Study Reveals Lack of Access as Root Cause for Mental Health Crisis in America

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In 2018, the National Council for Mental Wellbeing released the America's Mental Health study about access to mental health care. It found that 75% of Americans see mental health as important as physical health despite the ongoing barriers to access. The study evaluates the state of mental health services in the U.S., revealing significant inadequacies in the system despite high demand. It highlights that the core issue lies in limited access to care. The research includes an online survey of 5,000 American adults and an analysis of third-party data across four key areas: provider availability, facility access, funding, and patient satisfaction. This dual approach provides a comprehensive view of the challenges in accessing mental health care.

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