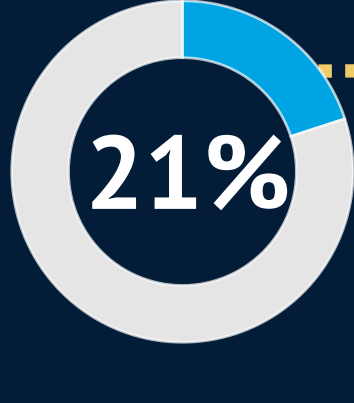


According to the National Institute of Mental Health, Any Mental Illness (AMI) is defined as a mental, behavioral, or emotional disorder. AMI can vary in impact, ranging from no impairment to mild, moderate, and even severe impairment.



of U.S. adults experienced any mental illness in 2020



During the COVID-19 pandemic, concerns about mental health and substance use have grown substantially



Mental disorders account for at least **18%** of the global disease burden, and the associated annual global costs are projected to be **\$6 trillion** by 2030

## An Unmet Need When It Comes To Mental Health

Over half of adults with a mental illness do not receive treatment, totaling over **27 million** adults

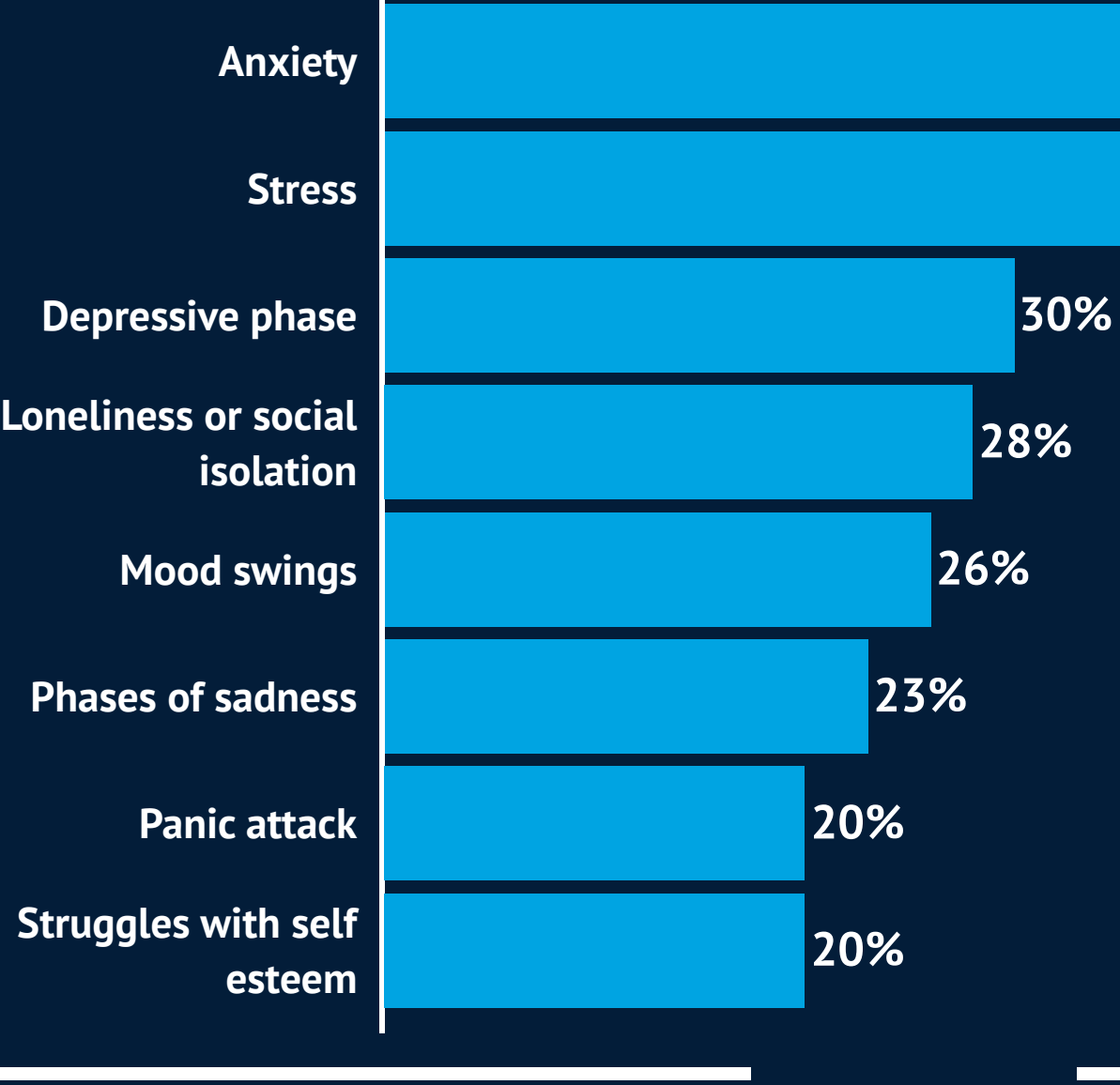
Around **1 in 4** adults report an unmet need for their mental health treatment



An estimated **149 million Americans**, or **45%** of the U.S. population live in a mental health professional shortage area

## Americans Are Struggling With Their Mental Health

Percentage of respondents who have experienced the following mental health issues in the past 12 months:



conducted between July and August 2021

Around **5%** of adults reported serious thoughts of suicide



rate of adults experiencing suicidal ideation has increased every year since 2011

Around **8%** adults had a substance use disorder in the past year



## Barriers To Receiving Mental Health Care

- Undersized mental health workforce
- Disconnect between primary care and behavioral health systems
- Insufficient finances to cover costs
- Lack of available treatment types: inpatient, individual, community, etc.
- No insurance or limited coverage
- Stigma and lack of education around mental illness

Addressing the social determinants of mental health is key - mental health issues are often rooted in or exacerbated by societal problems like racism, workplace stress, and unemployment.

## Not All Barriers Are Felt Equally

Many adults with and without mental health challenges do not have a usual source of health care

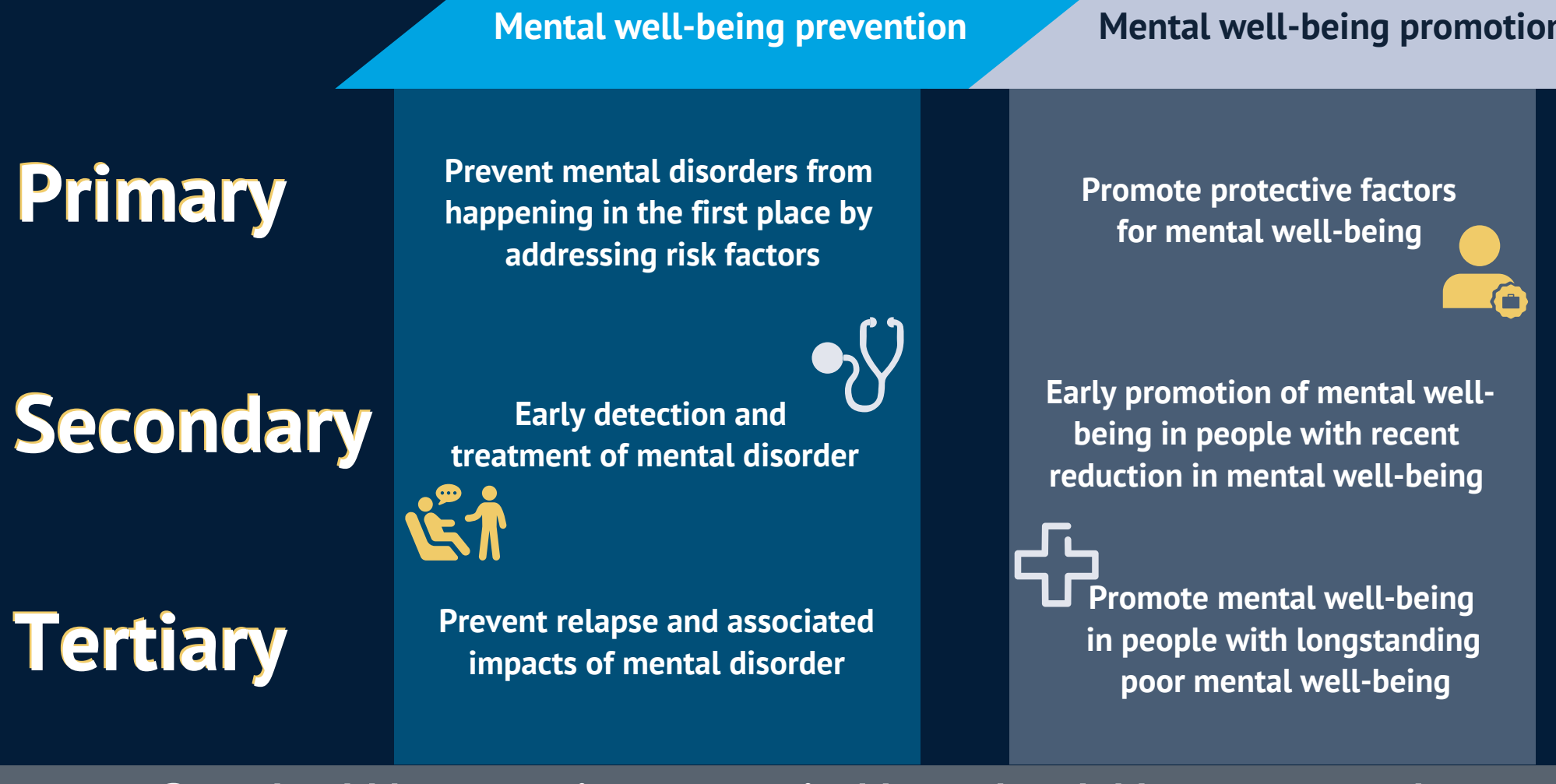


Top reasons people with mental health challenges said they delayed getting medical care:

- Availability Challenges**
- 8% Could not get an appointment soon enough
  - 4% Office was not open when they could get there
  - 2% Did not have transportation or access to transportation

- Affordability Challenges**
- 44% Were worried if they were able to pay medical bills if they get sick
  - 27% Were worried if they were able to pay medical costs for normal health care

## How To Improve & Strengthen Mental Health Care In America



Care should be convenient, customizable, and scalable to meet need

### Integrate behavioral health care into primary care

- Step 1: Assess current needs and resources
- Step 2: Choose a team-based behavioral health model
- Step 3: Train members of the primary care team
- Step 4: Implement the model
- Step 5: Evaluate and improve

### Expand the mental health workforce

- Expose young people to mental health career paths in high school
- Reduce financial barriers to enter the mental health workforce
- Ease the time-consuming and financially burdensome clinical hours requirements
- Focus on filling the workforce pipeline with ethnically diverse and multilingual clinicians

### Strategies to make mental health more financially accessible

- Try online or digital therapy
- Be open to group therapy
- Seek counseling from a college or university clinic
- Find a sliding scale provider
- Utilize employee assistance programs
- Take part in a resiliency and wellness training
- Use a peer-support hotline service