

# NATIONAL COUNCIL FOR BEHAVIORAL HEALTH

**Mental Health And Substance Use During  
COVID-19**

NOVEMBER 2020

# KEY FINDINGS

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- 1 When it comes to addressing mental health and addiction amidst COVID-19, a majority of voters think the country (57%) and federal government (54%) are on the *wrong track*. However, this differs by political party and community type.
- 2 Over four in five voters (84%) think increasing funding for mental health and addiction recovery treatment should be a top or important priority to Congress, including a majority of Republican (80%) and Democrat (91%) voters.
- 3 Among voters whose personal mental health has been impacted during COVID-19, a third (35%) say they have sought care for a mental health condition.
- 4 A majority of voters think it is easy to access a therapist (60%), support group (57%), or treatment for drug or alcohol addiction (52%) in their local community. However, this differs by community type.
- 5 Urban voters (67%) are more likely than voters in suburban (57%) and rural (55%) communities to say it is easy to access a therapist or counselor for mental health.

**Methodology:** This poll was conducted between November 12-14, 2020 among a national sample of 1,987 registered voters. The interviews were conducted online and the data were weighted to approximate a target sample of voters based on gender, educational attainment, age, race, and region. Results from the full survey have a margin of error of plus or minus 2 percentage points

AGENDA

ADDRESSING MENTAL HEALTH & ADDICTION

IMPACT OF COVID-19 ON MENTAL HEALTH &  
SUBSTANCE USE

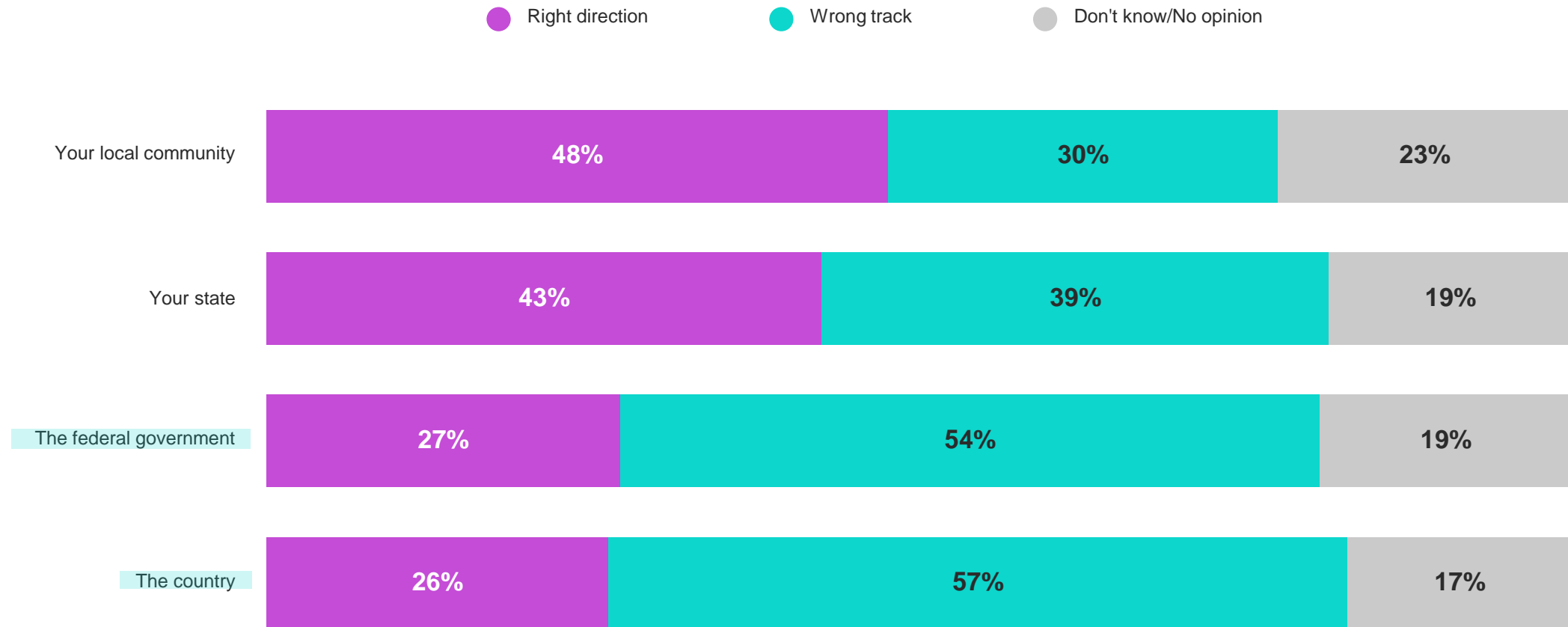
ACCESS TO RESOURCES



ADDRESSING MENTAL HEALTH & ADDICTION

When it comes to addressing mental health and addiction amidst COVID-19, a majority of voters think the country (57%) and federal government (54%) are on the *wrong track*.

When it comes to addressing mental health and addiction amidst COVID-19 or coronavirus, would you say each of the following is headed in the right direction, or on the wrong track?



ADDRESSING MENTAL HEALTH & ADDICTION

Republican voters are twice as likely as Democrat voters to think the federal government is headed in the *right direction* to address mental health and addiction amidst COVID-19.

When it comes to addressing mental health and addiction amidst COVID-19 or coronavirus, would you say each of the following is headed in the right direction, or on the wrong track?

Percent Right Direction Addressing Mental Health And Addiction By Political Party

	Voters	PID: Dem	PID: Ind	PID: Rep
Your local community	48%	49%	38%	53%
Your state	43%	46%	33%	45%
The federal government	27%	22%	16%	41%
The country	26%	23%	16%	38%

ADDRESSING MENTAL HEALTH & ADDICTION

Voters in rural communities are less likely than urban voters to say their local community and state is headed in the *right direction* addressing mental health and addiction during COVID-19.

When it comes to addressing mental health and addiction amidst COVID-19 or coronavirus, would you say each of the following is headed in the right direction, or on the wrong track?

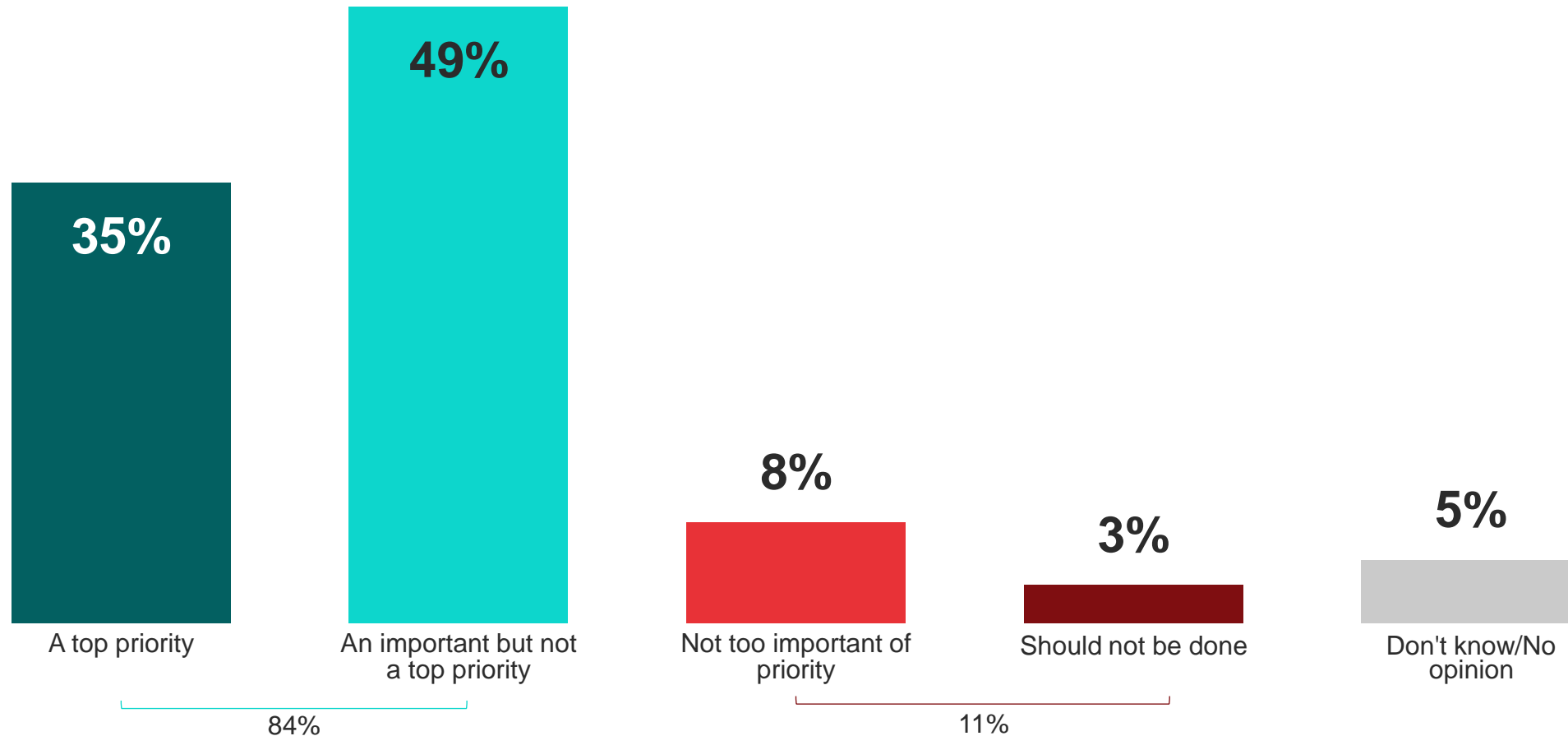
**Percent Right Direction Addressing Mental Health And Addiction By Community Type**

	Voters	Urban	Suburban	Rural
Your local community	48%	56%	44%	43%
Your state	43%	53%	39%	36%
The federal government	27%	35%	24%	22%
The country	26%	36%	22%	21%

ADDRESSING MENTAL HEALTH & ADDICTION

Over four in five voters (84%) think increasing funding for mental health and addiction recovery treatment should be a top or important priority to Congress.

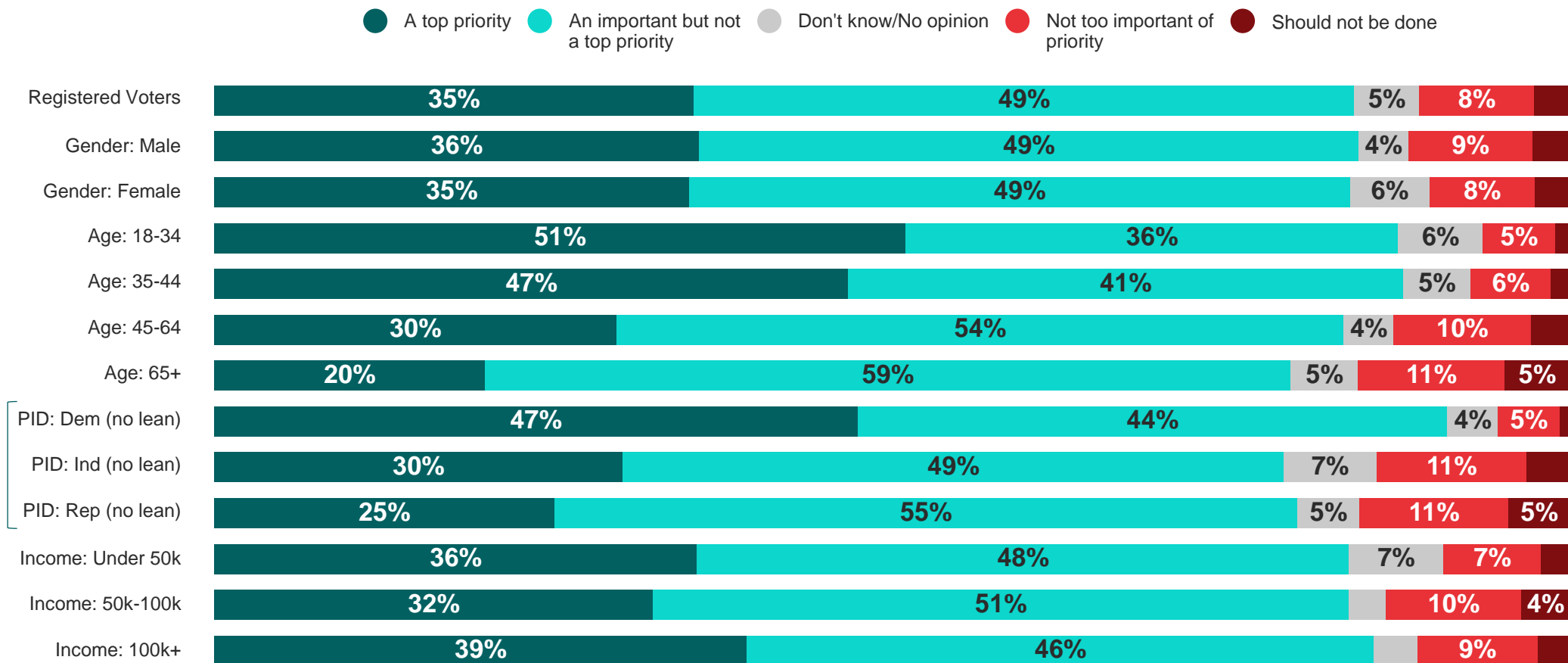
Based on what you know, how much of a priority, if at all, should it be for Congress to increase funding for mental health and addiction recovery treatment?



ADDRESSING MENTAL HEALTH & ADDICTION

# A bipartisan majority of voters think increasing funding for mental health and addiction recovery treatment should be an important priority for Congress.

Based on what you know, how much of a priority, if at all, should it be for Congress to increase funding for mental health and addiction recovery treatment?





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IMPACT OF COVID-19 ON MENTAL HEALTH & SUBSTANCE USE

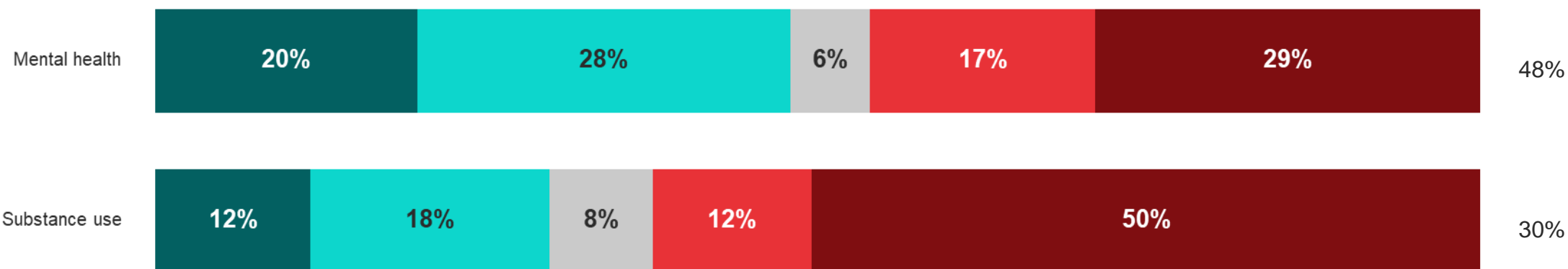
A fifth of voters (19%) say their mental health has been *significantly impacted* by COVID-19.

How has your immediate family member's or your personal mental health and substance use been impacted, if at all, over the past eight months during COVID-19?

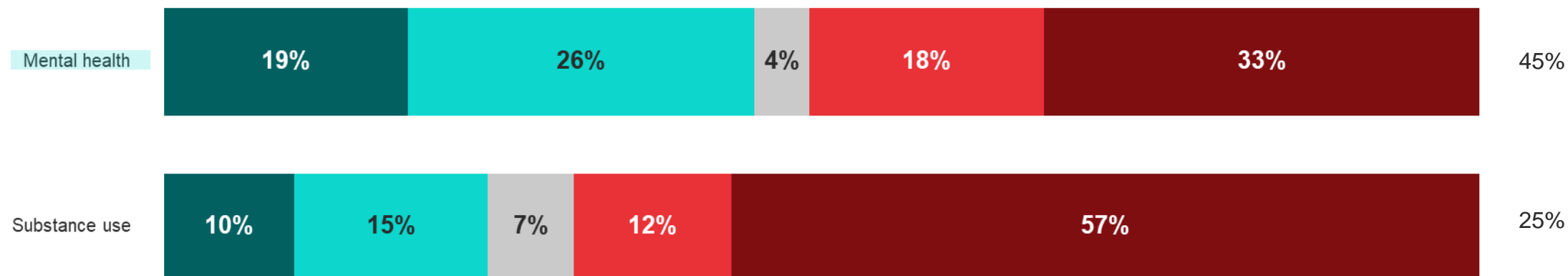
● Significantly impacted
 ● Somewhat impacted
 ● Don't know/No opinion
 ● Not too impacted
 ● Not impacted at all

**Immediate Family Members**

**Total Impacted**



**Personal**

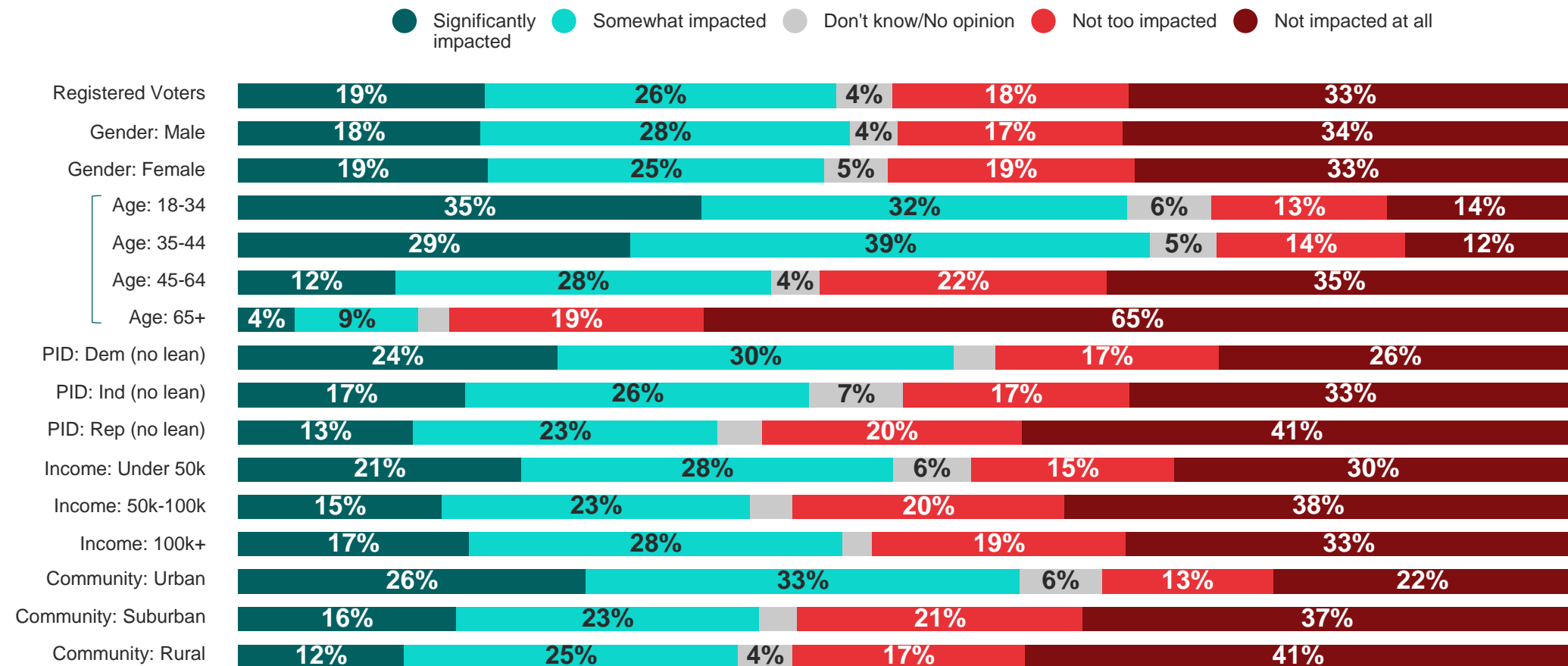


IMPACT OF COVID-19 ON MENTAL HEALTH & SUBSTANCE USE

Younger voters are much more likely than older voters to say their personal mental health has been impacted by COVID-19.

How has your personal mental health and substance use been impacted, if at all, over the past eight months during COVID-19?

**Mental health**

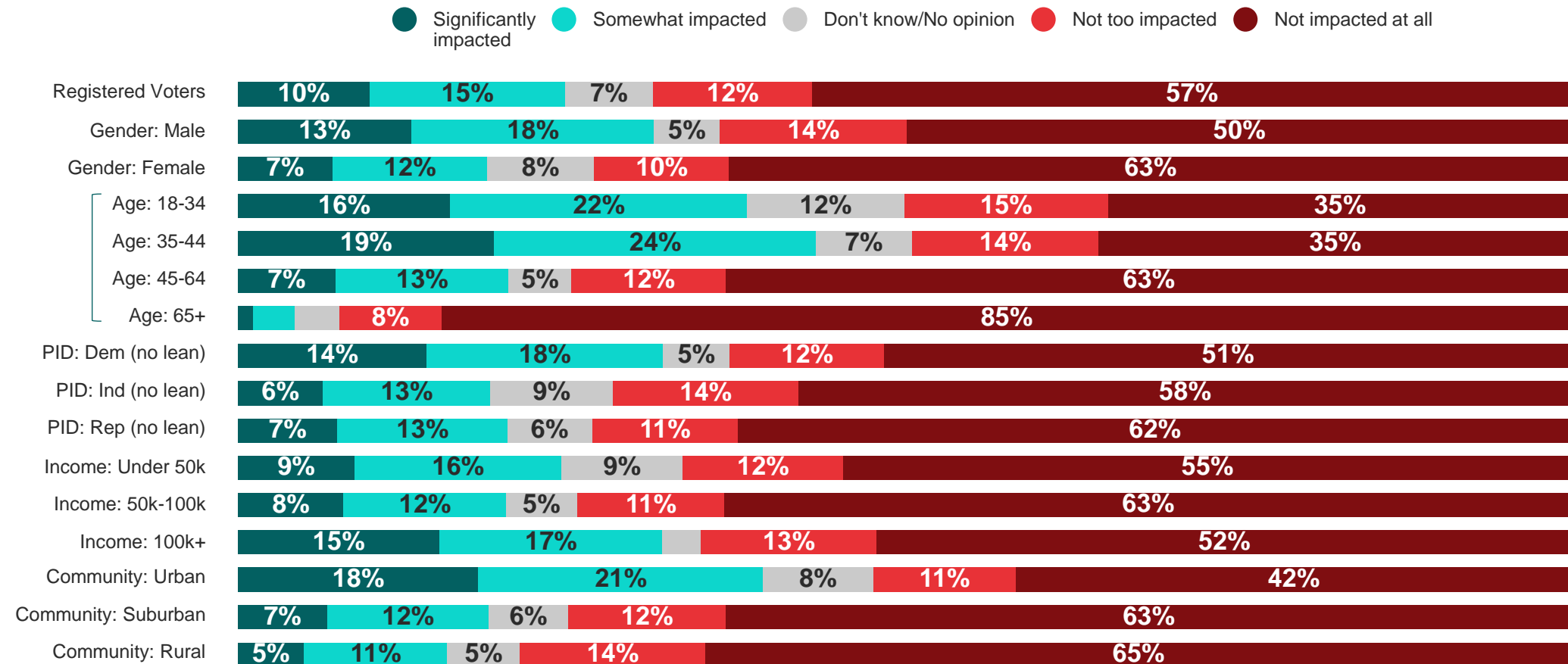


IMPACT OF COVID-19 ON MENTAL HEALTH & SUBSTANCE USE

Similarly, younger voters are much more likely than older voters to say their substance use has been impacted by COVID-19.

How has your personal mental health and substance use been impacted, if at all, over the past eight months during COVID-19?

Substance use



IMPACT OF COVID-19 ON MENTAL HEALTH & SUBSTANCE USE

A quarter of voters (27%) have either personally or have a family member who has sought care for a mental health condition during COVID-19.

Since March, have you or a family member sought care for a mental health condition of any kind? Please select all that apply.



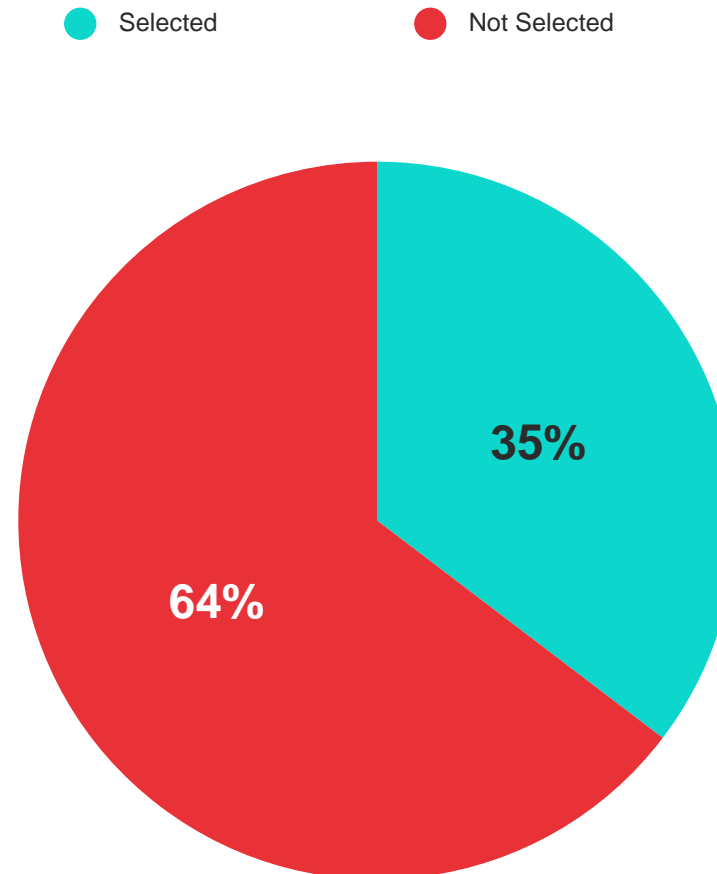
\*Net percentage, deduplicates responses

## IMPACT OF COVID-19 ON MENTAL HEALTH &amp; SUBSTANCE USE

Among voters whose personal mental health has been impacted during COVID-19, a third (35%) say they have sought care for a mental health condition.

Since March, have you sought care for a mental health condition of any kind? Please select all that apply.

## VOTERS WHOSE PERSONAL MENTAL HEALTH HAS BEEN IMPACTED DURING COVID-19



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ACCESS TO RESOURCES



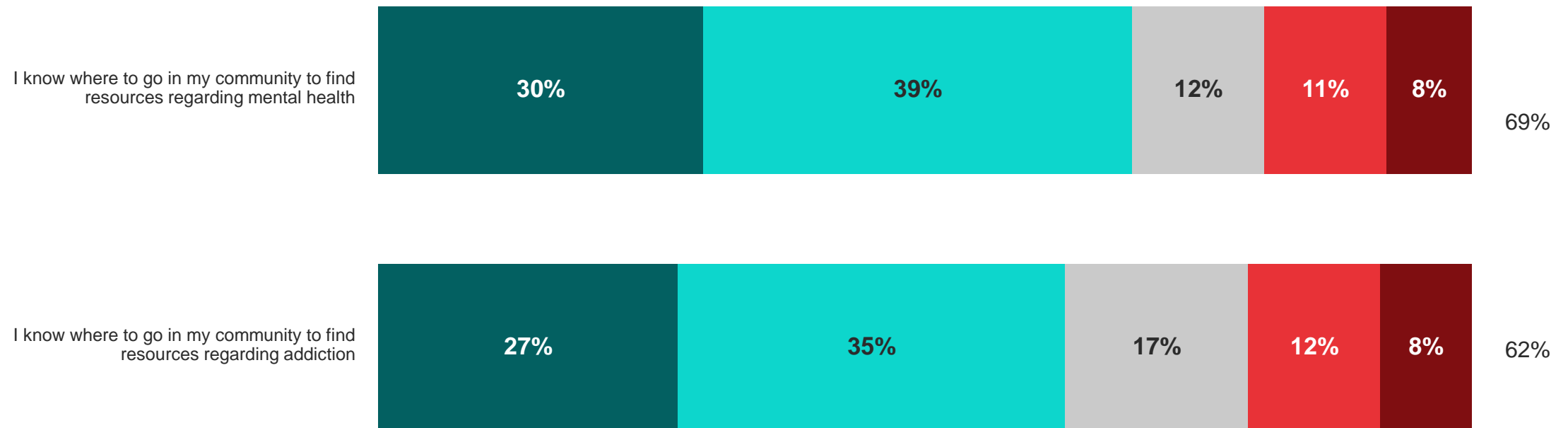
ACCESS TO RESOURCES

A majority of voters agree they know where to go in their community for resources regarding mental health (69%) and addiction (62%).

Do you agree or disagree with the following statements?

● Strongly agree  
 ● Somewhat agree  
 ● Don't know/No opinion  
 ● Somewhat disagree  
 ● Strongly disagree

Total Agree

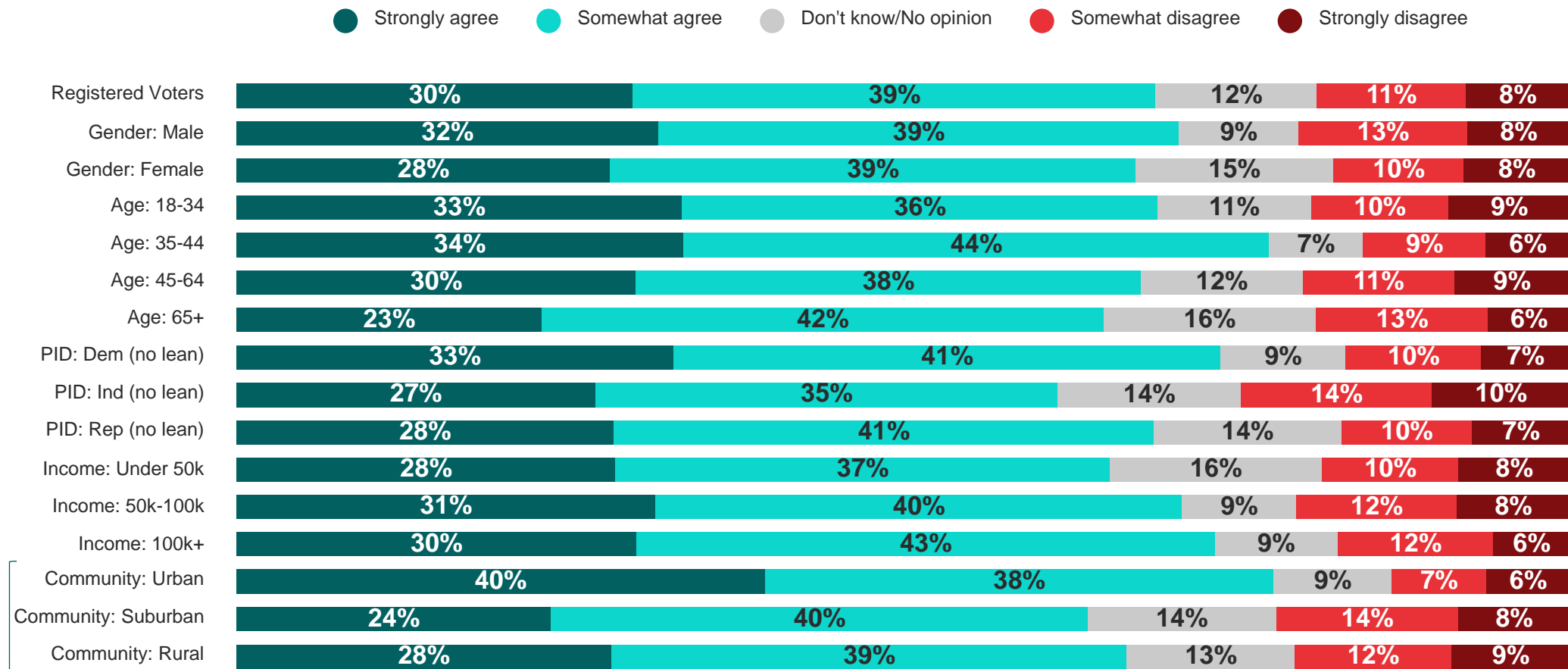




ACCESS TO RESOURCES

Urban voters (40%) are more likely than suburban (24%) and rural voters (28%) to *strongly agree* that they know where to find resources regarding mental health in their community.

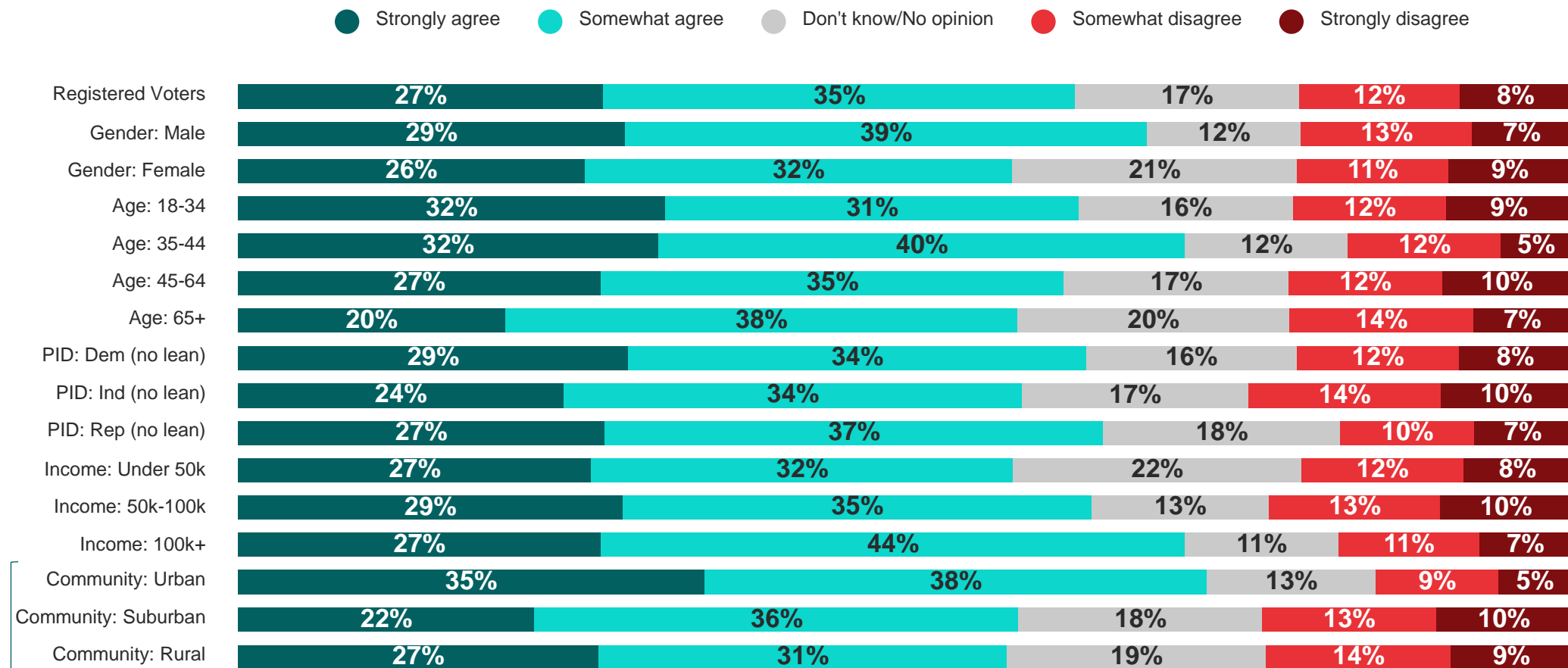
Do you agree or disagree with the following statements? I know where to go in my community to find resources regarding mental health



ACCESS TO RESOURCES

Similarly, urban voters (35%) are more likely than suburban (22%) and rural voters (27%) to *strongly agree* that they know where to find resources regarding addiction in their community.

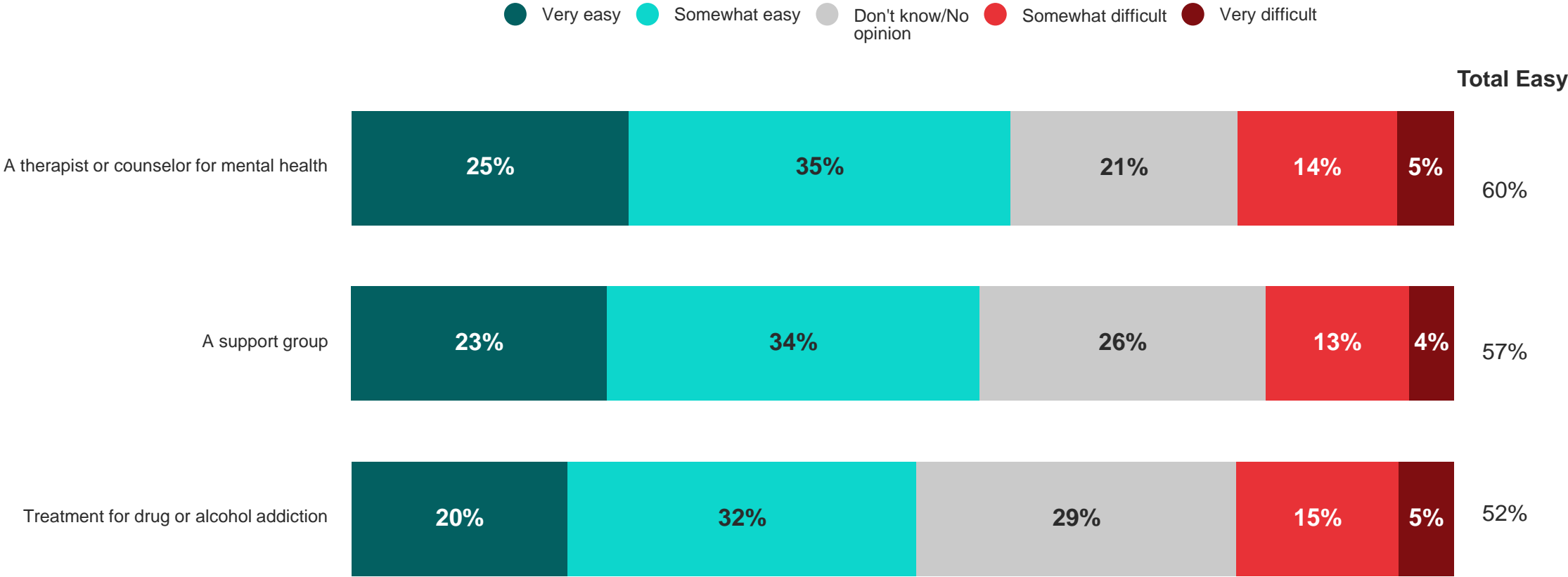
Do you agree or disagree with the following statements? I know where to go in my community to find resources regarding addiction



ACCESS TO RESOURCES

A majority of voters think it is easy to access a therapist (60%), support group (57%), or treatment for drug or alcohol addiction (52%) in their local community.

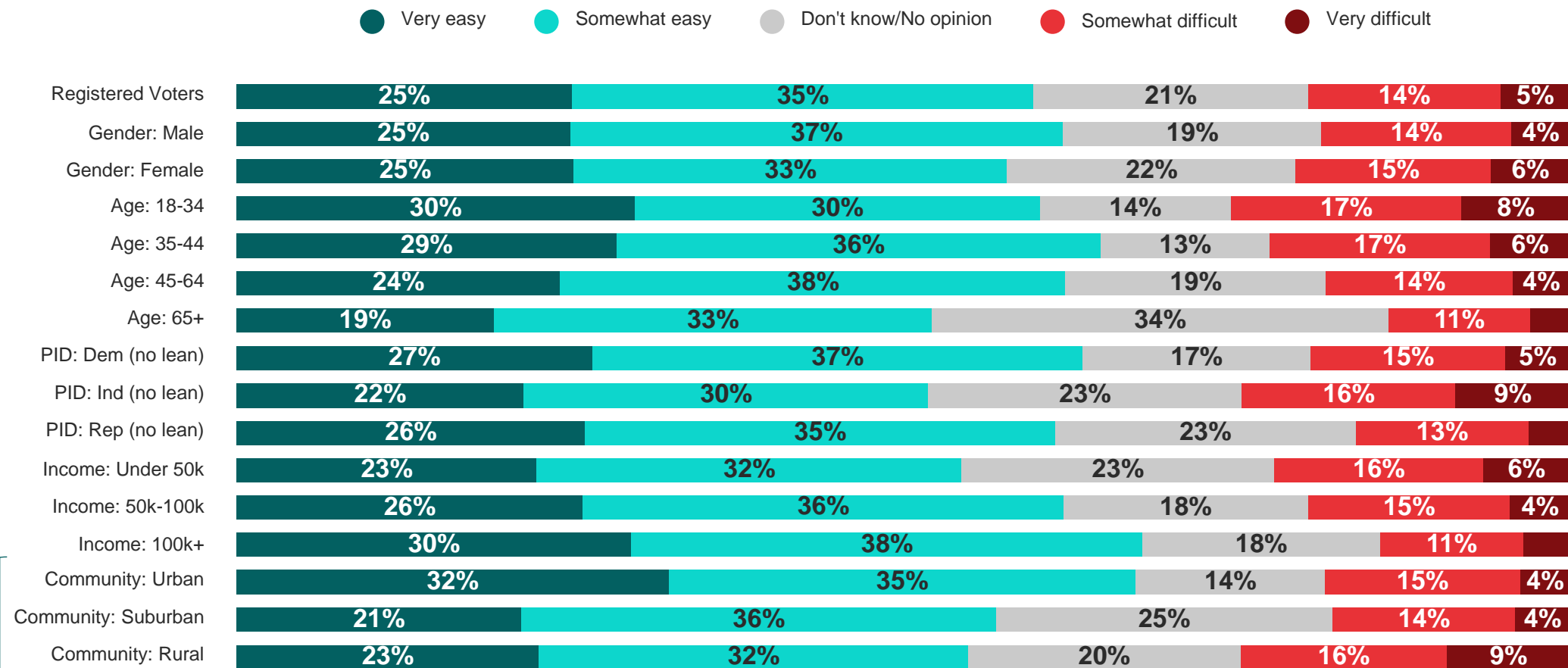
Thinking about your local community, how easy or difficult is it to access the following?



ACCESS TO RESOURCES

Urban voters (67%) are more likely than voters in suburban (57%) and rural (55%) communities to say it is easy to access a therapist or counselor for mental health.

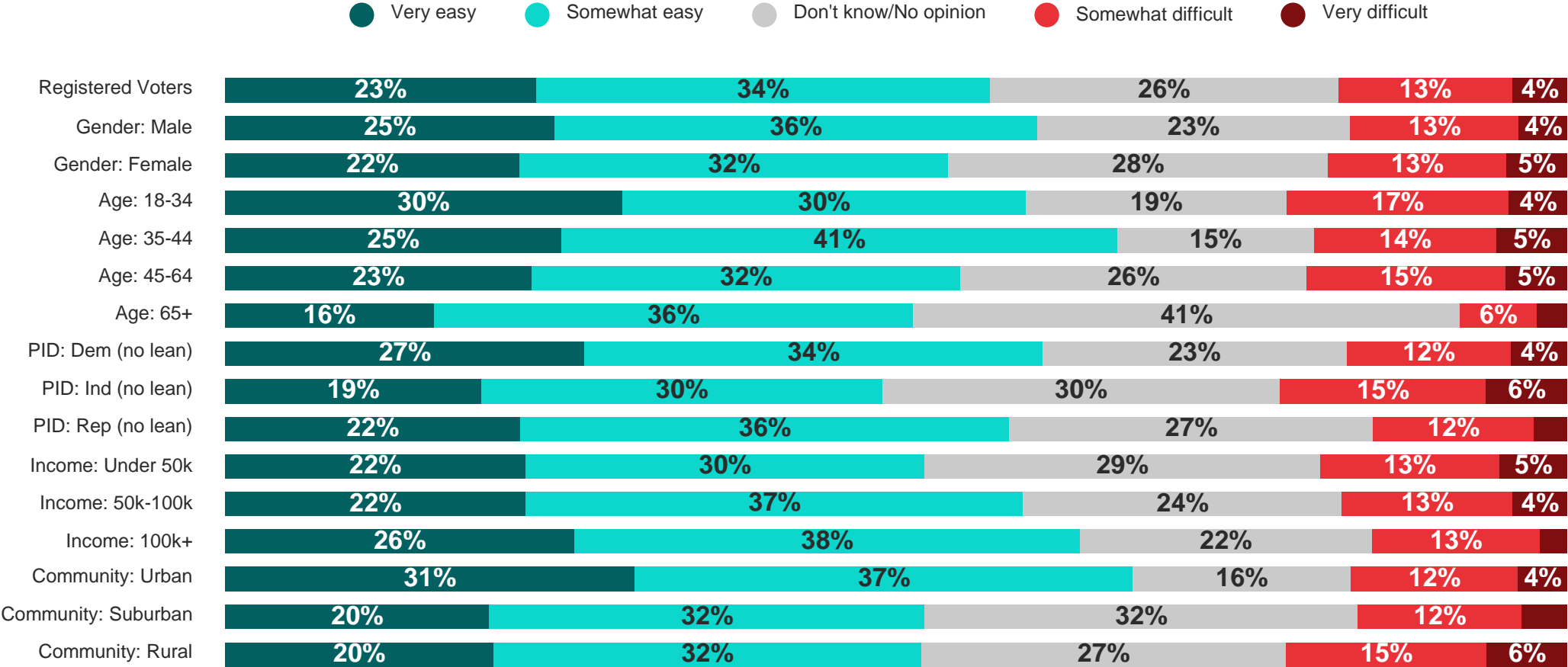
Thinking about your local community, how easy or difficult is it to access the following? **A therapist or counselor for mental health**



ACCESS TO RESOURCES

The same difference holds true across community types in the ease of access a support group.

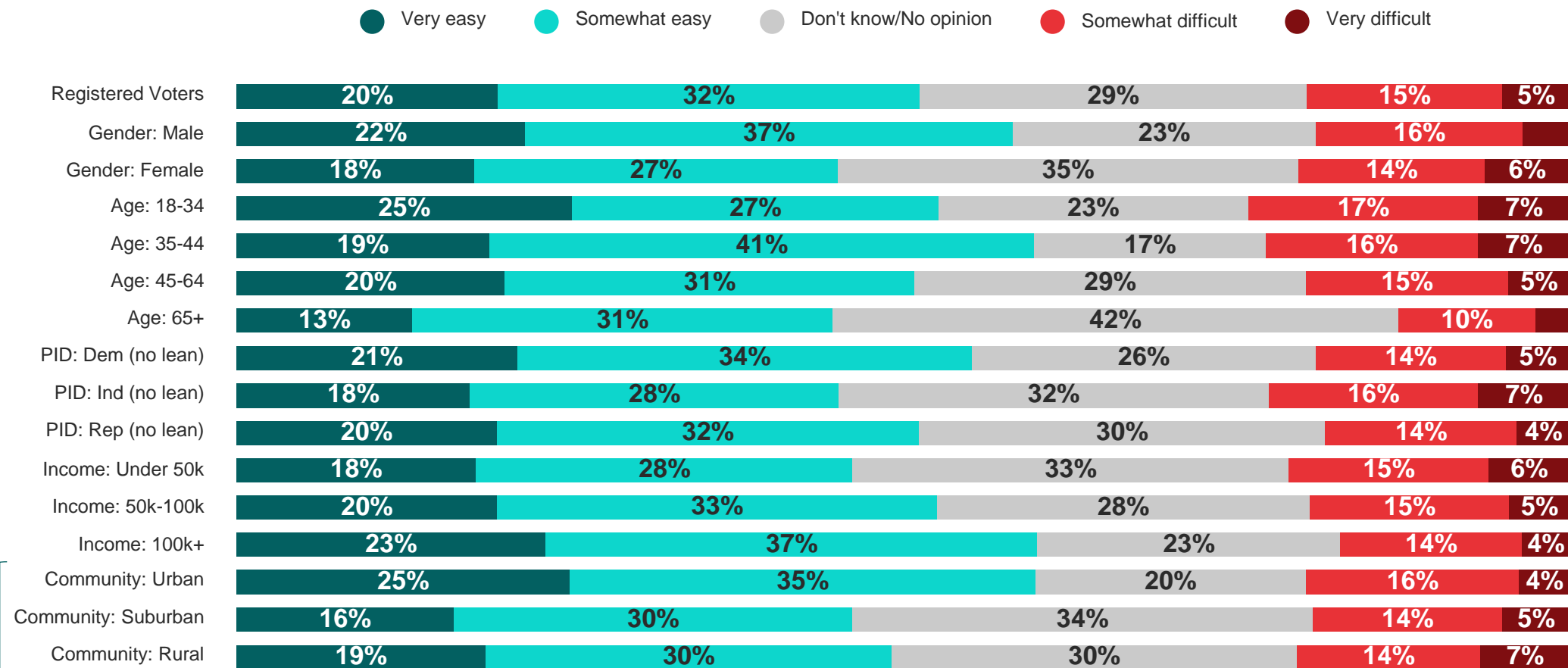
Thinking about your local community, how easy or difficult is it to access the following? **A support group**



ACCESS TO RESOURCES

Similarly, urban voters (60%) are more likely than suburban (46%) and rural voters (49%) to say it is easy to access treatment for drug or alcohol addiction in their local community.

Thinking about your local community, how easy or difficult is it to access the following? **Treatment for drug or alcohol addiction**





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