

Mental health awareness and access in the United States

A survey exploration of the stigma, inequities, and access to care for mental health

June 2023

 PAN Foundation



Methodology

This poll was conducted among seven sample audiences by Morning Consult on behalf of the PAN Foundation and CVS Specialty:



The interviews were conducted online and data for all samples were weighted, except for LGBTQ adults. The total number of adults interviewed is 5,408. Fielding began on April 28th, 2023. Out-of-field dates, sample sizes, and margins of error are as follows:

Sample	N-size	MOE	Completed Fielding	Weighted?
Adults (general population)	1,000	+/- 3%	4/30/23	YES
White adults (subsample of general population and LGBTQ adults)	1,474	+/- 3%	5/11/2023	YES
Black adults	1,004	+/- 3%	5/1/23	YES
Hispanic adults	1,002	+/- 3%	5/1/23	YES
Asian American & Pacific Islander (AAPI) adults	1,151	+/- 3%	5/24/23	YES
Native American adults	251	+/- 6%	5/11/2023	YES
LGBTQ Adults	1,000	--	5/11/2023	NO

Adult population breakout

Throughout this analysis, the adult population is further broken down into the following segments:

Sample	N-size	MOE (+/-)
U.S. Adults	1,000	3%
Age: 18-34	287	6%
Age: 35-44	169	8%
Age: 45-64	323	5%
Age: 65+	221	7%
Income: Under 50k	568	4%
Income: 50k-100k	279	6%
Income: 100k+	154	8%
Community: Urban	332	5%
Community: Suburban	434	5%
Community: Rural	234	6%
4-Region: Northeast	175	7%
4-Region: Midwest	207	7%
4-Region: South	381	5%
4-Region: West	237	6%
Insurance: Has Health Insurance	894	3%
Insurance: No Health Insurance	106	10%

Key findings

About half of adults (47%) say they have considered seeking counseling or treatment for a mental health condition. White, Native American, and LGBTQ adults are more likely than Black, Asian American, and Hispanic adults to say they have considered seeking counseling for a mental health condition and have spoken with a doctor. Additionally, they are more likely to say they have been screened for and diagnosed with a mental health condition.

Regardless of race/ethnicity and LGBTQ status, adults say cost, stigma, and treatment availability are obstacles to seeking help or treatment for a mental health condition. Adults say their family members (45%), friends (41%), work colleagues (40%) and acquaintances (39%) attach stigma to seeking treatment or help for mental health. Thirty-one percent of adults say mental health conditions are unaffordable, especially younger adults with lower incomes.

A majority of adults across race/ethnicity and LGBTQ status say one-on-one therapy would be helpful for their mental health concerns. However, 36% of adults say they have not accessed any of the tested resources for their mental health concerns before. Black and AAPI adults are especially likely to say so.

Implications & next steps

PAN can consider ways to close the gap between people have considered seeking treatment but have not yet spoken to their doctors. A majority of adults who say they have considered seeking counseling or treatment for a mental health condition (72%) say they have spoken with their doctor about seeking it, but 25% say they have not.

PAN can consider offering transportation support, financial assistance, and informational resources to reduce stigma. Availability of treatment, transportation, insurance coverage, time off of work, and stigma are all obstacles to seeking help or treatment for a mental health condition.

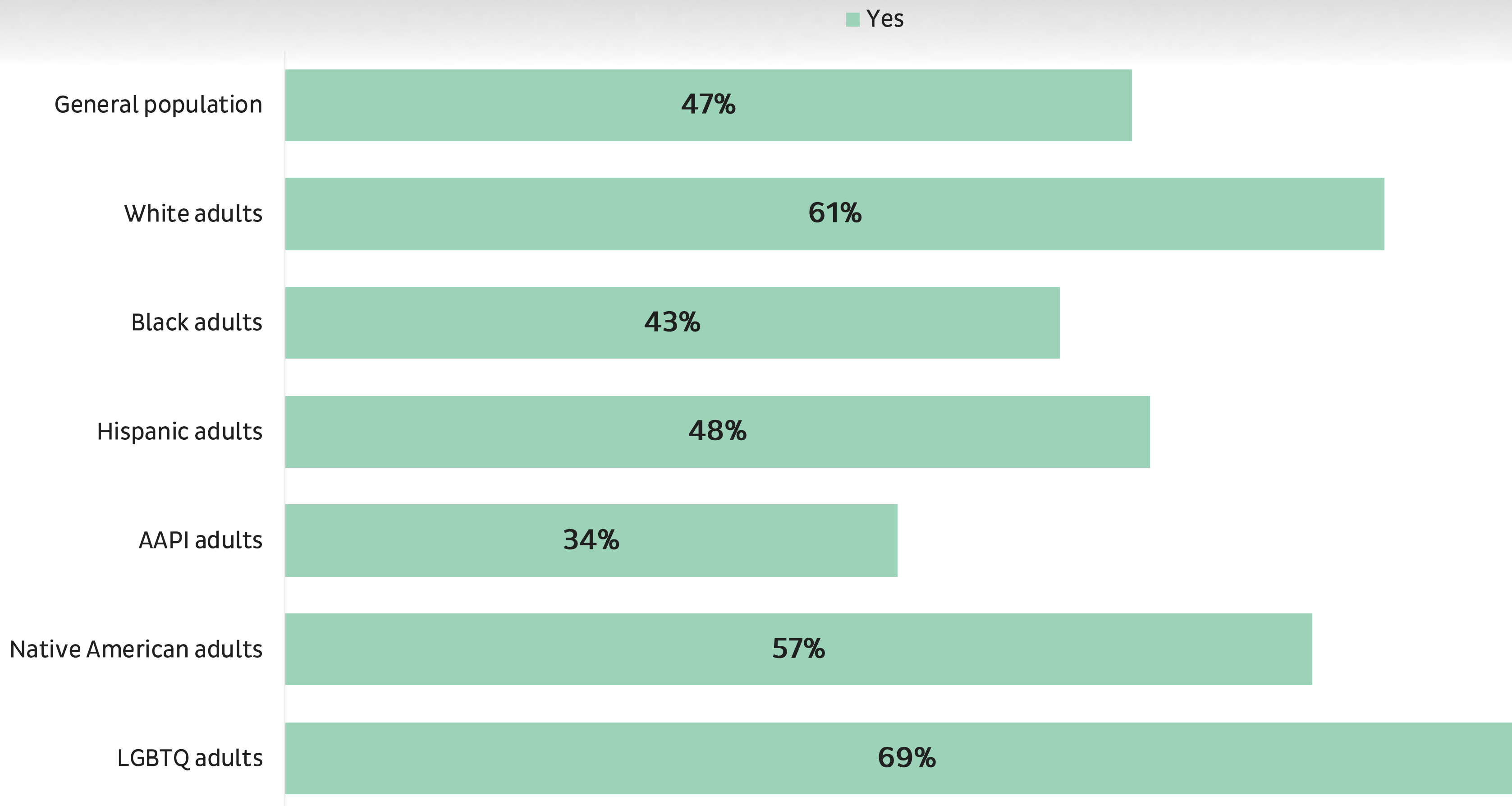
PAN can consider offering stress management resources and referrals to mental health providers. PAN can also continue supporting patients with their medication costs. A majority of adults across race/ethnicity groups and LGBTQ status also say physical exercises, stress management tools, medication assistance and referrals to available resources could be helpful.

PAN can conduct additional research to understand why adults are not utilizing specific resources, including ones that adults say would be helpful for their mental health concerns. One-third (36%) of adults say they have not accessed any of the tested resources for their mental health concerns. Black adults (41%) and AAPI adults (39%) are especially likely to say so.

Considerations for seeking mental health care

Half (47%) of adults say they have considered seeking counseling or treatment for a mental health condition before. White (61%), Native American (57%), and LGBTQ (69%) adults are more likely to say so compared to Black (43%), Hispanic (48%), and AAPI (34%) adults.

Question: Have you ever considered seeking counseling or treatment for a mental health condition? These might include: anxiety, depression, PTSD, bipolar disorder, etc.



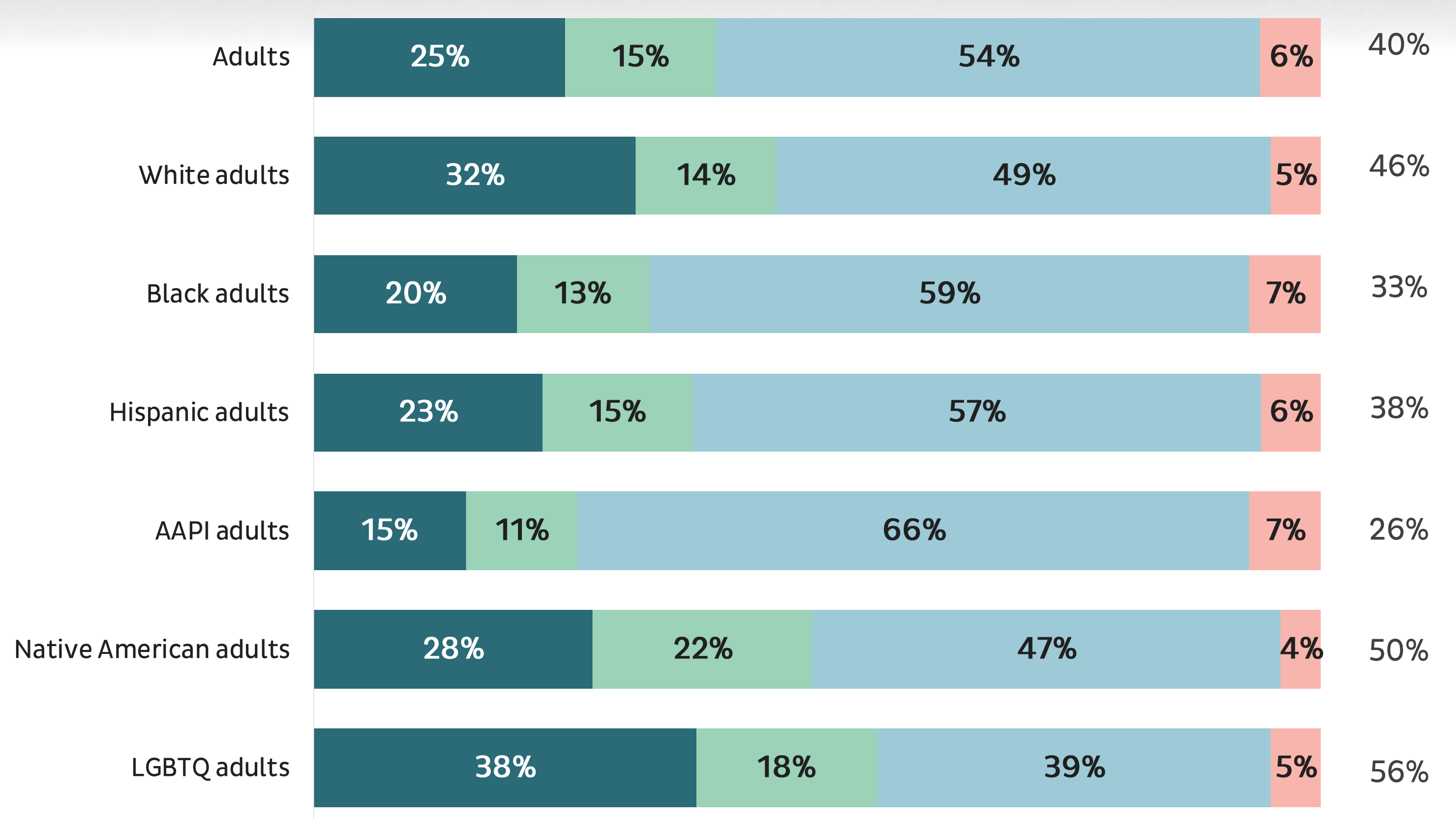
Additionally, 40% of adults say they have spoken with a primary care doctor about seeking counseling or treatment for a mental health condition before. White (46%), Native American (50%), and LGBTQ (56%) adults are more likely than Black, Hispanic and Asian American adults to say they have done so.

Question: Have you spoken with a primary care doctor about seeking counseling or treatment for a mental health condition?

% Yes

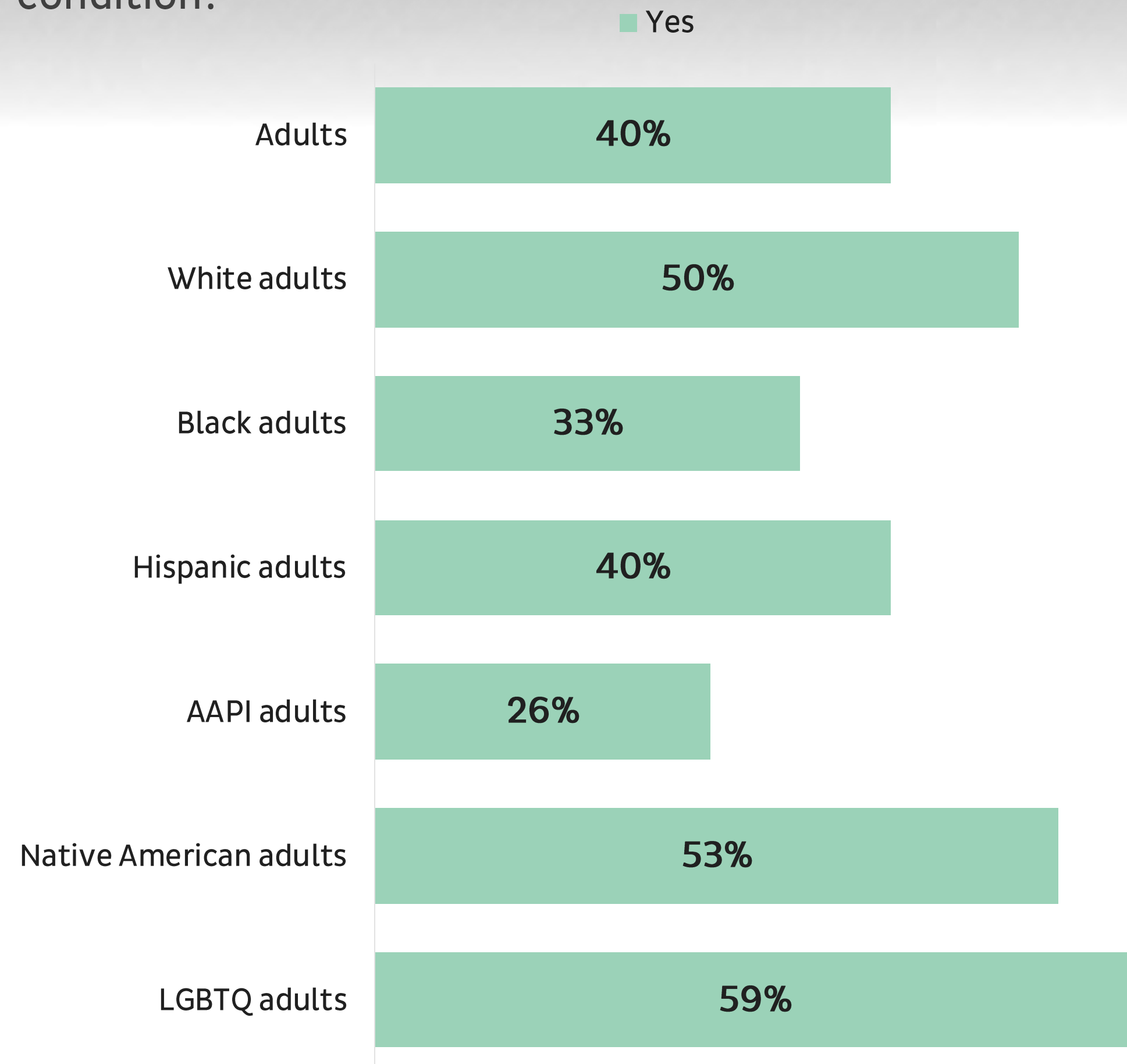
- Yes, I have asked my doctor about seeking counseling or treatment for a mental health condition.
- Yes, my doctor has asked me about my interest in seeking counseling or treatment for a mental health condition before.
- No, I have not spoken with my doctor about seeking counseling or treatment for a mental health condition.
- Prefer not to answer

A majority of adults who say they have considered seeking counseling or treatment for a mental health condition (72%) say they have spoken with their doctor about seeking it, but 25% say they have not.

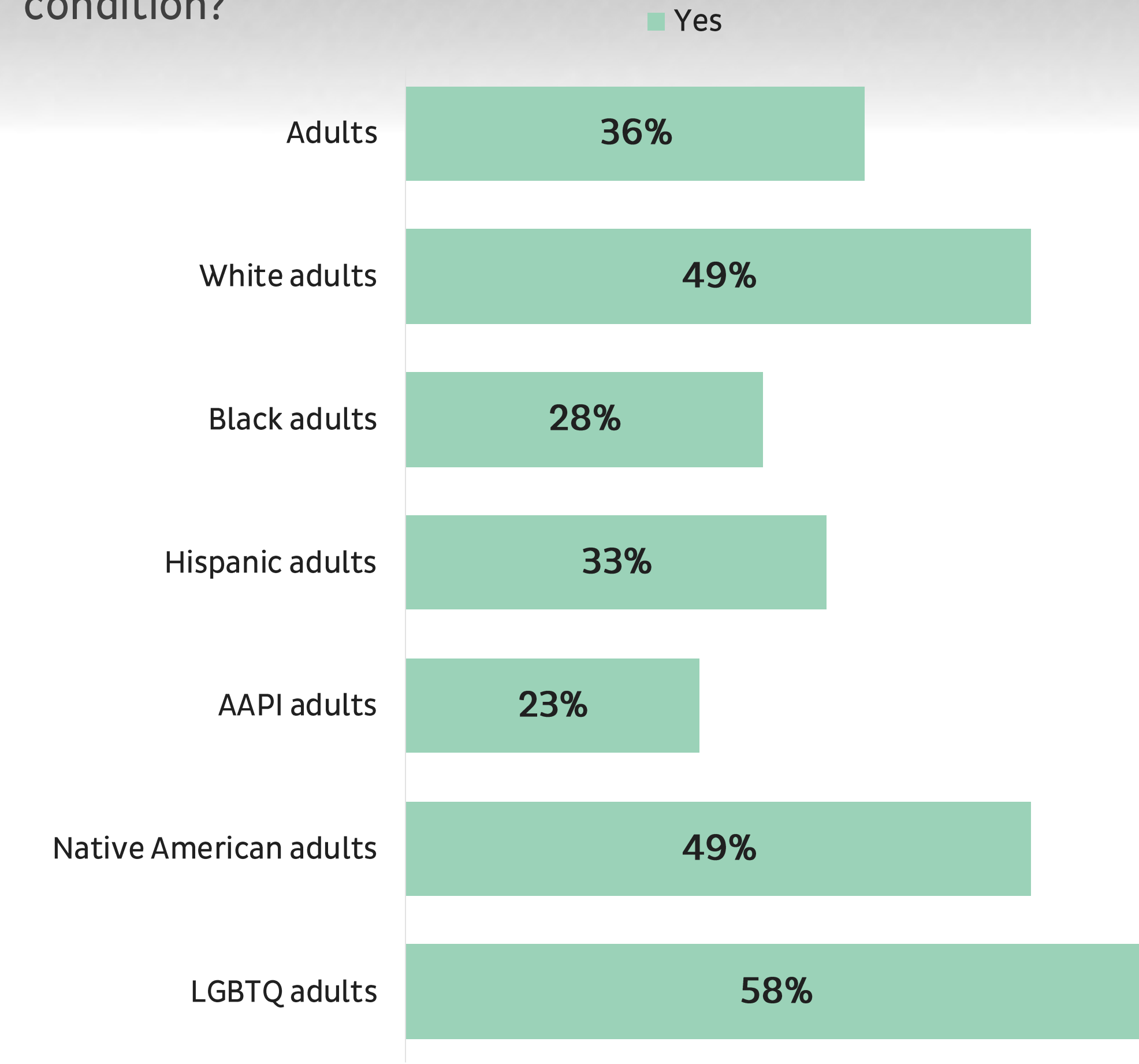


Adults say they have been screened (40%) for and diagnosed (36%) with a mental health condition. White adults, Native American adults, and LGBTQ adults are also especially likely to say so.

Question: Have you ever been screened for a mental health condition?

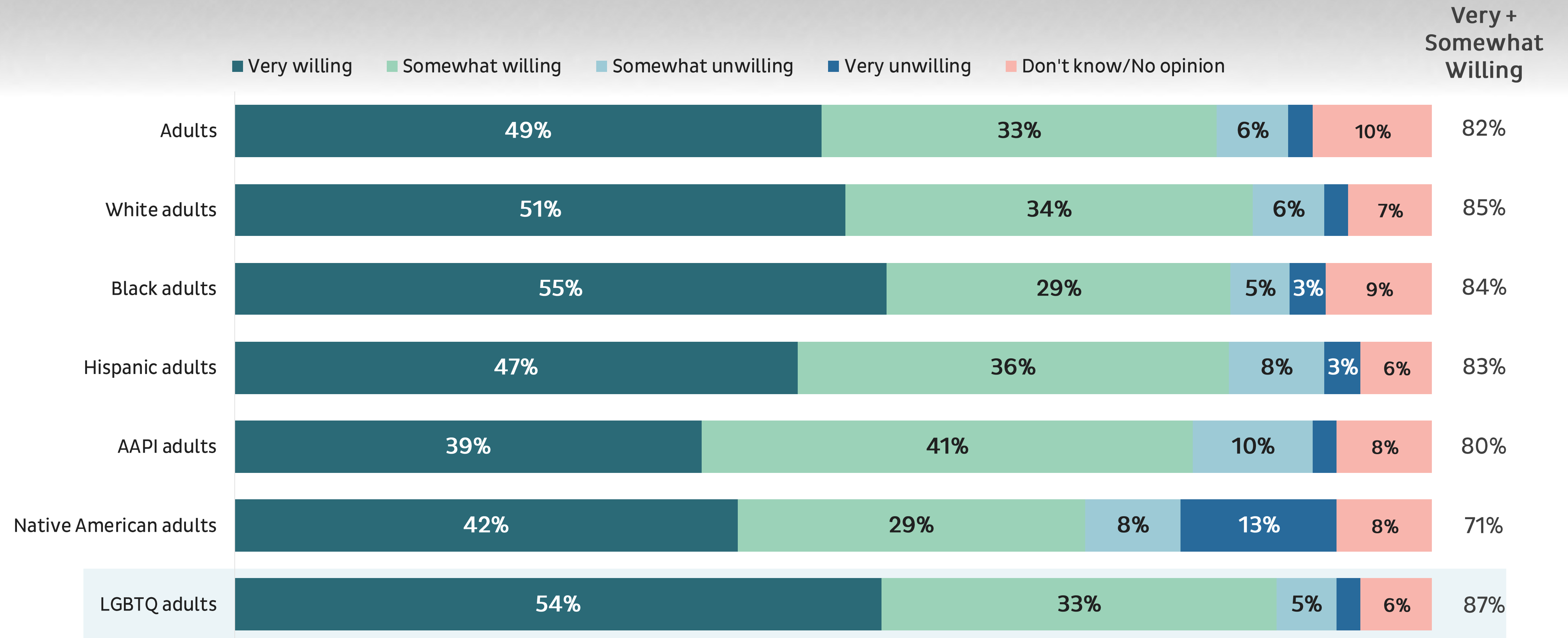


Question: Have you ever been diagnosed with a mental health condition?



A majority of adults across race/ethnicity and LGBTQ adults say they would be willing to seek help or treatment for mental health conditions.

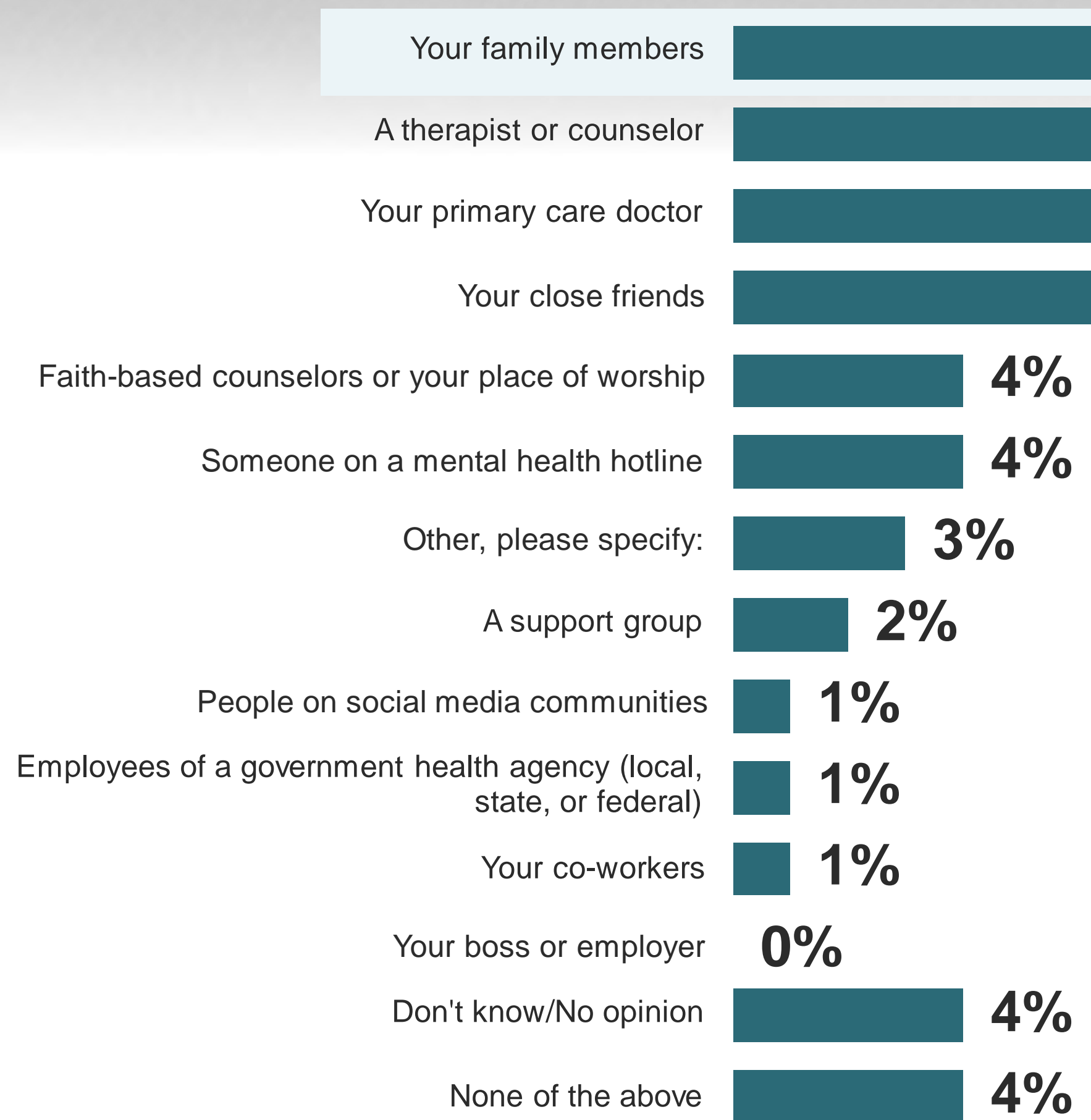
Question: If you needed it, how willing or unwilling would you be to seek help or treatment for mental health conditions?



Low-income adults (77%) are less likely than middle- (88%) and high- (87%) income adults to say they would be willing to seek help or treatment for a mental health condition.

A plurality* of adults say if they were dealing with a mental health condition, they would reach out to their family members first. This is especially true for Hispanic and Asian American adults.

Question: If you were dealing with a mental health condition, which of the following would you reach out to first?



	Your family members	A therapist or counselor	Your close friends	Your primary care doctor
Adults	27%	17%	16%	16%
White adults	22%	20%	20%	18%
Black adults	26%	17%	12%	17%
Hispanic adults	31%	16%	17%	12%
AAPI adults	31%	14%	17%	19%
Native American adults	19%	14%	17%	18%
LGBTQ adults	19%	21%	21%	16%

For this and future tables, the color of the cells correlates with the percentage

*more than any other percentage but below 50%

Mental health care obstacles

Adults across race/ethnicity and LGBTQ adults say cost, availability of treatment, transportation, insurance coverage, time off of work, and stigma are all obstacles to seeking help or treatment for a mental health condition.

Question: Which of the following, if any, would be an obstacle for you if you were seeking help or treatment for a mental health condition? Please select all that apply.

% Selected	Cost of ongoing therapy	Cost of prescription medications	Cost of seeing a health care provider*	Availability of help or treatment	My insurance does not cover needed services	Transportation	Time I would need to take off from work	Stigma associated with seeking help or treatment	My health care provider* does not accept my insurance	Limited services because I live in a rural community	Other, please specify:	None of the above	Don't know/No opinion
Adults	37%	26%	25%	24%	22%	22%	18%	17%	15%	11%	1%	16%	8%
White adults	47%	32%	30%	24%	26%	21%	17%	17%	15%	13%	2%	15%	7%
Black adults	32%	25%	21%	19%	19%	22%	16%	11%	20%	7%	0%	17%	9%
Hispanic adults	41%	31%	26%	21%	23%	21%	22%	16%	15%	9%	1%	11%	6%
AAPI adults	44%	35%	33%	25%	32%	15%	25%	17%	21%	6%	1%	11%	9%
Native American adults	38%	29%	23%	17%	25%	26%	21%	19%	13%	18%	3%	10%	10%
LGBTQ adults	48%	32%	30%	27%	27%	23%	18%	15%	18%	14%	1%	12%	6%

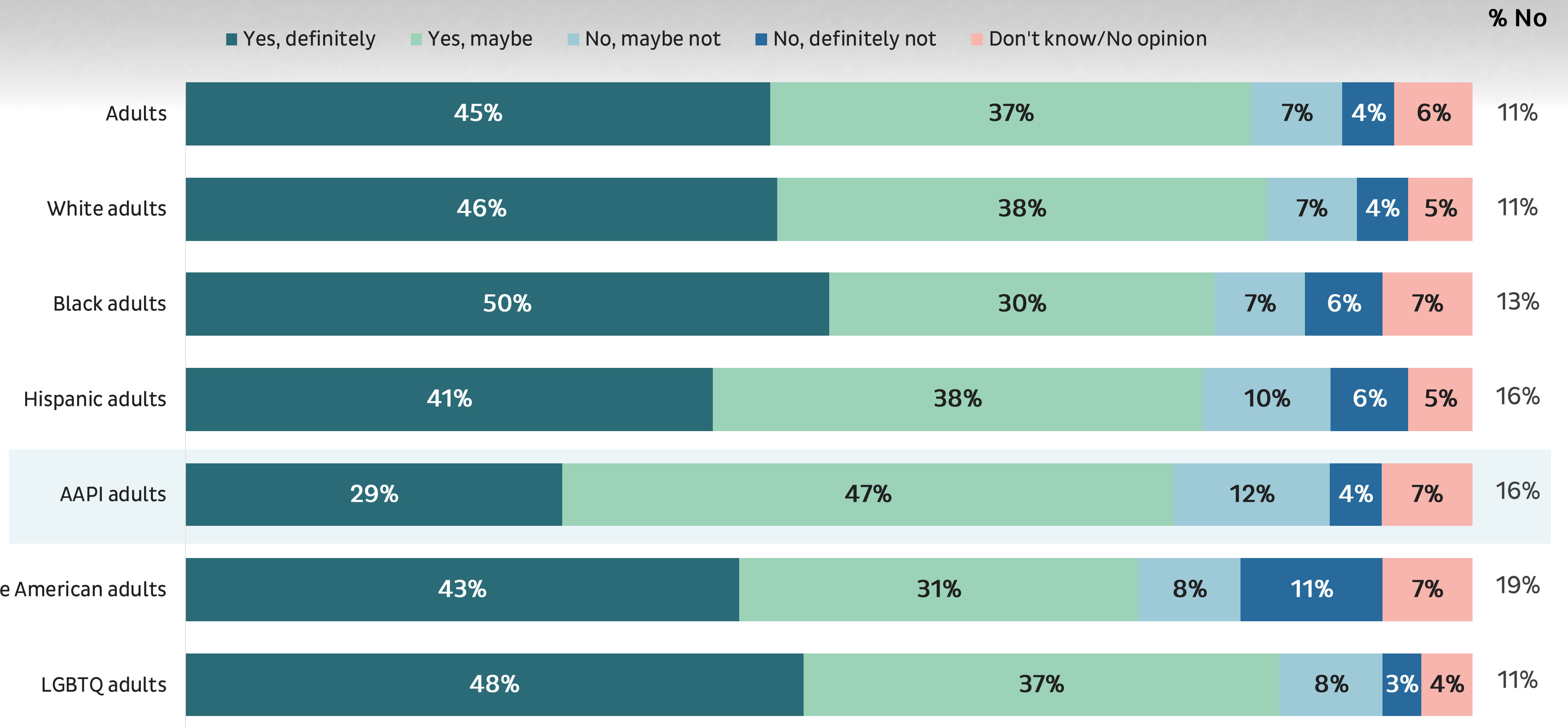
*such as a doctor or nurse practitioner

LGBTQ adults also specify other obstacles such as a lack of health insurance, childcare barriers, and existing mental health barriers.

About half of adults across nearly all races/ethnicities said they definitely know where to look for mental health resources, while only 29% of AAPI adults reported the same.

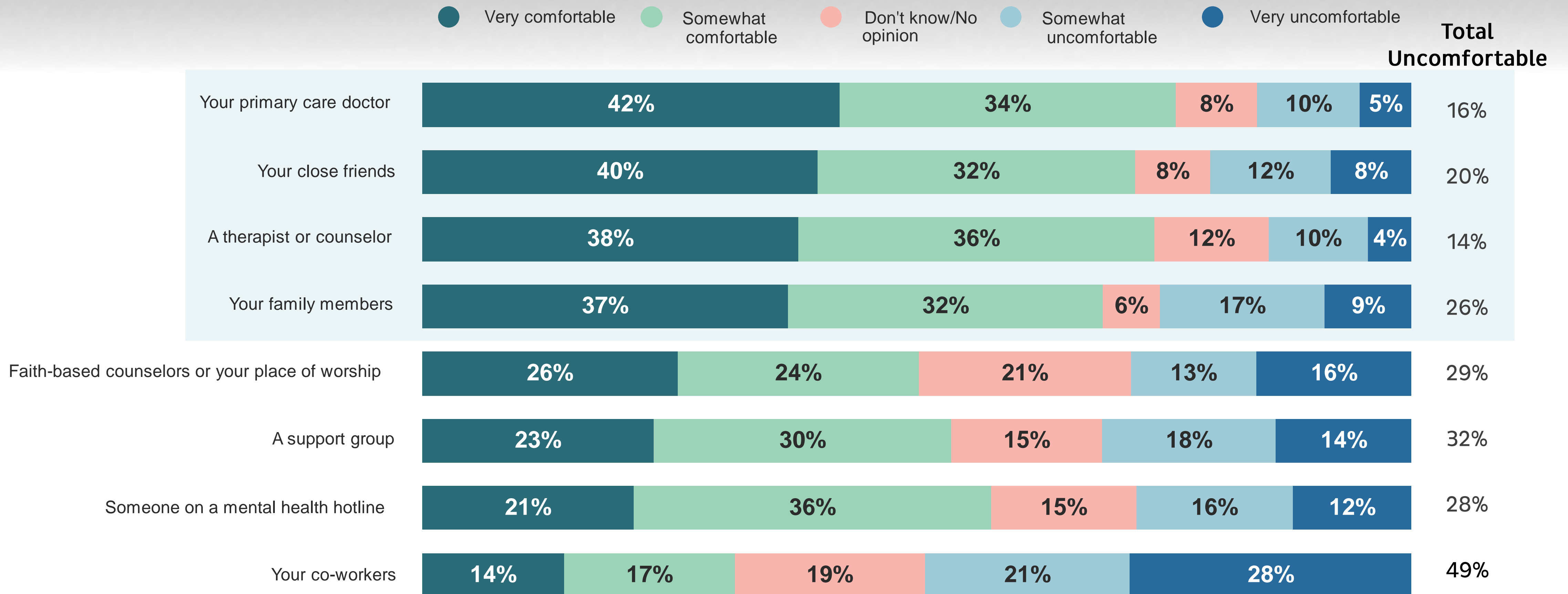
Question: If you needed mental health resources, would you know where to look?

High-income adults (56%) are more likely than middle-income (45%) and low-income (42%) adults to say they would definitely know where to look if they needed mental health resources.



If they were dealing with a mental health concern, some adults say they would be uncomfortable talking with their close friends (20%), family members (26%), primary care doctor (16%), and a therapist or counselor (14%).

Question: If you were dealing with a mental health concern, how comfortable or uncomfortable would you be talking with each of the following?



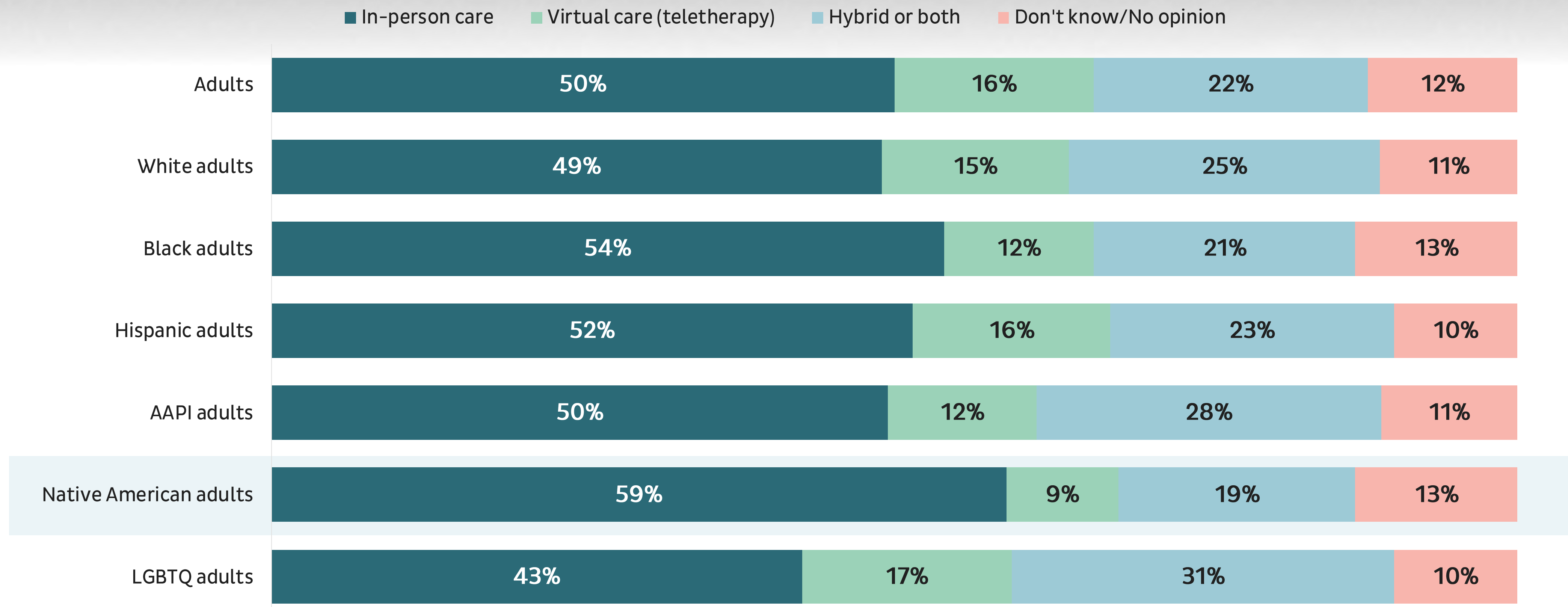
Adults across across race/ethnicities and LGBTQ status name some discomfort talking with family members, close friends, primary care doctors and therapists or counselors. Notably, Native American adults are more likely than adults of other races/ethnicities to say they are uncomfortable talking with most of the tested entities, including a therapist or counselor.

Question: If you were dealing with a mental health concern, how comfortable or uncomfortable would you be talking with each of the following?

% Uncomfortable	Your co-workers	A support group	Someone on a mental health hotline	Faith-based counselors or your place of worship	Your family members	Your close friends	Your primary care doctor	A therapist or counselor
Adults	49%	31%	28%	28%	25%	20%	16%	14%
White adults	55%	33%	30%	41%	34%	21%	17%	15%
Black adults	46%	25%	23%	23%	20%	16%	13%	15%
Hispanic adults	49%	34%	31%	33%	25%	20%	20%	18%
AAPI adults	52%	25%	26%	30%	24%	19%	13%	13%
Native American adults	53%	45%	42%	43%	32%	26%	20%	32%
LGBTQ adults	51%	30%	27%	43%	33%	19%	18%	16%

About half of adults across race/ethnicity groups say if they were looking to see a mental health provider, they would seek in-person care. This is especially true for Native American (59%) adults. However, in-person care is not readily available for all adults who are interested.

Question: If you were looking to see a mental health provider, would you seek in-person or virtual care (teletherapy)?

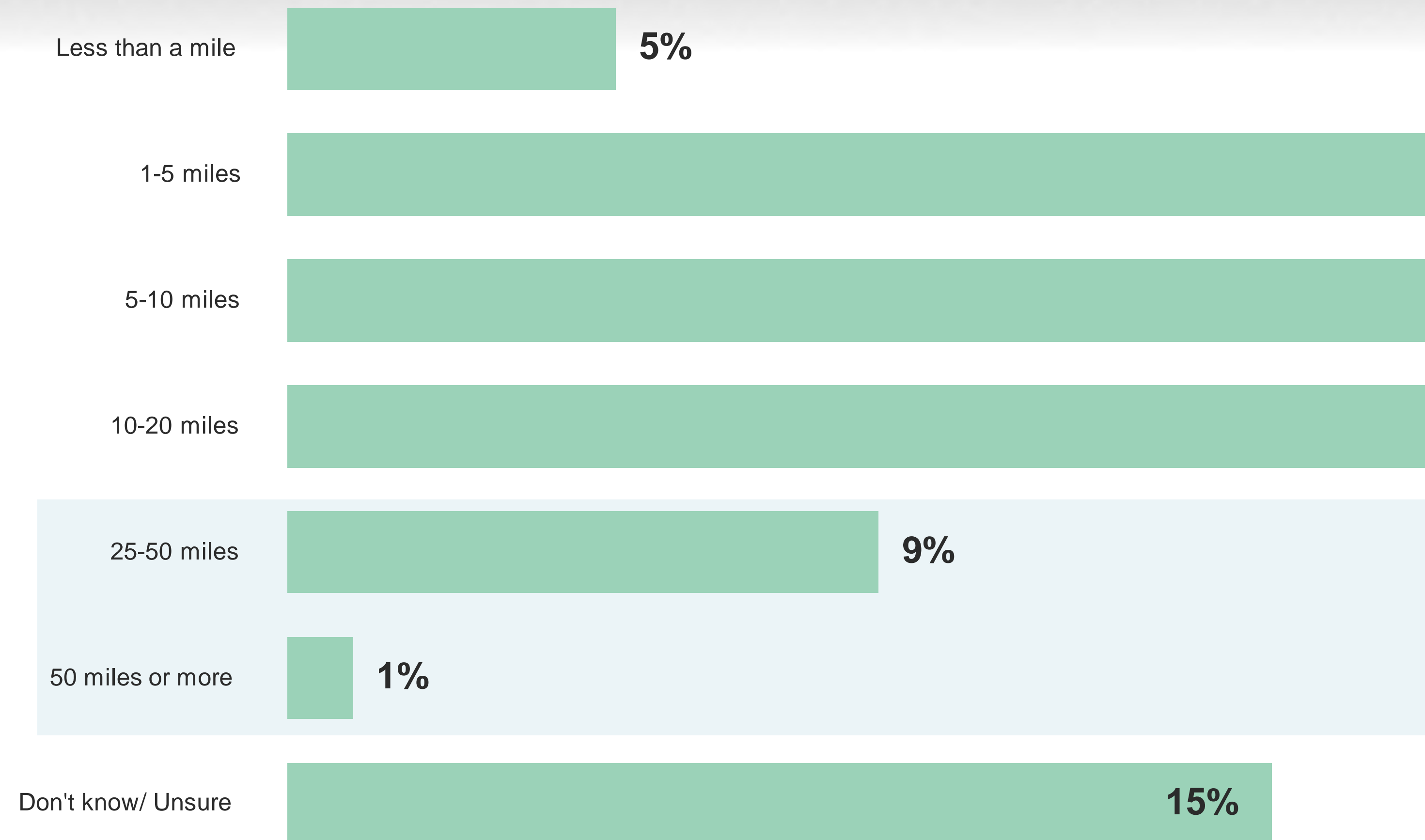


Across samples, adults below the age of 45 are more likely than adults over the age of 45 to say they would seek virtual care (teletherapy) or hybrid care.

Among adults who would seek in-person therapy, around 10% of adults across race/ethnicity groups and LGBTQ adults say they would have to travel 25 miles or more to access their nearest in-person mental health provider.

Question: Based on what you know, approximately how far would you need to travel to access your nearest in-person mental health provider?

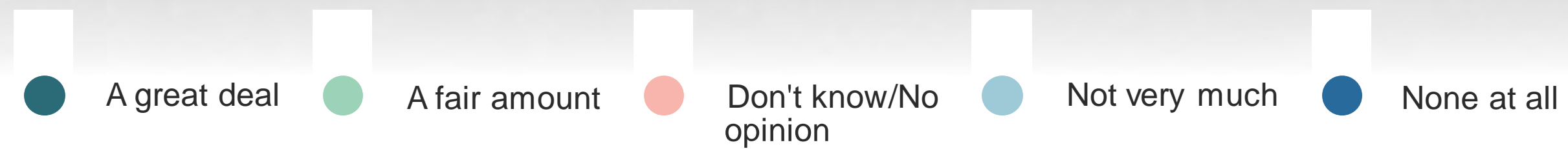
AMONG ADULTS WHO SAY THEY WOULD SEEK IN-PERSON THERAPY, n= 843



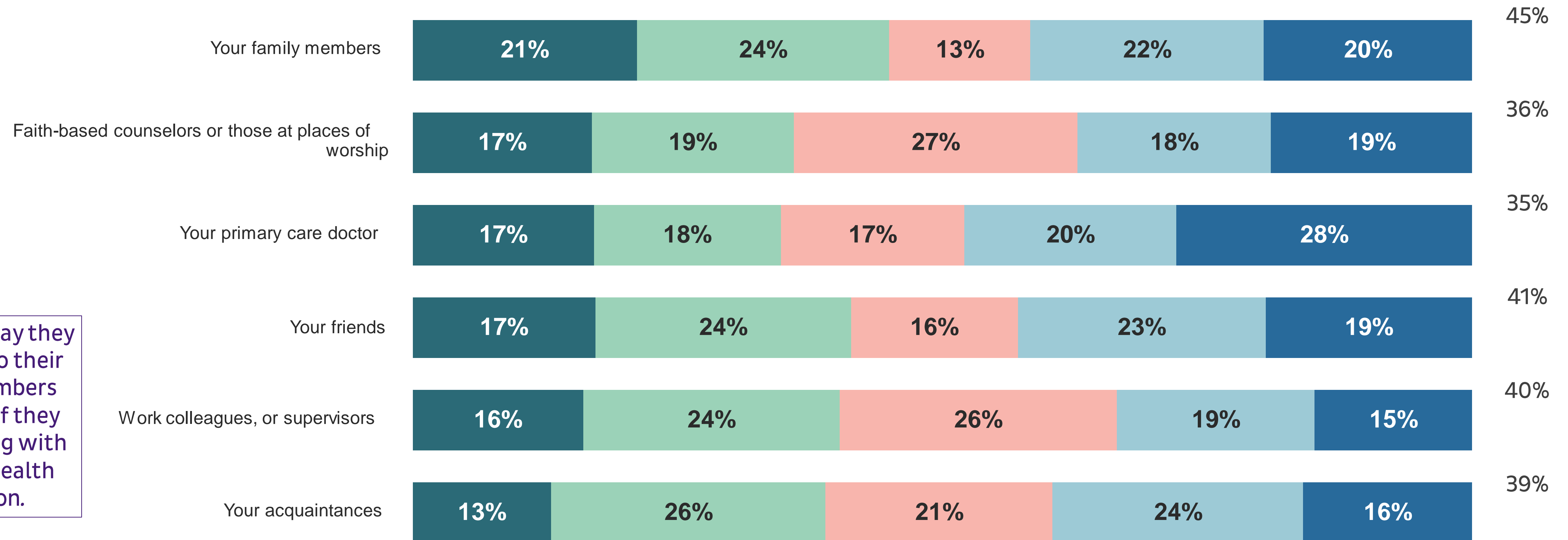
While this finding is consistent across most race/ethnicity groups and for LGBTQ adults, Native American adults (21%) are more likely than adults of other ethnicities to say that they would need to travel 25 miles or more.

Adults say their family members (45%), friends (41%), work colleagues (40%), and acquaintances (39%) attach stigma to seeking treatment or help for mental health.

Question: As you may know, stigma is discrimination against a group of people, a place, or a nation. Stigma often comes from a lack of knowledge, a need to blame someone, fear, and gossip that spreads rumors and myths. In your opinion, how much stigma, if any, do the following groups attach to seeking treatment or help for mental health?



Great deal + fair amount stigma



Adults still say they would go to their family members first (27%) if they were dealing with a mental health condition.

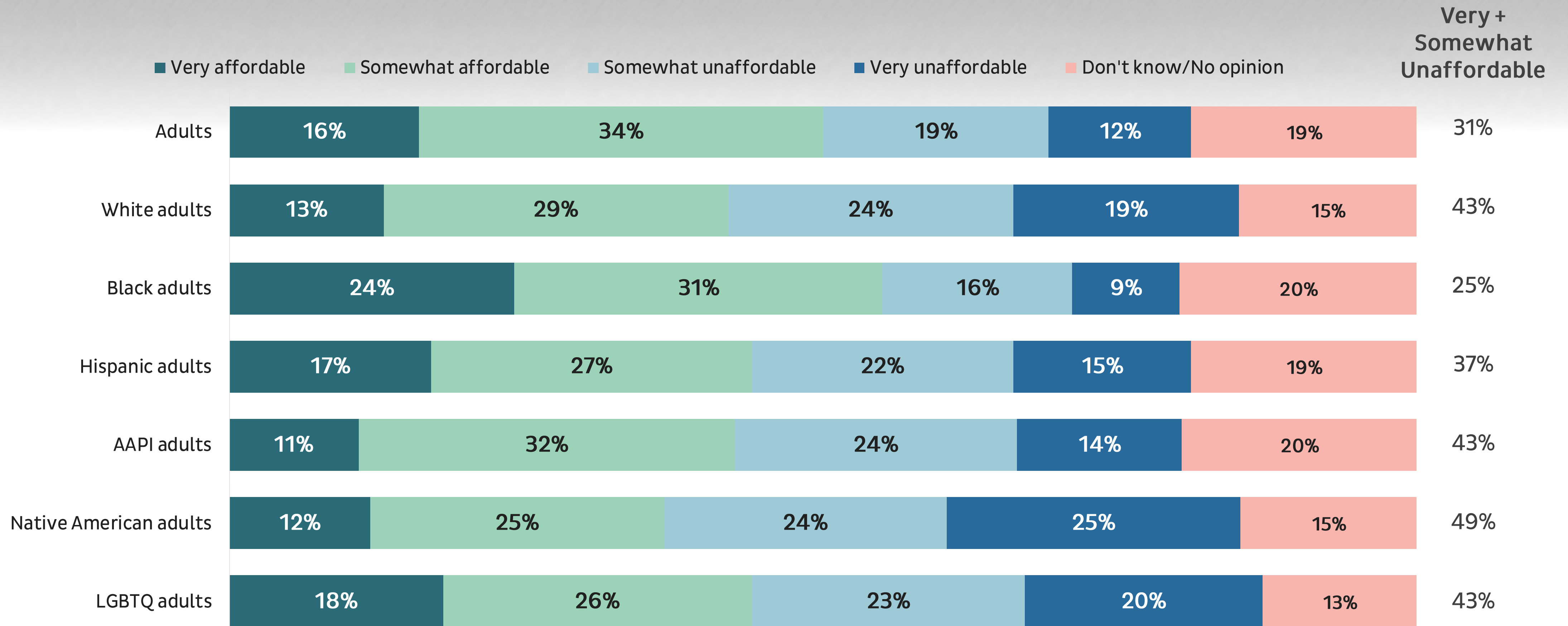
Non-white adults are more likely than white adults to say their family members attach stigma to seeking treatment or help for mental health. Black adults are especially likely to say their primary care doctors (46%) attach stigma.

Question: As you may know, stigma is discrimination against a group of people, a place, or a nation. Stigma often comes from a lack of knowledge, a need to blame someone, fear, and gossip that spreads rumors and myths. In your opinion, how much stigma, if any, do the following groups attach to seeking treatment or help for mental health? *Total Stigma*

% Stigma	Your family members	Your friends	Work colleagues, or supervisors	Your acquaintances	Faith-based counselors or those at places of worship	Your primary care doctor
Adults	45%	41%	40%	39%	36%	35%
White adults	39%	32%	38%	37%	37%	28%
Black adults	51%	46%	42%	42%	43%	46%
Hispanic adults	48%	45%	40%	40%	37%	36%
AAPI adults	47%	40%	41%	38%	35%	35%
Native American adults	45%	33%	38%	32%	37%	38%
LGBTQ adults	42%	32%	41%	40%	40%	29%

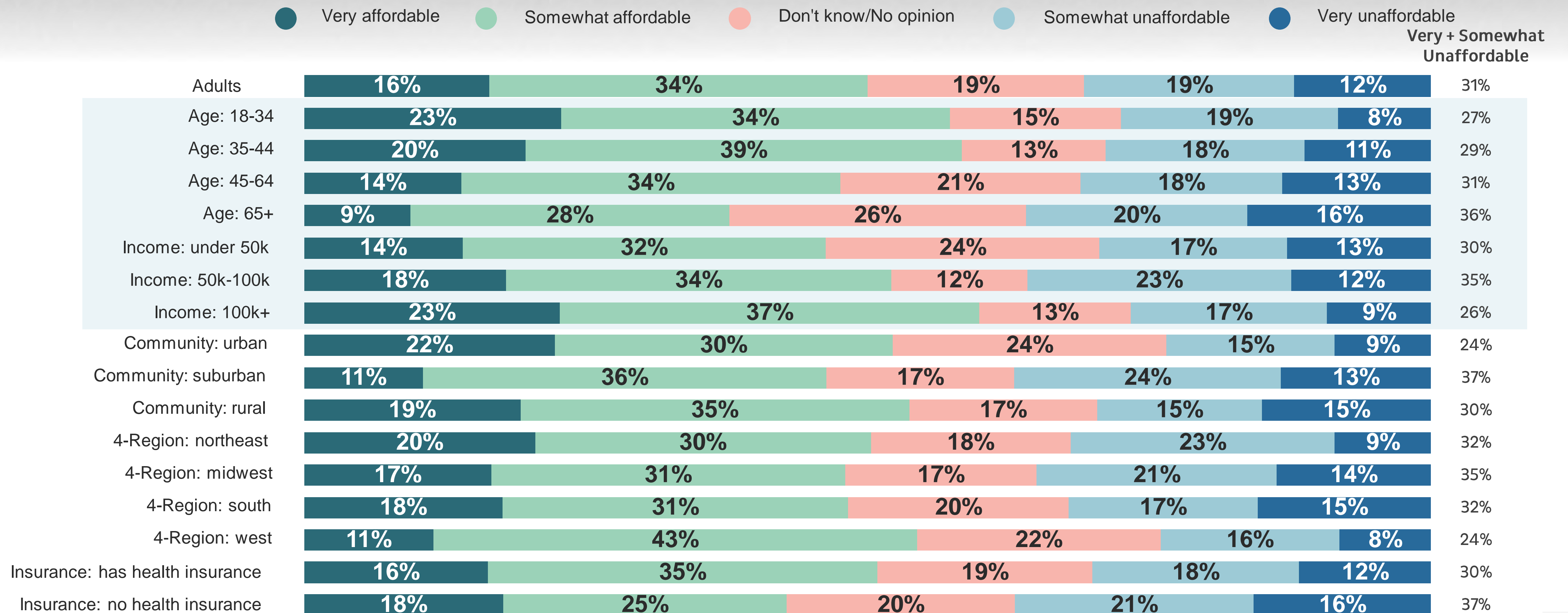
A quarter (25%) of Native American adults say help or treatment for mental health conditions is very unaffordable, compared to 9% of Black adults.

Question: How affordable or unaffordable would you say help or treatment for mental health conditions is?



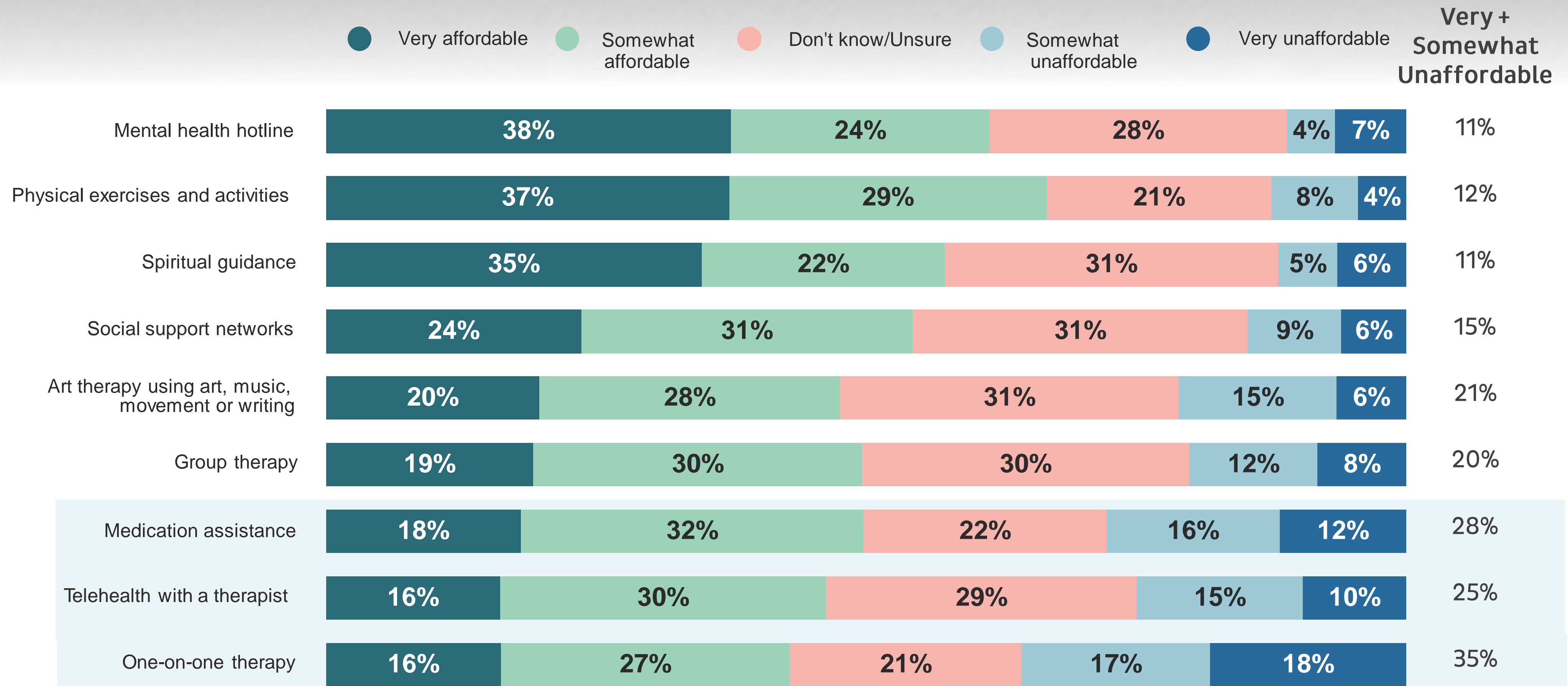
Younger adults are more likely than older adults to say help or treatment for mental health conditions is affordable. Higher-income adults are less likely than middle- and lower-income adults to say so.

Question: How affordable or unaffordable would you say help or treatment for mental health conditions is?



Specifically, adults say one-on-one therapy (35%), medication assistance (28%), and telehealth with a therapist (25%) is unaffordable.

Question: How affordable or unaffordable would you say the cost of following types of help or treatment for mental health conditions are?



Mental health resources

Of the options tested, adults say one-on-one therapy (72%) would be most helpful for their mental health concerns. A majority of adults also say stress management tools, medication assistance, and referrals would be helpful.

Question: How helpful would the following resources be to helping you with your mental health concerns, if at all?

<i>% Helpful</i>	One-on-one therapy	Physical exercises and activities	Stress management tools	Medication assistance	Referrals to available resources	Telehealth with a therapist	Social support networks	Spiritual guidance	Mental health hotline	Art therapy using art, music, movement, or writing	Group therapy
Adults	72%	66%	64%	63%	63%	58%	54%	52%	51%	50%	48%
White adults	76%	66%	64%	66%	66%	58%	53%	43%	47%	50%	44%
Black adults	72%	70%	71%	65%	70%	60%	62%	64%	58%	61%	57%
Hispanic adults	71%	71%	70%	62%	67%	57%	55%	56%	55%	61%	53%
AAPI adults	72%	77%	66%	59%	61%	56%	54%	47%	51%	58%	51%
Native American adults	71%	73%	69%	61%	65%	48%	48%	55%	45%	64%	43%
LGBTQ adults	78%	70%	69%	70%	68%	64%	58%	44%	52%	57%	49%

One-third (36%) of adults say they have not accessed any of the tested resources for their mental health concerns. Black adults (41%) and AAPI adults (39%) are especially likely to say they have not accessed any of the tested resources.

Question: Which of the following resources, if any, have you already accessed for your mental health concerns? Please select all that apply.

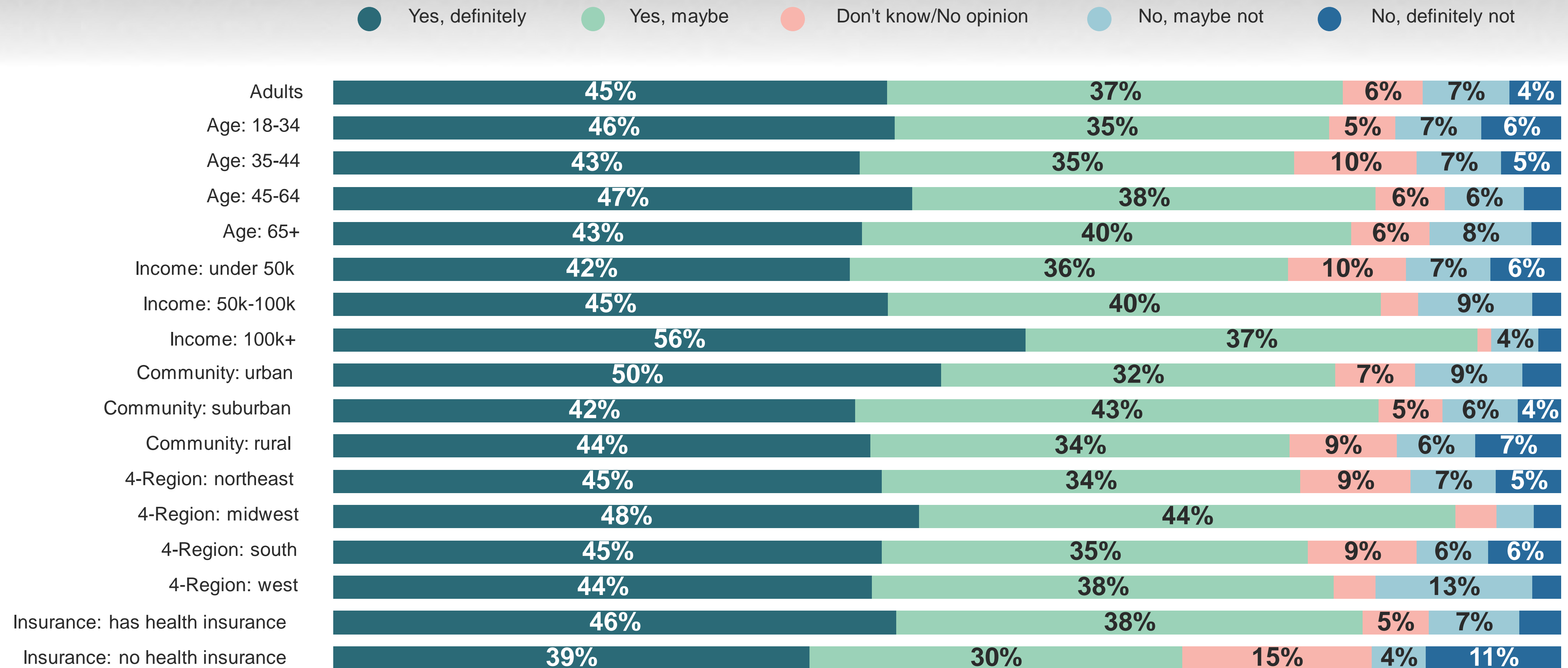
<i>% Selected</i>	One-on-one therapy	Medication assistance	Physical exercises and activities	Stress management tools	Telehealth with a therapist	Spiritual guidance	Art therapy using art, music, movement or writing	Social support networks	Group therapy	Referrals to available resources	Mental health hotline	Other, please specify:	None of the above
Adults	32%	26%	25%	21%	16%	16%	15%	11%	11%	11%	10%	1%	36%
White adults	38%	35%	29%	26%	20%	13%	17%	13%	13%	17%	11%	1%	33%
Black adults	26%	18%	23%	19%	12%	19%	14%	8%	11%	10%	11%	1%	41%
Hispanic adults	27%	19%	28%	18%	14%	15%	17%	10%	10%	10%	10%	2%	35%
AAPI adults	23%	16%	35%	19%	12%	14%	15%	9%	9%	9%	9%	1%	39%
Native American adults	36%	30%	29%	23%	16%	19%	20%	12%	11%	20%	14%	0%	31%
LGBTQ adults	44%	38%	33%	30%	23%	14%	21%	17%	16%	21%	14%	2%	24%

Appendix

Slides within the appendix explore additional demographics and perspectives for survey questions presented in the main analysis.

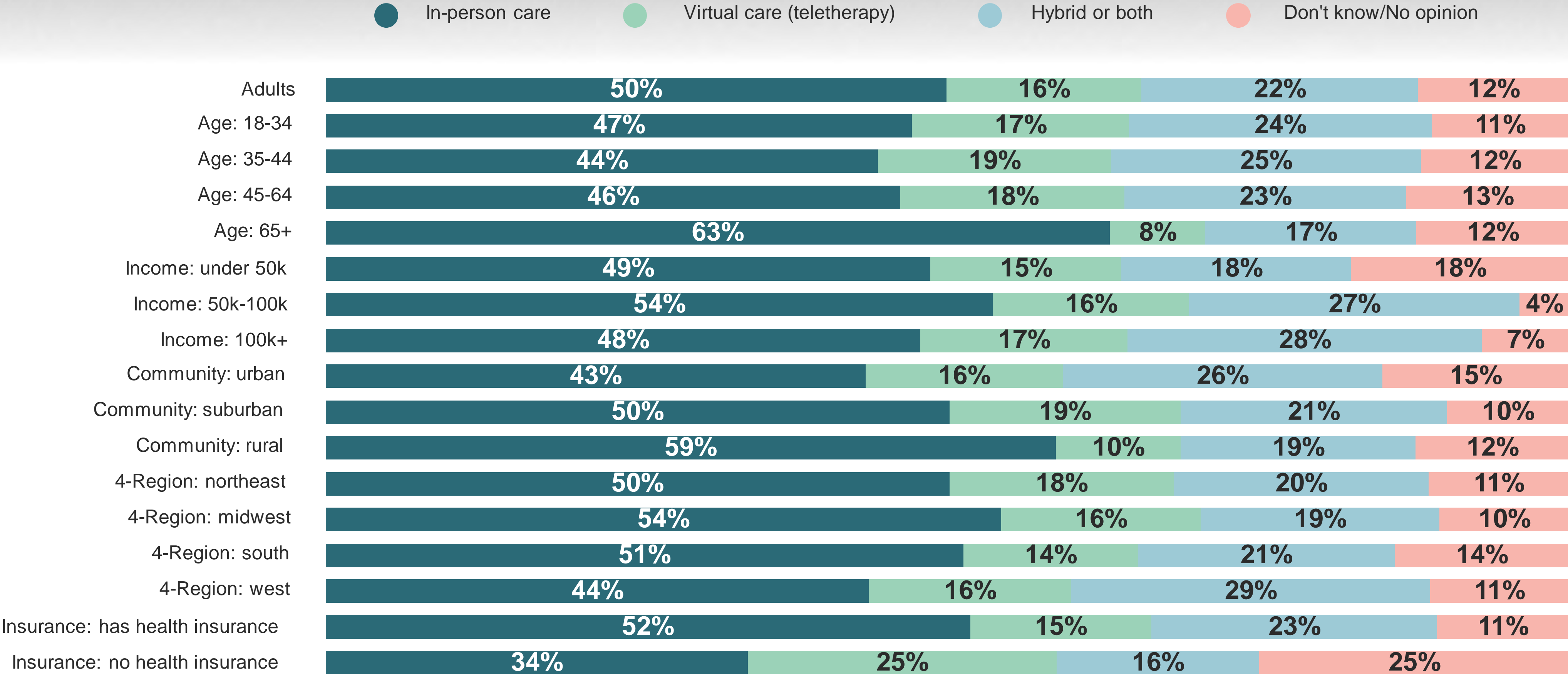
High-income adults are more likely than middle and lower-income adults to say if they needed mental health resources, they would know where to look.

Question: If you needed mental health resources, would you know where to look?



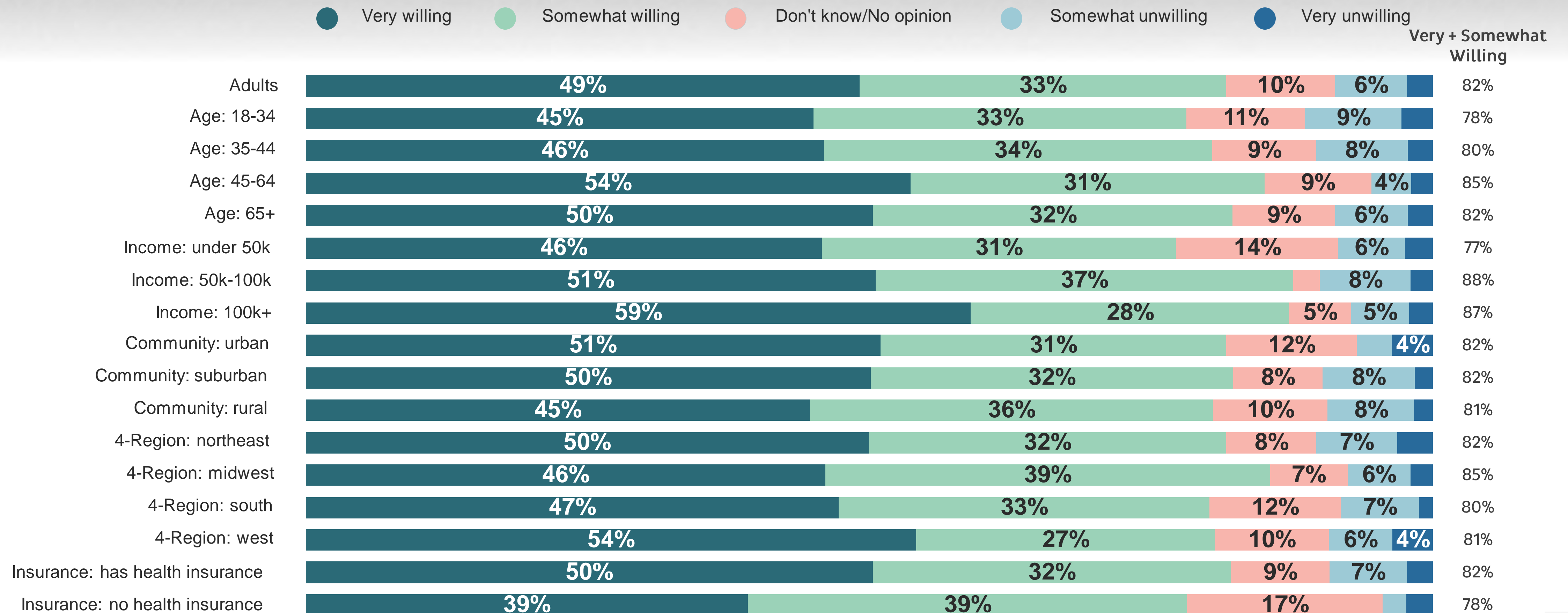
Rural adults are more likely than urban and suburban adults to say if they were looking to see a mental health provider, they would seek in-person care.

Question: If you were looking to see a mental health provider, would you seek in-person or virtual care (teletherapy)?



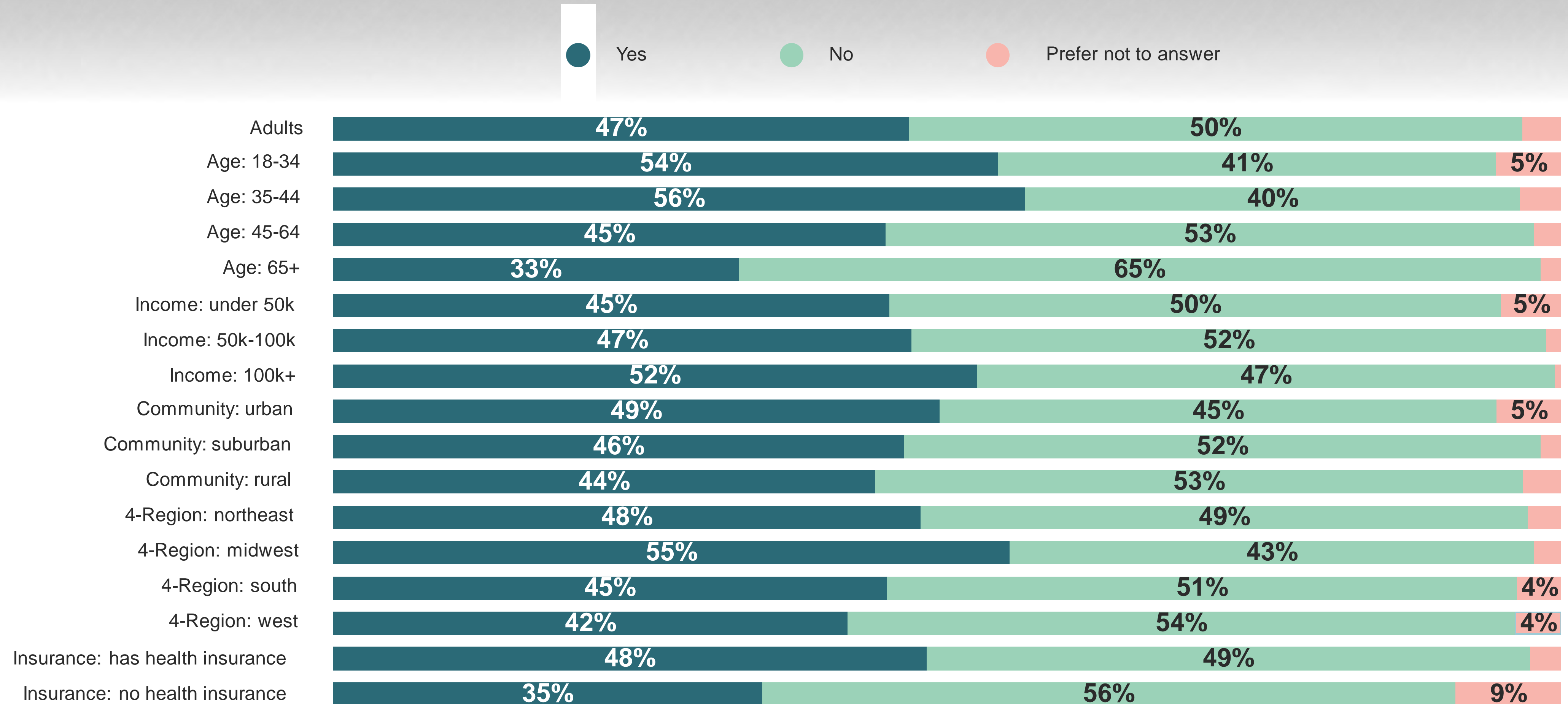
High-income adults are more likely than middle- and low-income adults to say if they needed it, they would be willing to seek help or treatment for mental health conditions.

Question: If you needed it, how willing or unwilling would you be to seek help or treatment for mental health conditions?

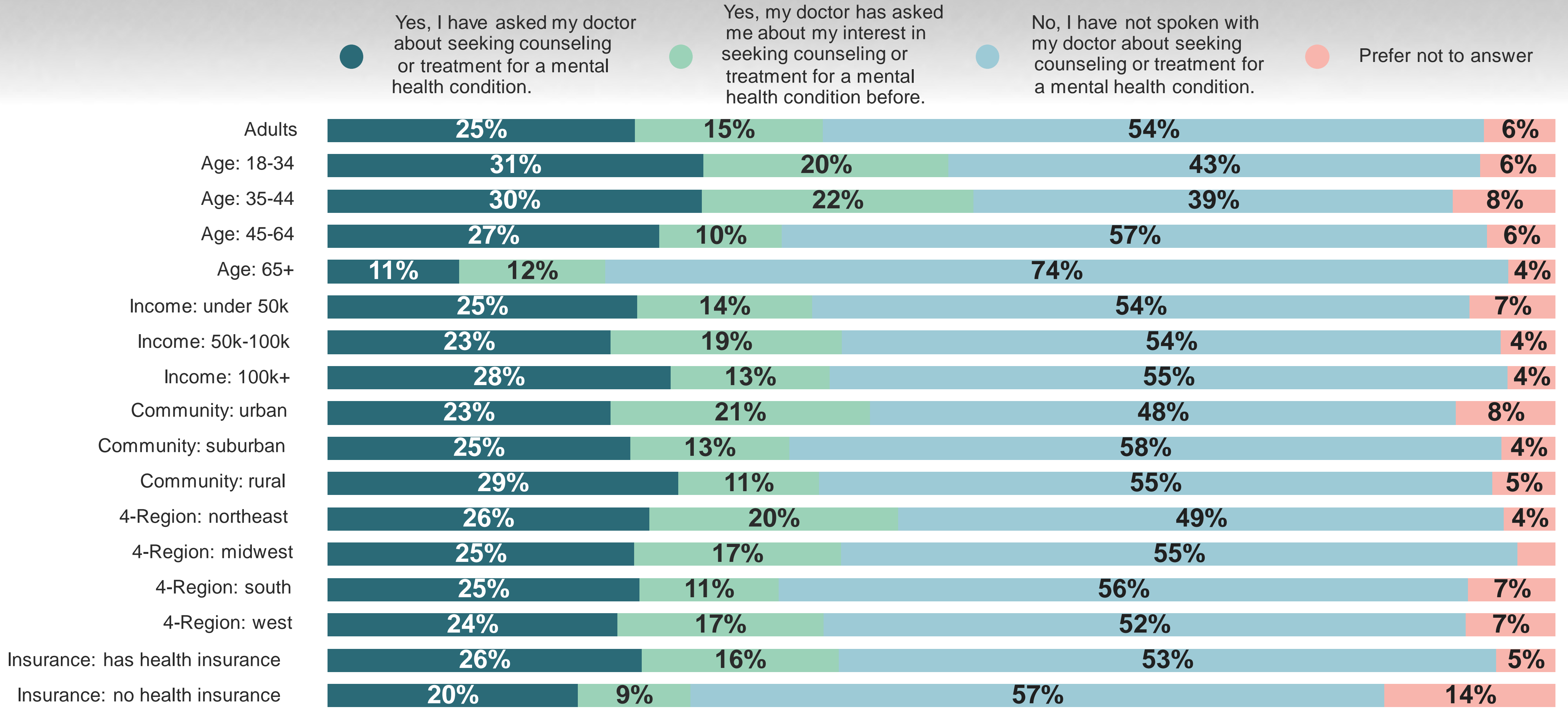


Adults ages 44 and below are more likely than adults ages 45+ to say they have considered seeking counseling or treatment for a mental health condition.

Question: Have you ever considered seeking counseling or treatment for a mental health condition? These might include: anxiety, depression, PTSD, bipolar disorder, etc.



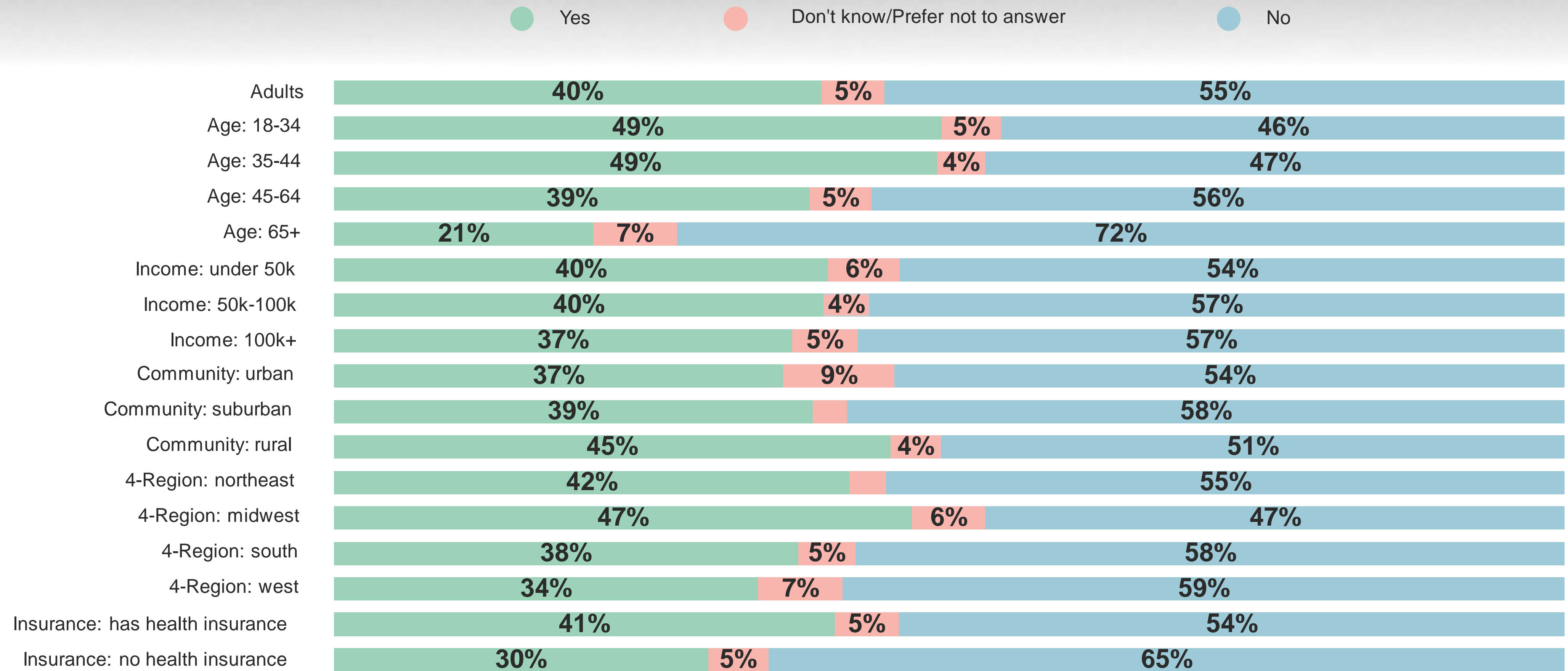
Question: Have you spoken with a primary care doctor about seeking counseling or treatment for a mental health condition?



Question: If you were dealing with a mental health concern, how comfortable or uncomfortable would you be talking with each of the following?

% Comfortable	Your primary care doctor	A therapist or counselor	Your close friends	Your family members	Someone on a mental health hotline	A support group	Faith-based counselors or your place of worship	Your co-workers
Adults	76%	74%	72%	69%	57%	53%	50%	32%
White adults	76%	77%	73%	61%	57%	54%	39%	26%
Black adults	77%	72%	73%	71%	59%	60%	58%	32%
Hispanic adults	71%	70%	72%	68%	52%	49%	46%	33%
AAPI adults	78%	73%	72%	69%	54%	56%	43%	29%
Native American adults	66%	56%	66%	61%	43%	44%	43%	31%
LGBTQ adults	75%	76%	74%	61%	61%	57%	35%	30%

Question: Have you ever been screened for a mental health condition?



Question: Have you ever been diagnosed with a mental health condition?

