179	310	115	246
GEOGRAPHIC REGION						
Northeast	89	116	81	99	36	*
Midwest	97	177	80	145	51	84
South	137	260	106	172	73	*
West	104	210	92	176	63	*
COUNTY TYPE						
Large Metro	177	298	150	234	84	192
Small Metro	100	230	82	167	58	*
Nonmetro	79	123	60	103	48	*
Urbanized	50	*	36	*	*	*
Less Urbanized	58	*	45	*	*	*
Completely Rural	*	*	*	*	*	*
POVERTY LEVEL³						
Less Than 100%	88	204	74	167	41	*
100-199%	117	196	97	154	63	*
200% or More	159	266	130	195	86	170
EDUCATION LEVEL						
< High School	76	*	71	*	26	*
High School Graduate	95	240	75	177	59	*
Some College/Associate's Degree	143	232	110	174	79	147
College Graduate	112	158	99	134	53	*
HEALTH INSURANCE⁴						
Private	153	240	128	181	87	160
Medicaid/CHIP	115	189	103	164	47	89
Other ⁵	98	246	93	*	34	*
No Coverage	74	117	55	89	50	*

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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: 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.

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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Table 8.32D Perceived Unmet Need for Mental Health Services in Past Year: Among People Aged 18 or Older with Past Year Serious Mental Illness; by Receipt of Past Year Mental Health Services and Geographic and Socioeconomic Characteristics, Standard Errors of Percentages, 2019 and 2020

Geographic/Socioeconomic Characteristic	Total ¹		MENTAL HEALTH SERVICES ²			
			Received		Not Received	
	2019	2020	2019	2020	2019	2020
TOTAL	1.26	2.10	1.60	2.45	2.03	3.63
GEOGRAPHIC REGION						
Northeast	3.40	4.37	4.16	5.24	5.89	*
Midwest	2.46	3.85	2.92	4.66	4.30	6.05
South	2.15	3.76	2.80	4.10	3.10	*
West	2.51	3.91	3.47	5.15	3.99	*
COUNTY TYPE						
Large Metro	1.93	2.80	2.44	3.50	3.05	4.67
Small Metro	1.84	3.54	2.42	4.02	3.13	*
Nonmetro	2.87	4.92	3.48	5.93	4.71	*
Urbanized	3.89	*	4.41	*	*	*
Less Urbanized	4.41	*	5.54	*	*	*
Completely Rural	*	*	*	*	*	*
POVERTY LEVEL³						
Less Than 100%	2.55	4.84	3.32	5.69	4.14	*
100-199%	2.64	4.05	3.49	4.72	4.17	*
200% or More	1.73	2.67	2.09	3.06	2.87	4.47
EDUCATION LEVEL						
< High School	4.29	*	5.72	*	5.22	*
High School Graduate	2.45	4.52	3.27	5.78	4.02	*
Some College/Associate's Degree	1.87	3.00	2.37	3.78	2.98	4.47
College Graduate	2.47	3.18	2.99	3.63	4.67	*
HEALTH INSURANCE⁴						
Private	1.71	2.53	2.08	2.86	2.88	4.93
Medicaid/CHIP	2.49	3.79	2.99	4.71	4.09	6.00
Other ⁵	3.01	5.20	3.60	*	5.22	*
No Coverage	3.09	4.98	4.16	4.98	4.24	*

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