Many States Face Shortage of Mental Health Providers

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- **National Mental Health Provider Shortage**:
  - Approximately 37% of the U.S. population, or 122 million people, live in areas with shortages of mental health professionals as of March 31, 2024.
  - The COVID-19 pandemic worsened mental health struggles, with anxiety and depression symptoms peaking at 42.6% of adults in November and dropping to 30.1% by May 24.
- **Rural vs. Urban Shortages**:
  - Two-thirds of mental health provider shortages occur in rural or partially rural areas.
  - Wyoming (96.4%) and Utah (83.3%) have the highest percentages of their populations living in mental health shortage areas.
- **Best and Worst States**:
  - New Jersey (0.4%) and Massachusetts (4%) have the lowest proportion of their populations living in areas with mental health provider shortages.
  - Delaware requires 15 more providers to address its shortage, while Texas needs 638 additional providers.
- **Mental Health Workforce**:
  - Over 500,000 people work in mental health professions, with the largest group being substance abuse, behavioral disorder, and mental health counselors.

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