

Report on Mental Health Analysis

Mental health is essential, and it includes our social, psychological, and emotional well-being. It is crucial to look after our mental health, and still, we overlook this aspect when we think about overall health. Millions of Americans are struggling with mental health conditions and most are afraid of talking about mental health because of the stigma associated with it. Overtime if mental health conditions are not treated they can affect thinking, mood and behavior. Mental health problems can occur in any stage of life and there are few factors that may contribute to mental health conditions. They are but not restricted to:

- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health problems

Many associations are working to make mental health problems treatable for free or for a very nominal charge but there are still a lot of healthcare facilities that charge their patients a hefty amount. The main aim of this study is to see how accessible is mental health is in terms of price, location, and demography. The data is collected from CDC (Centers for Disease Control and Prevention) and SAMHDA (Substance Abuse & Mental Health Data Archive) and the data is for the fiscal year 2019-2020.

The dataset contains 12,472 mental health facilities that took part in the survey conducted by SAMHDA, the survey is conducted in most mental health facilities across all 50 states and Washington D.C. Among all the mental health facilities most of them are in California and New York.

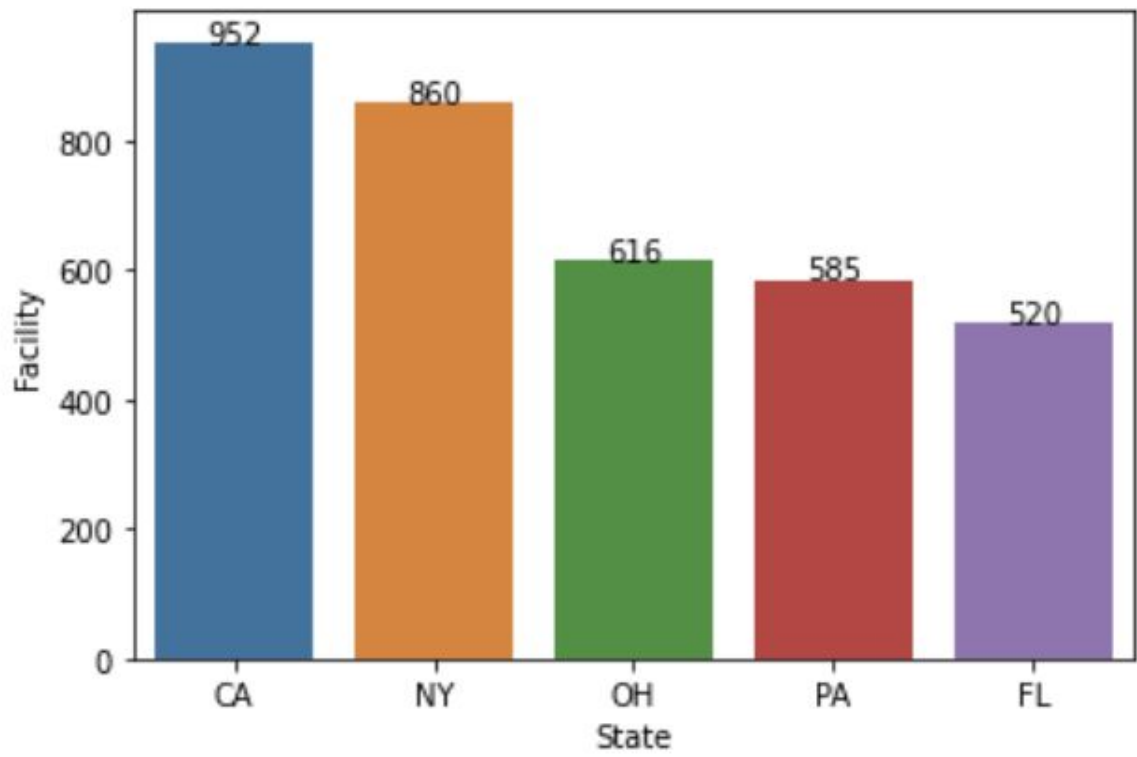


Fig 1: 5 states with most mental health facilities

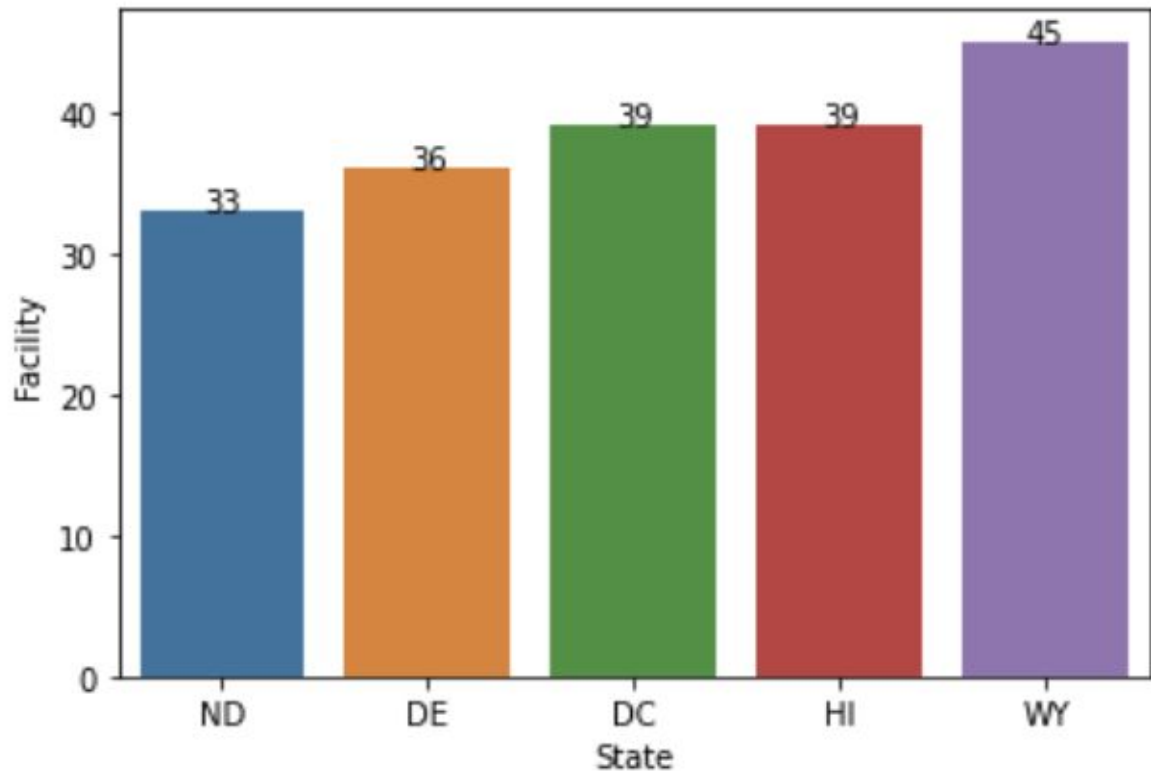


Fig 2: 5 states with the least number of facilities

The facilities across the US provide treatment to all age groups. Patients with mental health conditions can be divided into five groups according to age i.e., Children (age 12 and below), Adolescent(13-17), Young Adults (18-25), Adults(26-64), and Seniors (65 and above). From the above division, we can see that most of the people constitute the age group for Adults.

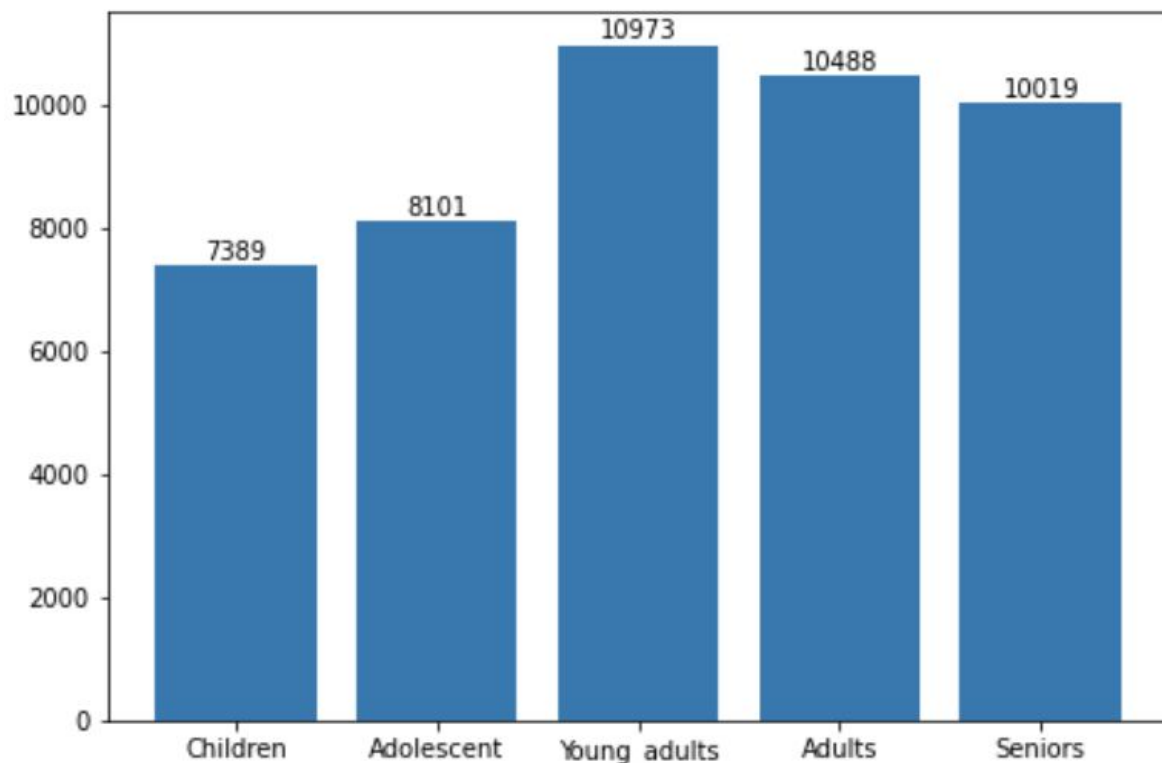
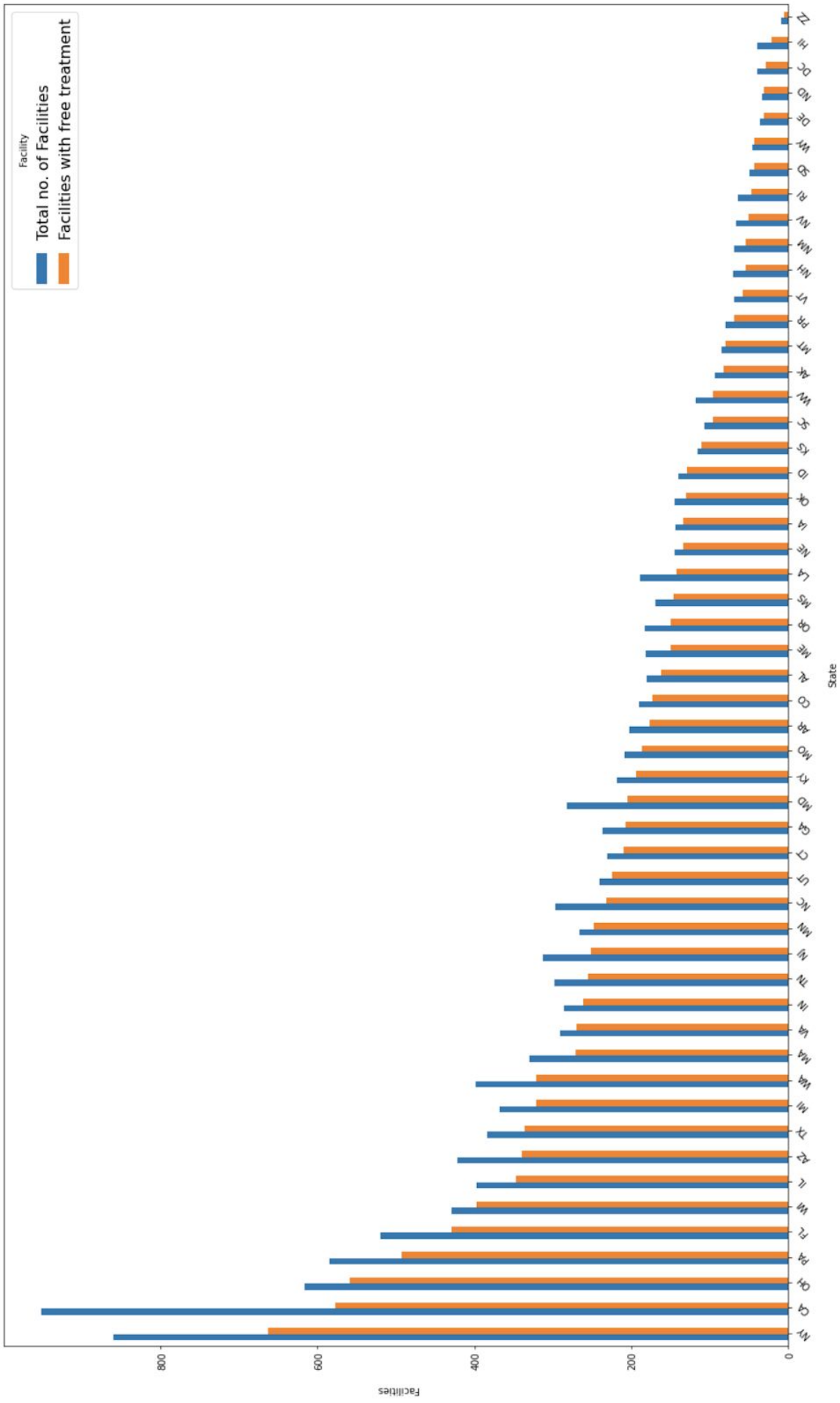


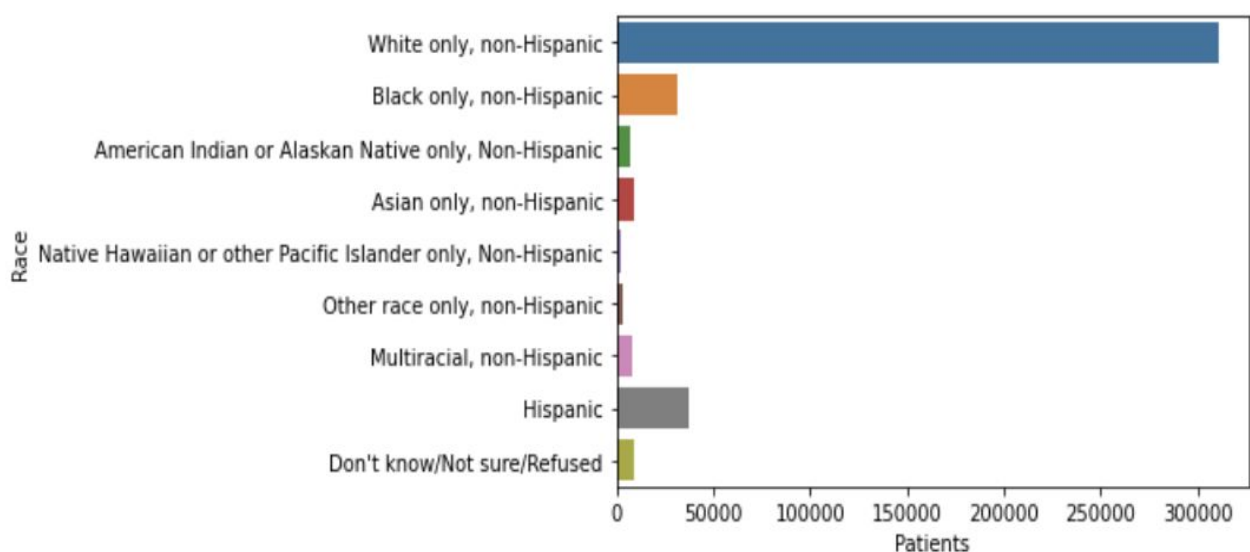
Fig 3: Number of facilities providing mental healthcare for each age group

Mental health conditions can cause problems where individuals can disrupt their way of life if help is not provided. Not everyone can afford mental health care as sometimes they can get expensive. There are many institutions that provide free or less costly services to people who cannot afford mental healthcare. Again most of the facilities in this category are in New York and California. The figure below shows the number of facilities providing free service in a state against the total number of facilities in that state.



Next, we would look into the race of the patients that took part in the survey with the CDC for the year 2019-2020. In the chart, we can see that the number of Whites that sought medical help was about 10 times more than the next highest which is constituted by Hispanics and then followed by Blacks. The reason might be because most of the US population are Whites. The division is shown below

- White: 60.1% (*Non-Hispanic*)
- Hispanic: 18.5%
- Black: 12.2%
- Asian: 5.6%
- Multiple Races: 2.8%
- American Indian/Alaska Native: 0.7%
- Native Hawaiian/Other Pacific Islander: 0.2%



Id	Race	Patients
1	White only, non-Hispanic	310750
2	Black only, non-Hispanic	31423
3	American Indian or Alaskan Native only, Non-Hi...	6569
4	Asian only, non-Hispanic	9179
5	Native Hawaiian or other Pacific Islander only...	2379
6	Other race only, non-Hispanic	3219
7	Multiracial, non-Hispanic	8404
8	Hispanic	37410
9	Don't know/Not sure/Refused	8932

References:

- 1) <https://www.mentalhealth.gov/basics/what-is-mental-health>
- 2) <https://www.mentalhealth.gov/>
- 3) <https://www.datafiles.samhsa.gov/info/browse-studies-nid3454>
- 4) https://www.cdc.gov/brfss/annual_data/annual_2019.html