

## MENTAL HEALTH CARE UTILIZATION

In 2009–2011, 31 million, or 13.6 percent of adults in the United States reported receiving mental health treatment in the past year for a mental, behavioral, or emotional disorder other than a substance use disorder (data not shown). Women were more likely than men to receive treatment or counseling (17.5 versus 9.4 percent), which is consistent with the higher prevalence of mental illness (excluding substance use disorder) among women (see *Mental Illness*).

Utilization of mental health services was highest among non-Hispanic White and multiracial

women with more than one in five reporting past-year treatment or counseling (21.8 and 21.5 percent, respectively). Non-Hispanic Asian women were least likely to have reported receiving past year mental health treatment or counseling (5.3 percent).

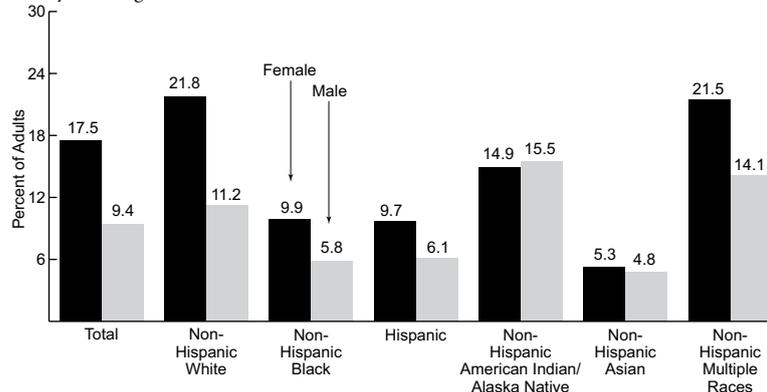
In 2009–2011, 17.7 million women aged 18 years and older reported using prescription medication for treatment of a mental or emotional condition, representing 14.9 percent of women, which is almost twice the proportion of men (7.8 percent). Women were also nearly twice as likely as men to report receiving outpatient mental health treatment (8.6 versus 4.7 percent, respec-

tively). Less than 1 percent of men and women received inpatient treatment during this period (data not shown).

In 2009–2011, mental health services were needed, but not received in the previous year, by 5.0 percent of adults. Women were twice as likely as men to report an unmet need for mental health treatment or counseling in the past year (6.7 versus 3.3 percent, respectively; data not shown). Among women, cost was the most commonly reported reason for not receiving needed services (45.4 percent), followed by the belief that the problem could be handled without treatment (25.0 percent).

### Past-Year Mental Health Treatment/Counseling\* Among Adults Aged 18 and Older, by Race/Ethnicity and Sex,\*\* 2009–2011

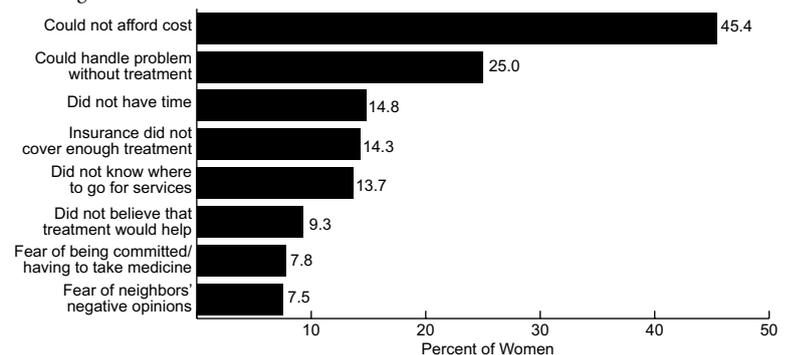
Source II.3: Substance Abuse and Mental Health Services Administration, National Survey on Drug Use and Health



\*Excludes treatment for alcohol or drug use; all estimates are age-adjusted. \*\*The sample of non-Hispanic Native Hawaiian/Other Pacific Islanders was too small to produce reliable results.

### Reasons for Not Receiving Mental Health Treatment/Counseling\* Among Women Aged 18 and Older with an Unmet Need for Mental Health Services, 2009–2011

Source II.3: Substance Abuse and Mental Health Services Administration, National Survey on Drug Use and Health



\*Defined as a perceived need for mental health treatment/counseling that was not received; all estimates are age-adjusted.