

Data Brief 419. Mental Health Treatment Among Adults: United States, 2020

Data table for Figure 1. Percentage of adults aged 18 and over who had received any mental health treatment, taken medication for their mental health, or received counseling or therapy from a mental health professional in the past 12 months, by age group: United States, 2020

Mental health treatment and age group (years)	Percent (95% confidence interval)	Standard error
Any mental health treatment		
Total	20.3 (19.6–20.9)	0.33
18–44	20.9 (19.9–21.9)	0.52
45–64	20.5 (19.5–21.5)	0.48
65 and over	18.7 (17.7–19.7)	0.50
Took medication		
Total	16.5 (16.0–17.1)	0.29
18–44	15.4 (14.6–16.3)	0.45
45–64	17.7 (16.8–18.6)	0.46
65 and over	17.3 (16.3–18.2)	0.48
Received counseling or therapy		
Total	10.1 (9.6–10.5)	0.24
18–44	13.2 (12.4–14.1)	0.43
45–64	9.2 (8.6–9.9)	0.32
65 and over	4.7 (4.2–5.2)	0.24

NOTES: Adults were considered to have received any mental health treatment if they reported having taken prescription medication for their mental health, received counseling or therapy from a mental health professional, or both in the past 12 months. Adults were asked separately if they took medication for feelings of anxiety, for depression, or to help with any other emotions or with their concentration, behavior, or mental health. Adults who responded positively to any of these three questions were considered to have taken medication for their mental health in the past 12 months. Estimates are based on household interviews of a sample of the U.S. civilian noninstitutionalized population. Confidence intervals are calculated using the Korn-Graubard method for complex surveys.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2020.

Data Brief 419. Mental Health Treatment Among Adults: United States, 2020

Data table for Figure 2. Percentage of adults aged 18 and over who had received any mental health treatment, taken medication for their mental health, or received counseling or therapy from a mental health professional in the past 12 months, by sex: United States, 2020

Mental health treatment and sex	Percent (95% confidence interval)	Standard error
Any mental health treatment		
Men	14.6 (13.8–15.4)	0.41
Women	25.6 (24.7–26.5)	0.45
Took medication		
Men	11.5 (10.8–12.2)	0.35
Women	21.2 (20.4–22.1)	0.41
Received counseling or therapy		
Men	7.9 (7.3–8.5)	0.32
Women	12.1 (11.4–12.8)	0.34

NOTES: Adults were considered to have received any mental health treatment if they reported having taken prescription medication for their mental health, received counseling or therapy from a mental health professional, or both in the past 12 months. Adults were asked separately if they took medication for feelings of anxiety, for depression, or to help with any other emotions or with their concentration, behavior, or mental health. Adults who responded positively to any of these three questions were considered to have taken medication for their mental health in the past 12 months. Estimates are based on household interviews of a sample of the U.S. civilian noninstitutionalized population. Confidence intervals are calculated using the Korn-Graubard method for complex surveys.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2020.

Data Brief 419. Mental Health Treatment Among Adults: United States, 2020

Data table for Figure 3. Percentage of adults aged 18 and over who had received any mental health treatment, taken medication for their mental health, or received counseling or therapy from a mental health professional in the past 12 months, by race and Hispanic origin: United States, 2020

Mental health treatment and race and Hispanic origin	Percent (95% confidence interval)	Standard error
Any mental health treatment		
Hispanic.	12.6 (11.2–14.0)	0.70
Non-Hispanic white	24.4 (23.6–25.2)	0.40
Non-Hispanic black	15.3 (13.6–17.2)	0.90
Non-Hispanic Asian	7.7 (6.3–9.4)	0.79
Took medication		
Hispanic.	9.4 (8.2–10.7)	0.61
Non-Hispanic white	20.6 (19.9–21.4)	0.38
Non-Hispanic black	10.9 (9.5–12.4)	0.73
Non-Hispanic Asian	5.4 (4.1–7.0)	0.71
Received counseling or therapy		
Hispanic.	7.7 (6.6–8.9)	0.57
Non-Hispanic white	11.2 (10.6–11.8)	0.29
Non-Hispanic black	9.5 (8.1–11.1)	0.75
Non-Hispanic Asian	4.8 (3.7–6.1)	0.60

NOTES: Adults were considered to have received any mental health treatment if they reported having taken prescription medication for their mental health, received counseling or therapy from a mental health professional, or both in the past 12 months. Adults were asked separately if they took medication for feelings of anxiety, for depression, or to help with any other emotions or with their concentration, behavior, or mental health. Adults who responded positively to any of these three questions were considered to have taken medication for their mental health in the past 12 months. Adults categorized as Hispanic may be of any race or combination of races. Adults categorized as non-Hispanic white, non-Hispanic black, and non-Hispanic Asian indicated one race only. Estimates are based on household interviews of a sample of the U.S. civilian noninstitutionalized population. Confidence intervals are calculated using the Korn-Graubard method for complex surveys.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2020.

Data Brief 419. Mental Health Treatment Among Adults: United States, 2020

Data table for Figure 4. Percentage of adults aged 18 and over who had received any mental health treatment, taken medication for their mental health, or received counseling or therapy from a mental health professional in the past 12 months, by level of urbanization: United States, 2020

Mental health treatment and urbanization level	Percent (95% confidence interval)	Standard error
Any mental health treatment		
Large metropolitan	19.3 (18.5–20.1)	0.41
Medium or small metropolitan	21.4 (20.2–22.7)	0.62
Nonmetropolitan	21.7 (19.8–23.7)	0.98
Took medication		
Large metropolitan	14.8 (14.2–15.6)	0.36
Medium or small metropolitan	18.2 (17.1–19.3)	0.57
Nonmetropolitan	19.7 (17.9–21.7)	0.96
Received counseling or therapy		
Large metropolitan	10.9 (10.2–11.5)	0.33
Medium or small metropolitan	9.7 (8.9–10.6)	0.42
Nonmetropolitan	7.6 (6.5–8.9)	0.61

NOTES: Adults were considered to have received any treatment for their mental health if they reported having taken prescription medication for their mental health, received counseling or therapy from a mental health professional, or both in the past 12 months. Adults were asked separately if they took medication for feelings of anxiety, for depression, or to help with any other emotions or with their concentration, behavior, or mental health. Adults who responded positively to any of these three questions were considered to have taken medication for their mental health in the past 12 months. Estimates are based on household interviews of a sample of the U.S. civilian noninstitutionalized population. Confidence intervals are calculated using the Korn-Graubard method for complex surveys.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2020.