

NATIONAL COUNCIL FOR MENTAL WELLBEING

Minority Mental Health Month Polling

JULY 2021

KEY FINDINGS

AMONG ALL ADULTS

1. Adults have experienced **difficulties with their mental health in the past 12 months, and it has impacted numerous aspects of their life, particularly among parents**; half of adults say they have frequently experienced *feeling tired or having less energy* (63%), *difficulty sleeping* (58%), *feeling nervous, anxious, or on edge* (51%), and *had trouble relaxing* (50%) over the past 12 months. Nearly two in five dads (37%) and 28% of moms say their mental health has impacted their ability *to care for their children or family members* over the last 12 months.
2. **Forty percent of adults have experienced more mental health challenges over the past 12 months, and 24% have received treatment or care for mental health over the past year.** Over half (55%) of 18-34 year olds are *experiencing more stress and mental health challenges* compared to 12 months ago.
3. **Adults are receiving treatment for mental health conditions in a variety of formats**; among adults who received treatment for mental health over the past 12 months, 37% received *treatment in-person*, while 36% received *treatment via telehealth*.
4. On the other hand, adults are more likely to be **receiving treatment for substance use challenges in-person**; among the 9% of adults who received treatment for substance use challenges over the past 12 months, half (51%) received *treatment in-person*, while 25% received *treatment via telehealth*.
5. Adults agree they **know where to go to find resources for their wellbeing**, but are less likely to say it is **easy to access a therapist or counselor**. While a majority of adults agree they know where to go to find *mental health* (70%) and *substance use challenges resources* (61%), less are likely to say it is *easy to access a therapist or counselor for mental health* (58%) or *substance use challenge* (52%) treatment/care.
6. **Costs and insurance coverage are top of mind obstacles in seeking treatment for mental health and substance use challenges**; adults agree *cost of mental health* (47%) and *substance use* (40%) help/treatment and finding a *mental health* (44%) and *substance use* (34%) organization *covered by their insurance* are obstacles to care. *Privacy of personal information* and *availability of providers in their community* are also top-of-mind obstacles.

Methodology: This poll was conducted between June 21-June 23, 2021 among a sample of 2,200 adults. The interviews were conducted online and the data were weighted to approximate a target sample of adults 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.

KEY FINDINGS

AMONG ASIAN AMERICAN ADULTS

1. **Fatigue and relentless worrying have been major issues among Asian American adults in the past year;** about three in five Asian Americans (58%) say they have *always* or *sometimes* experienced *feeling tired or having less energy* in the last 12 months, and roughly half (52%) say they have experienced *not being able to stop or control worrying* in the past year.
2. Nearly one in five Asian Americans (18%) say their **mental health has impacted their ability to maintain relationships with friends and family a lot** in the last year.
3. In the last 12 months, **more Asian Americans have experienced mental health challenges in the last year than have received treatment for their mental health;** two in five Asian American adults (40%) say they are personally experiencing *more* stress and mental health challenges than they did 12 months ago, where just 11% say they have received treatment or care of any kind for their mental health in the last 12 months.
4. Asian American adults are **overall uncertain about where to find access to treatment for mental health and substance use challenges;** just 21% of Asian American adults *strongly agree* that they know where to go to find *mental health resources*, and even fewer (14%) *strongly agree* that they know where to go to find *substance use challenge resources*.
5. Asian American adults are most likely to view **money-related issues as the largest obstacles to seek treatment for mental health;** half (50%) say the *cost of mental health help/treatment* would be an obstacle to seek treatment for them personally, and 48% say *finding mental health treatment organizations covered by my insurance* would be an obstacle to seeking treatment.

Methodology: This poll was conducted between June 21-June 24, 2021 among a sample of 300 Asian American adults. The interviews were conducted online and the data were weighted to approximate a target sample of Asian American adults based on gender, age, and educational attainment. Results from the full survey have a margin of error of plus or minus 6 percentage points.

KEY FINDINGS

AMONG BLACK ADULTS

1. Majorities of Black adults say they have **struggled with different facets of their mental health in the past 12 months**; half or more Black adults say they have always or sometimes experienced *feeling tired or having less energy* (61%), *difficulty sleeping* (58%), and *feeling nervous, anxious, or on edge* (51%) in the last year.
2. **Mental health challenges have impacted Black adults in numerous areas of life in the last year**; one in five Black adults say their mental health has impacted their ability *to work* (20%), *care for themselves* (19%), *maintain relationships with friends and family* (19%), and their *overall life satisfaction* (19%) a lot over the past year.
3. There is a gap among Black adults between **those who have experienced mental health challenges in the last year and those who have sought treatment in the last year**; nearly half of Black adults (46%) say they are personally experiencing *more* stress and mental health challenges than they did 12 months ago, but just one in five (21%) say they have *received treatment or care of any kind for their mental health* in the last 12 months.
4. **The COVID-19 pandemic has caused Black adults to consider their mental health**; nearly half (47%) say they have *thought more* about their mental health compared to before the COVID-19 pandemic.
5. Black adults are most likely to **see cost access to community mental health resources as obstacles to receiving treatment**; roughly half of Black adults (47%) agree that *availability of mental health help/treatment in your community* and *cost of treatment* (45%) would be an obstacle to receiving mental health treatment. In addition, 11% of Black adults say *finding an organization or looks like me or shares my culture and identity* would be the *largest obstacle* to seeking treatment for their mental health.

Methodology: This poll was conducted between June 21-June 24, 2021 among a sample of 300 Black adults. The interviews were conducted online and the data were weighted to approximate a target sample of Black adults based on gender, educational attainment, age, ethnicity, and region. Results from the full survey have a margin of error of plus or minus 6 percentage points.

KEY FINDINGS

AMONG HISPANIC ADULTS

1. **Many Hispanic adults report feeling fatigued and anxious in the past year;** two thirds of Hispanic adults (65%) say in the past year they have always or sometimes experienced *feeling tired or having less energy*. Additionally, half or more say they have *always* or *sometimes* experienced *difficulty sleeping* (59%), *feeling nervous, anxious, or on edge* (55%), or *trouble relaxing* (51%) in the last 12 months.
2. When it comes to the impact of mental health on day-to-day life, Hispanic adults are **most likely to say their ability to work has been affected by their mental health;** about one in five (19%) say their mental health has impacted their *ability to work* in the last 12 months.
3. Hispanic adults are **more likely to be experiencing increased mental health challenges** in the last year than **having received mental health treatment in the last year;** while 42% of Hispanic adults report experiencing *more* stress and mental health challenges compared to 12 months ago, just 26% say they have received mental health treatment.
4. **More Hispanic adults face substance use challenges now than before the pandemic, and some have difficulty accessing treatment;** nearly one in five Hispanic adults (17%) say they have thought *more* about their own substance use challenges compared to before the COVID-19 pandemic, yet similar shares say they *don't know where to go* to find resources for substance use challenges (17%) and that it is *difficult to access* a therapist or counselor for substance use challenges (19%).
5. Hispanic adults are **most likely to see cost, insurance coverage, and access as the largest obstacles to finding mental health treatment;** at least two in five agree that the *cost of mental health help/treatment* (45%), *finding mental health treatment organizations covered by their insurance* (43%), and the *availability of mental health help/treatment in their community* (42%) would be personal obstacles to seeking treatment for mental health.

Methodology: This poll was conducted between June 21-June 24, 2021 among a sample of 300 Hispanic adults. The interviews were conducted online and the data were weighted to approximate a target sample of Hispanic adults based on gender, educational attainment, age, and region. Results from the full survey have a margin of error of plus or minus 6 percentage points.

KEY FINDINGS

AMONG NATIVE AMERICAN ADULTS

1. Native American adults have **experienced wellbeing difficulties over the past 12 months**; about seven in ten Native American adults have experienced *feeling tired or having less energy* (73%), *difficulty sleeping* (74%), *feeling nervous, anxious, or on edge* (72%), and had *trouble relaxing* (69%) over the past year.
2. **Mental health is impacting aspects of Native American's lifestyle**; about one in five say their mental health has *significantly impacted* their ability to *handle routine activities* (26%), *ability to work* (23%), *care for themselves* (21%), *overall life satisfaction* (21%), and *ability to care for children or family members* (17%) over the past 12 months.
3. There is a **20% gap between Native Americans who have experienced more mental health challenges over the past 12 months and those who have received mental health treatment**; 45% of Native American adults have experienced *more* mental health challenges, and only 24% have *received treatment* for mental health over the past 12 months.
4. Native Americans are **less likely to have received treatment or care of any kind for substance use** over the past 12 months; 3% of Native American adults have received treatment for substance use challenges compared to 9% of adults overall.
5. **Native American adults experience difficulty accessing a therapist or counselor**; 31% of Native American adults say it is *difficult to access* a therapist or counselor for *mental health*, and 20% say it is difficult to access a therapist or counselor for *substance use challenges*. Two in five Native American adults (42%) say *availability of mental health treatment in their community* would be an obstacle to seek treatment for their mental health.
6. **Cost of care is a top-of-mind obstacle to seeking treatment for mental health and substance use challenges**; about a quarter of Native American adults say *cost* of mental health (29%) and substance use (23%) help/treatment would be the *largest obstacle* if they were to personally seek treatment.

Methodology: This poll was conducted between June 21-June 28, 2021 among a sample of 200 Native American adults. The interviews were conducted online and the data were weighted to approximate a target sample of Native American adults based on gender, educational attainment, age, and region. Results from the full survey have a margin of error of plus or minus 7 percentage points.

KEY FINDINGS

AMONG LGBTQ+ ADULTS

- 1. Majorities of LGBTQ+ adults have experienced difficulties with different aspects of their mental health over the past 12 months;** about seven in ten LGBTQ+ adults have *always* or *sometimes* experienced *feeling tired or having less energy* (71%), *difficulty sleeping* (69%), *feeling nervous, anxious, or on edge* (69%), *trouble relaxing* (65%), *feeling down or depressed* (61%), and *not being able to stop or control worrying* (57%).
- 2. About a third of LGBTQ+ adults say their mental health has impacted a lot of aspects of their life** including their *overall life satisfaction* (32%), *ability to handle routine activities* (29%), and *ability to work* (28%).
- 3. LGBTQ+ adults are experiencing more mental health challenges and are thinking about their mental health more now compared to prior to the COVID-19 pandemic.** Half (49%) of LGBTQ+ adults are experiencing *more mental health challenges* now compared to 12 months ago, and 58% say the COVID-19 pandemic caused them to *think more about their mental health*.
- 4. LGBTQ+ adults agree they know where to go to find mental health and substance use challenges, but experience difficulty finding a therapist or counselor;** 33% say it is *difficult to access* a therapist or counselor for *mental health*, and 25% say the same for *substance use challenges*.
- 5. In addition to cost, there are other obstacles to mental health care for LGBTQ+ adults;** *cost of treatment* (65%), *finding an organization covered by their insurance* (60%), *availability of treatment in their community* (56%), *finding an organization who looks like them or shares their culture and identity* (46%), and *not knowing where to start when looking* (44%) are seen as the *largest obstacles* to treatment for mental health care for LGBTQ+ adults.

Methodology: This poll was conducted between June 21-June 24, 2021 among a sample of 300 LGBTQ+ adults. The interviews were conducted online and the data were weighted to approximate a target sample of LGBTQ+ adults based on gender, educational attainment, age, ethnicity, and region. Results from the full survey have a margin of error of plus or minus 6 percentage points.

AGENDA

MENTAL HEALTH EXPERIENCES

SUBSTANCE USE EXPERIENCES

ACCESS TO RESOURCES

OBSTACLES TO TREATMENT



MENTAL HEALTH EXPERIENCES

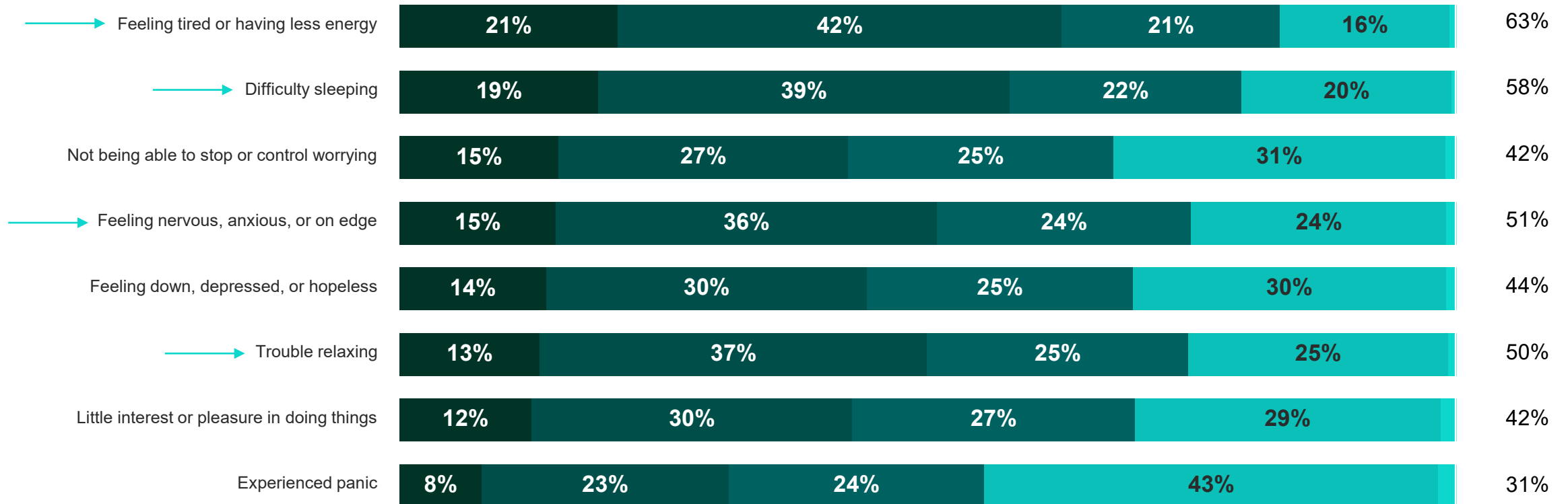
Half or more of adults say they have frequently experienced feeling tired or having less energy (63%), difficulty sleeping (58%), feeling nervous, anxious, or on edge (51%), and had trouble relaxing (50%) over the past 12 months.

In the last 12 months, how often have you experienced the following, if at all?

ADULTS

● Always ● Sometimes ● Rarely ● Never ● Prefer not to answer

Frequently*



*Frequently= Always + Sometimes

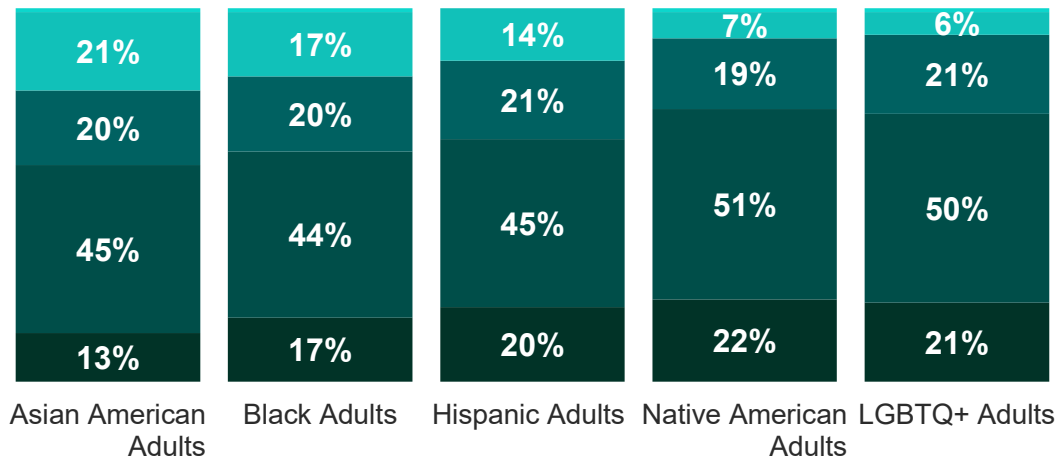
MENTAL HEALTH EXPERIENCES

Native American and LGBTQ+ adults are more likely than other surveyed minority groups to have frequently experienced difficulty sleeping and feeling nervous, anxious, or on edge over the last 12 months.

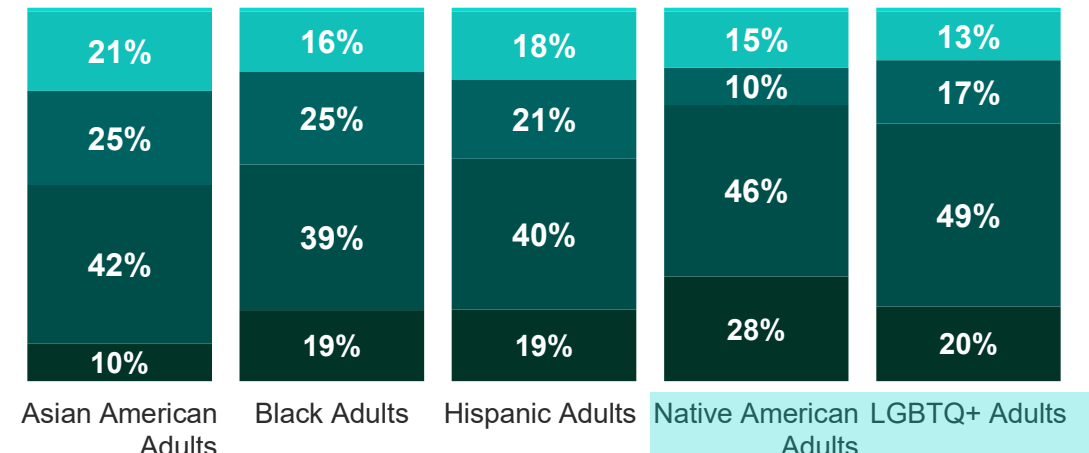
In the last 12 months, how often have you experienced the following, if at all?



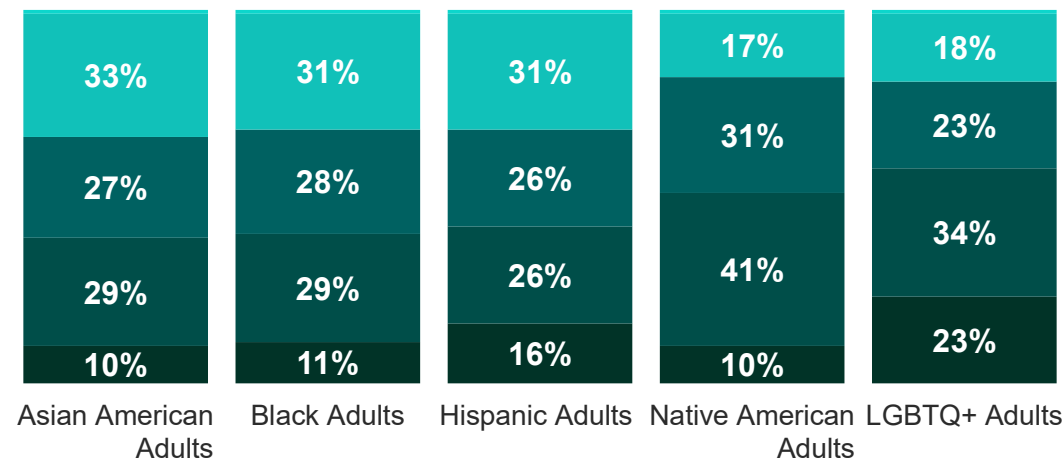
Feeling tired or having less energy



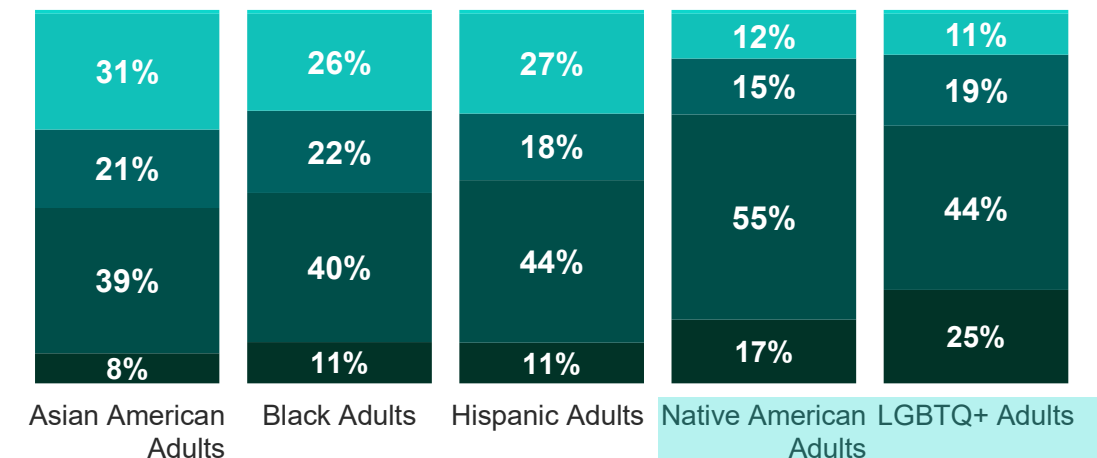
Difficulty sleeping



Not being able to stop or control worrying



Feeling nervous, anxious, or on edge



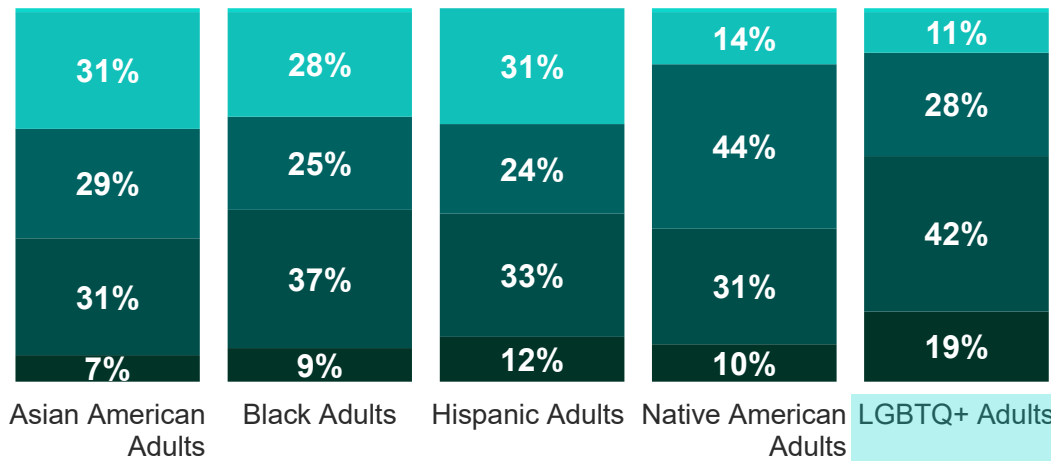
MENTAL HEALTH EXPERIENCES

Half or more of LGBTQ+ adults have frequently experienced feeling down, depressed or hopeless (61%), little interest or pleasure in doing things (56%), and had trouble relaxing (65%) over the past 12 months.

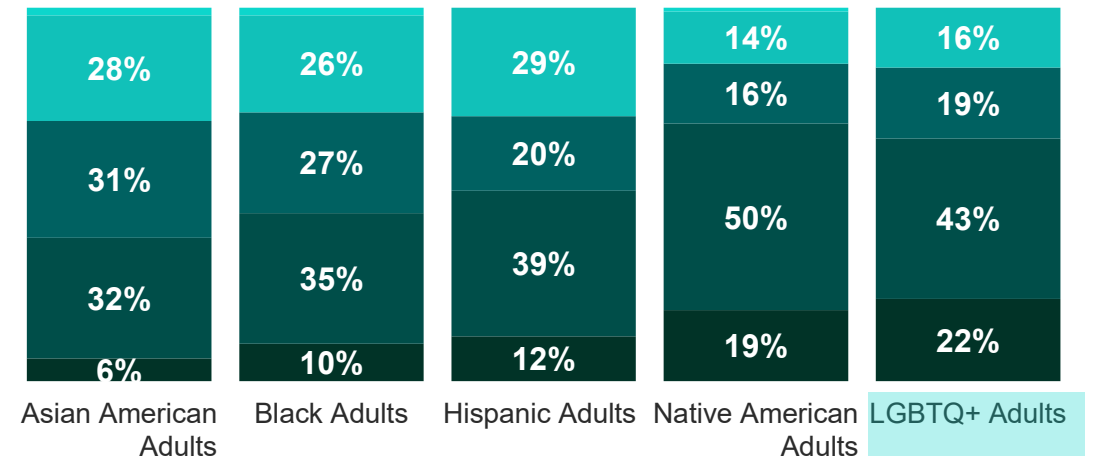
In the last 12 months, how often have you experienced the following, if at all?

● Always ● Sometimes ● Rarely ● Never ● Prefer not to answer

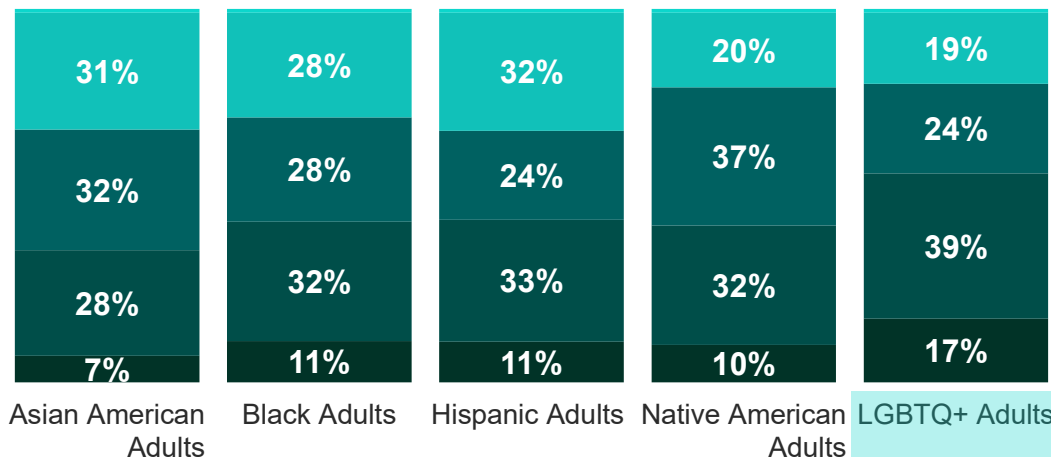
Feeling down, depressed, or hopeless



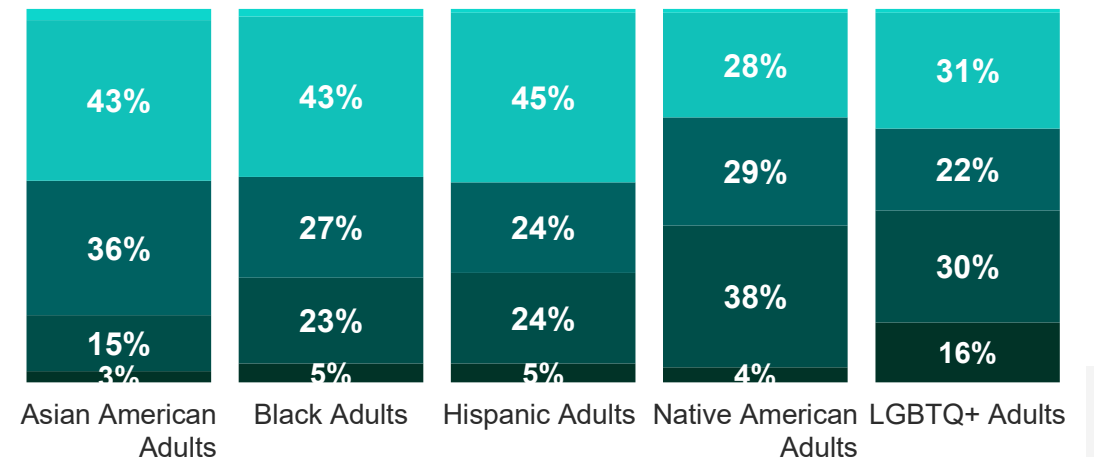
Trouble relaxing



Little interest or pleasure in doing things



Experienced panic



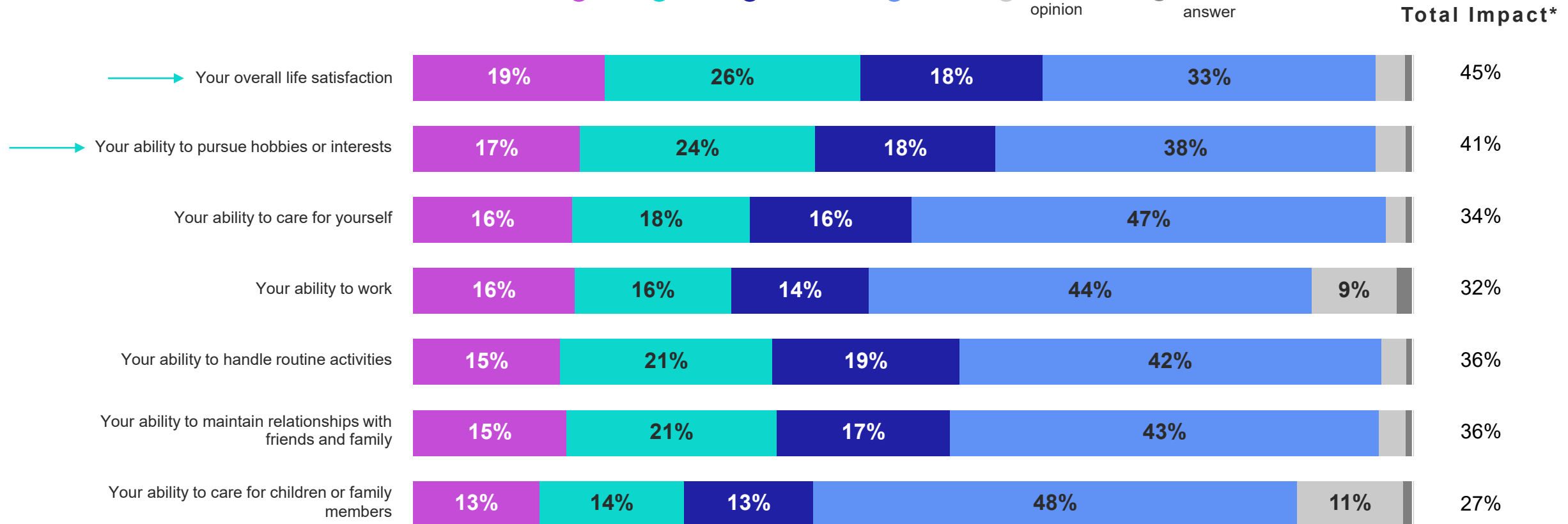
MENTAL HEALTH EXPERIENCES

Two in five adults say over the past 12 months their mental health has impacted their overall life satisfaction (45%) and their ability to pursue hobbies or interests (41%).

In the last 12 months, how much has your mental health impacted each of the following, if at all?

ADULTS

● A lot
 ● Some
 ● Not too much
 ● Not at all
 ● Don't know/No opinion
 ● Prefer not to answer



*Total Impact= A lot + Some

MENTAL HEALTH EXPERIENCES

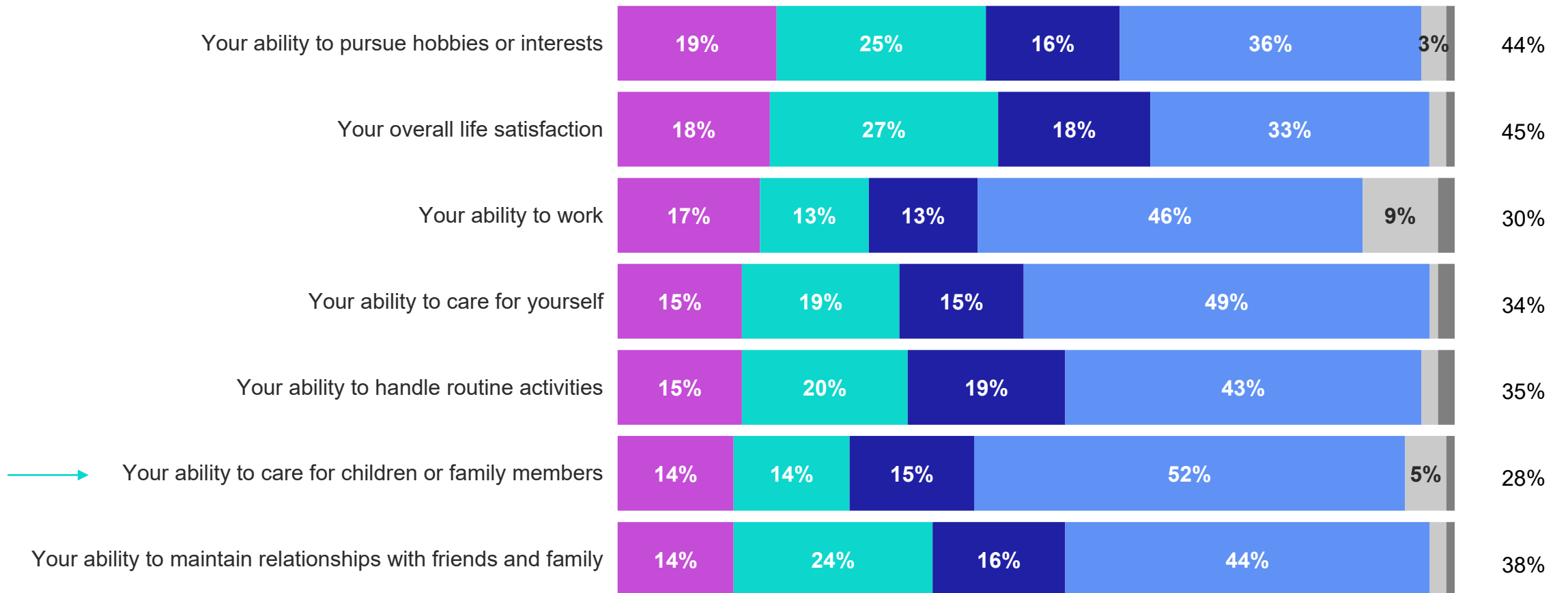
A quarter of moms (28%) say their mental health has impacted their ability to care for their children or family members over the last 12 months.

In the last 12 months, how much has your mental health impacted each of the following, if at all?

MOMS

■ A lot
 ■ Some
 ■ Not too much
 ■ Not at all
 ■ Don't know/No opinion
 ■ Prefer not to answer

Total Impact*



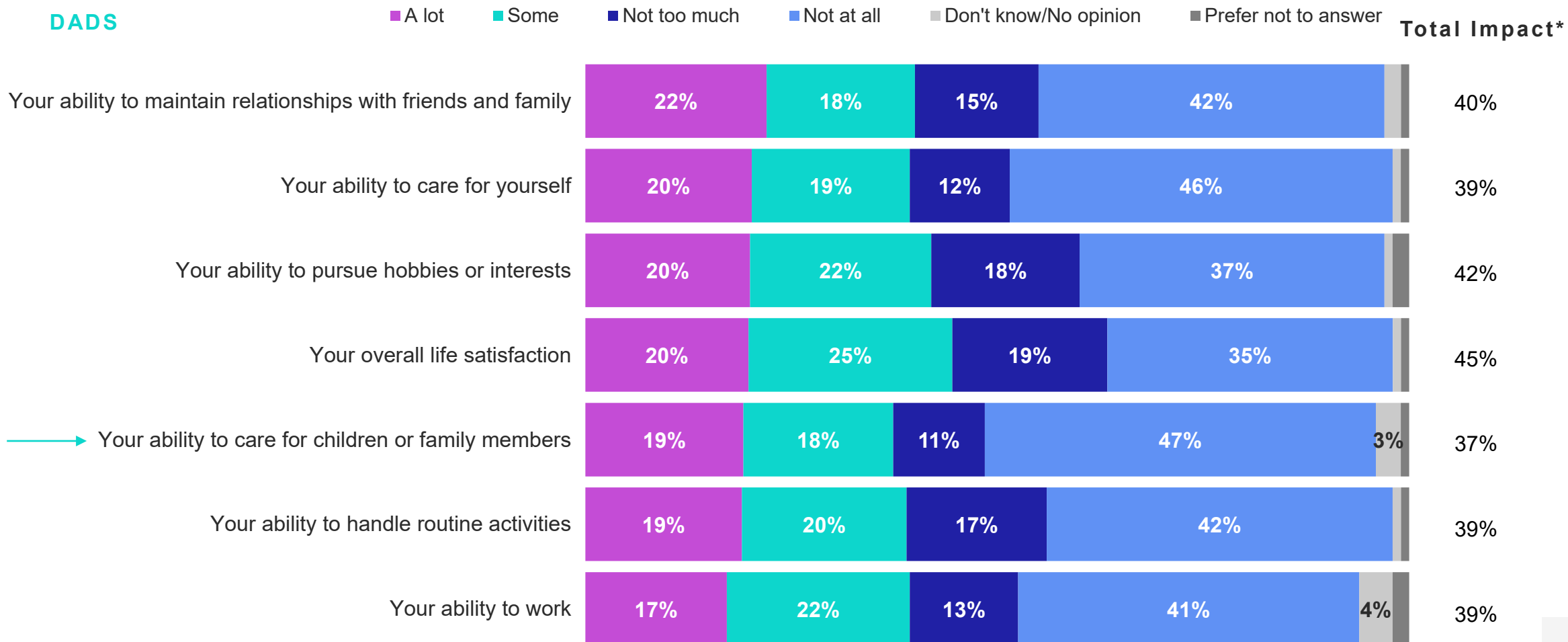
Your ability to care for children or family members

*Total Impact= A lot + Some

MENTAL HEALTH EXPERIENCES

Nearly two in five dads (37%) say their mental health has impacted their ability to care for their children or family members over the last 12 months.

In the last 12 months, how much has your mental health impacted each of the following, if at all?



*Total Impact= A lot + Some

MENTAL HEALTH EXPERIENCES

LGBTQ+ adults are more likely than the other minority groups surveyed to say their mental health has impacted each of the tested aspects *a lot* over the past 12 months.

In the last 12 months, how much has your mental health impacted each of the following, if at all?

<i>% Mental Health Impacted A Lot</i>	Adults	Asian American Adults	Black Adults	Hispanic Adults	Native American Adults	LGBTQ+ Adults
Your ability to work	16%	15%	20%	19%	23%	28%
Your ability to care for yourself	16%	17%	19%	16%	21%	22%
Your ability to care for children or family members	13%	11%	12%	10%	17%	15%
Your ability to maintain relationships with friends and family	15%	18%	19%	15%	15%	26%
Your ability to handle routine activities	15%	14%	16%	12%	26%	29%
Your ability to pursue hobbies or interests	17%	13%	18%	17%	12%	24%
Your overall life satisfaction	19%	14%	19%	15%	21%	32%

MENTAL HEALTH EXPERIENCES

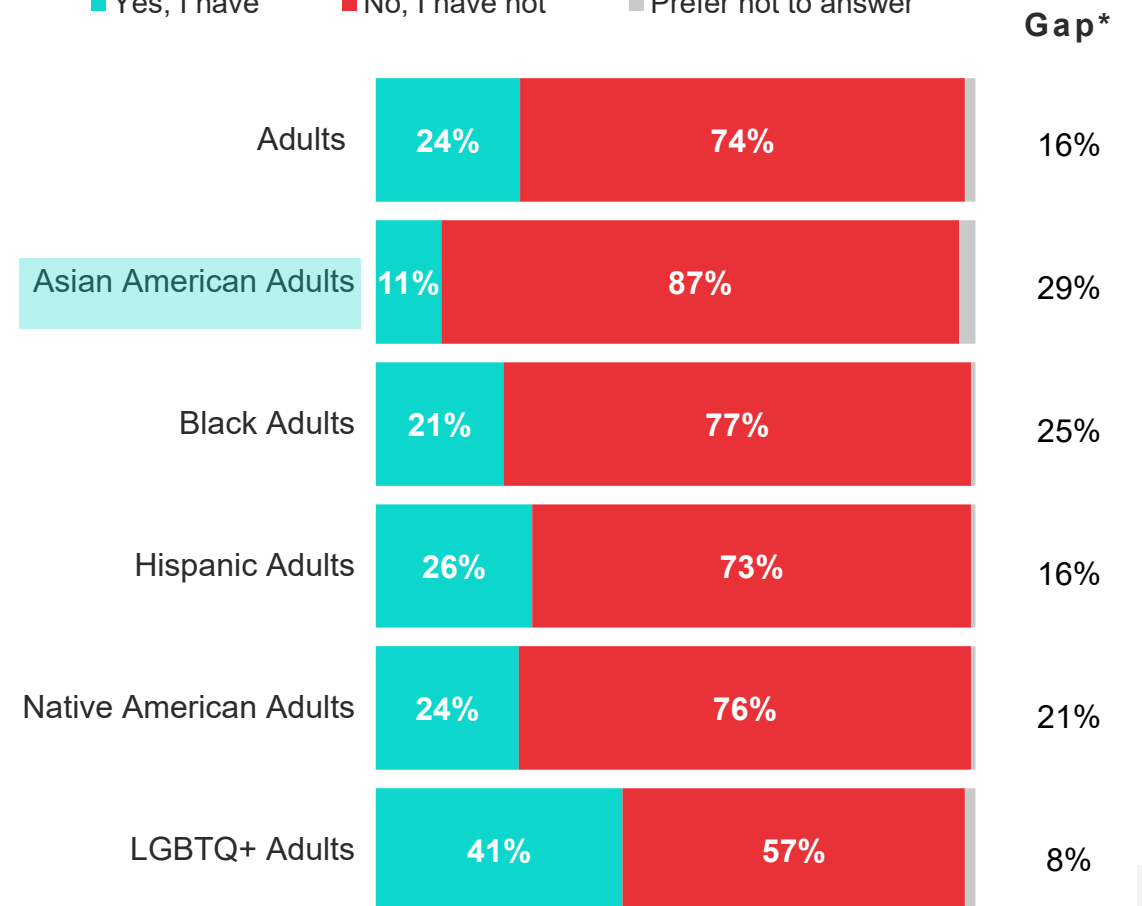
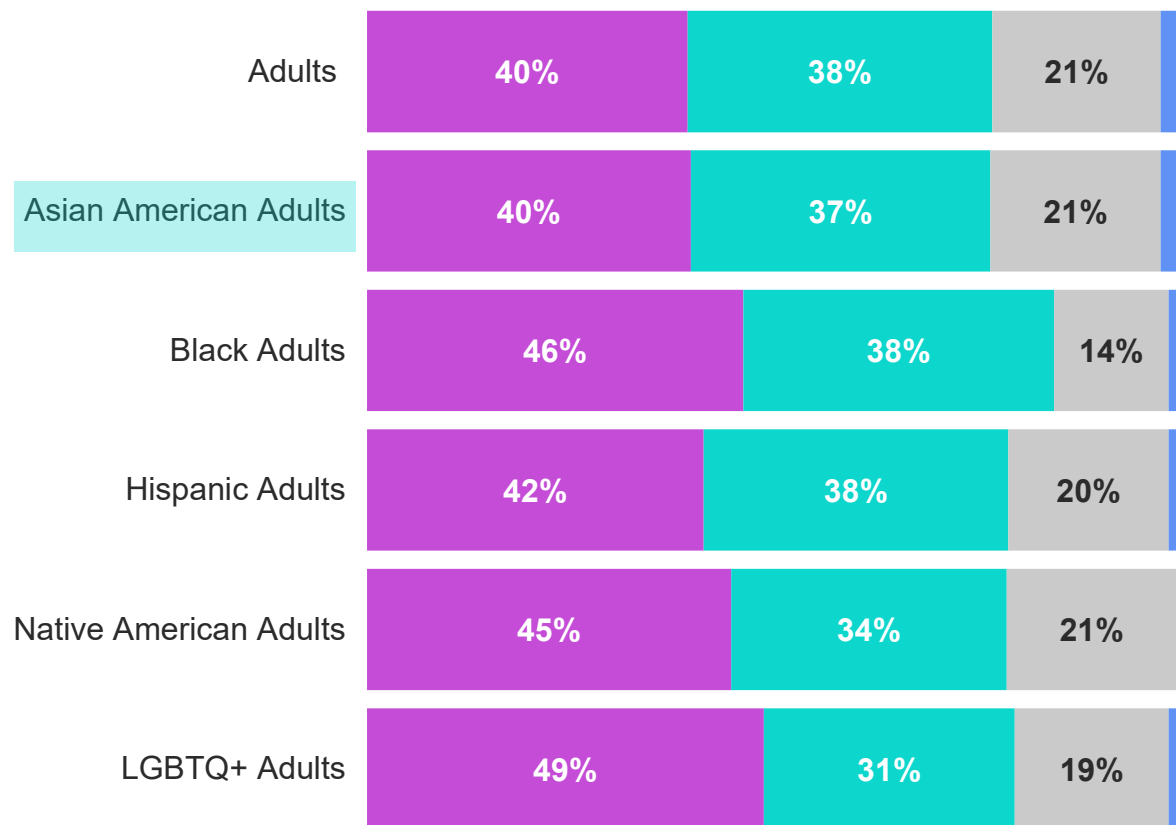
Across racial and ethnic groups surveyed there is about a 20% gap between those who have experienced more mental health challenges and those who received treatment, with the largest gap being among Asian American adults (29%).

Compared to 12 months ago, are you personally experiencing more or fewer stress and mental health challenges?

In the past 12 months, have you received treatment or care of any kind for your mental health?

More challenges Fewer challenges Don't know/Not sure Prefer not to answer

Yes, I have No, I have not Prefer not to answer



*Gap= difference between % experiencing more challenges and % received treatment/care over the past 12 months.

MENTAL HEALTH EXPERIENCES

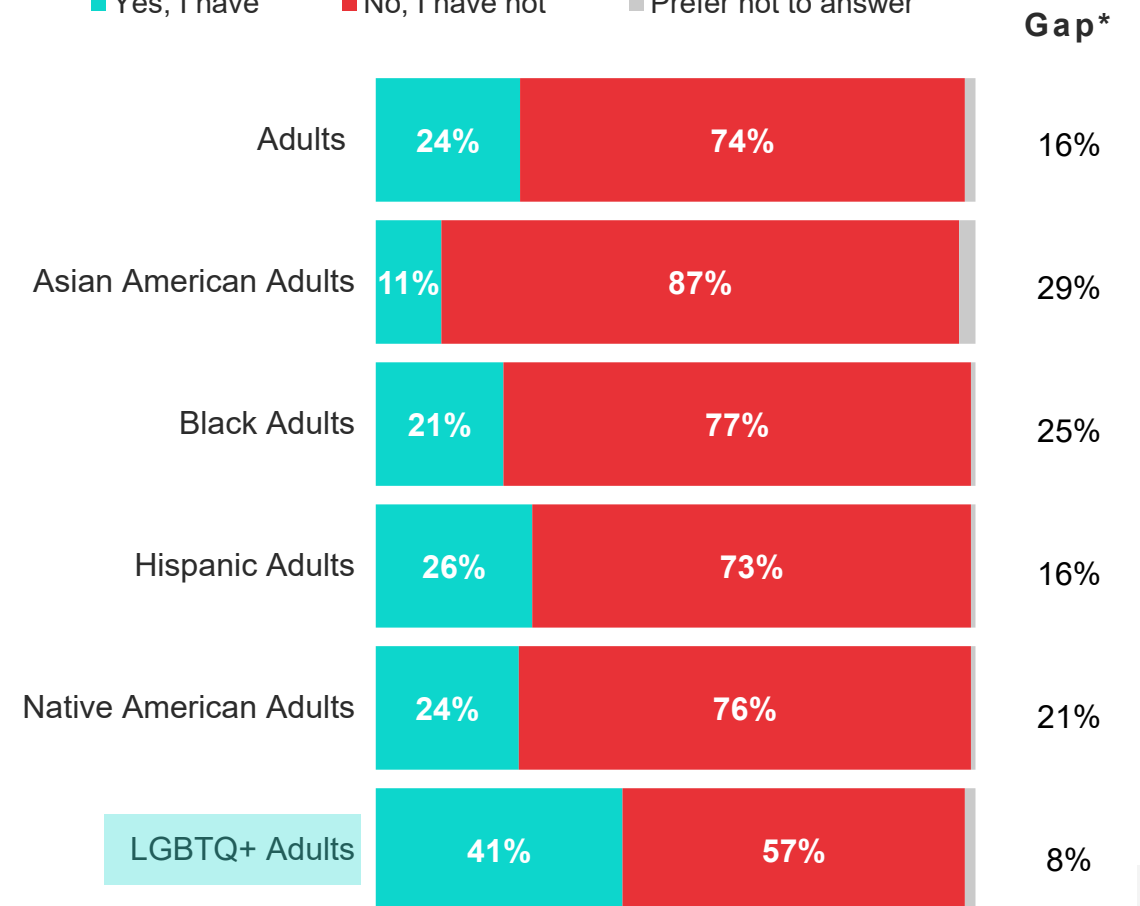
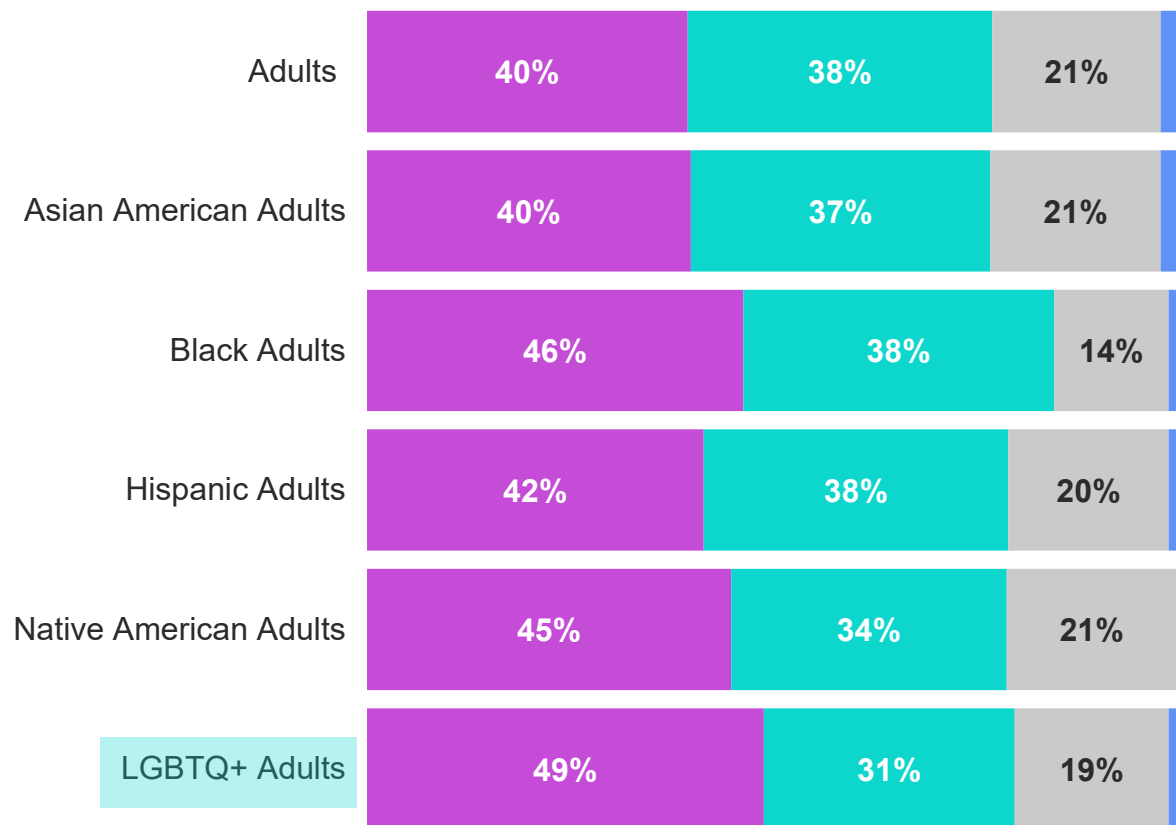
The smallest gap (8%) is between the percent of LGBTQ+ adults who have experienced more mental health challenges (49%) and the percent who have received treatment over the past 12 months (41%).

Compared to 12 months ago, are you personally experiencing more or fewer stress and mental health challenges?

In the past 12 months, have you received treatment or care of any kind for your mental health?

More challenges Fewer challenges Don't know/Not sure Prefer not to answer

Yes, I have No, I have not Prefer not to answer



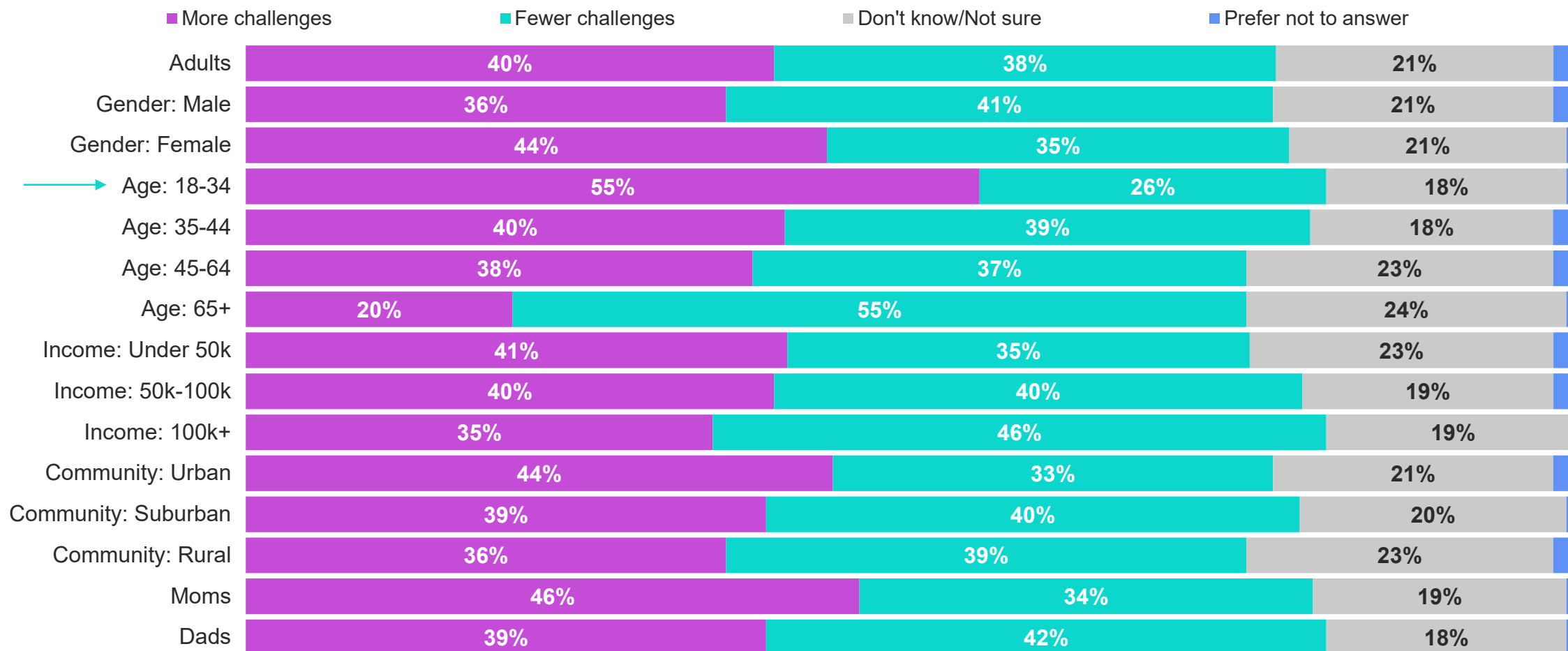
Gap*

*Gap= difference between % experiencing more challenges and % received treatment/care over the past 12 months.

MENTAL HEALTH EXPERIENCES

Over half (55%) of 18-34 year olds are experiencing **more** stress and mental health challenges compared to 12 months ago.

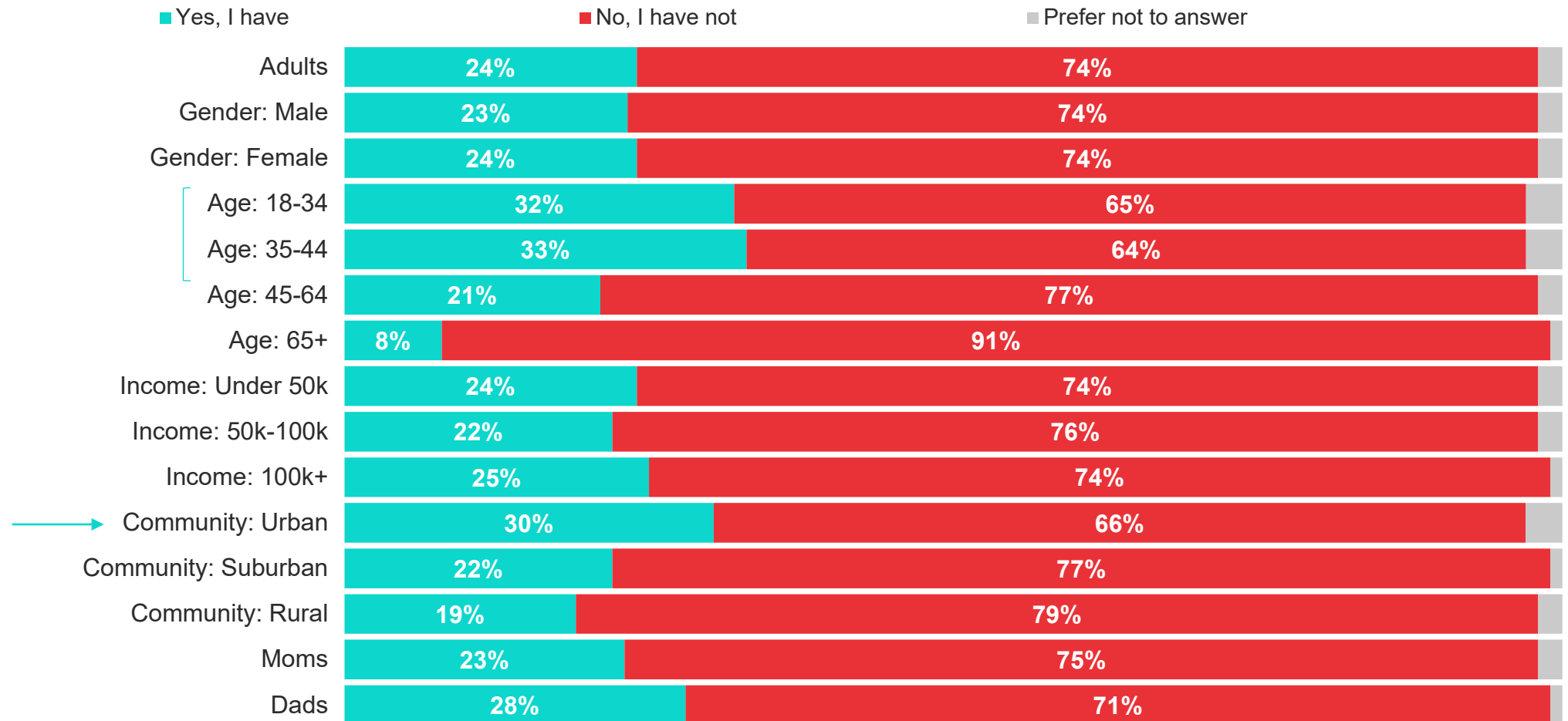
Compared to 12 months ago, are you personally experiencing more or fewer stress and mental health challenges?



MENTAL HEALTH EXPERIENCES

Adults ages 18-44 and adults who live in urban areas are most likely to have received treatment for mental health over the past 12 months.

In the past 12 months, have you received treatment or care of any kind for your mental health?

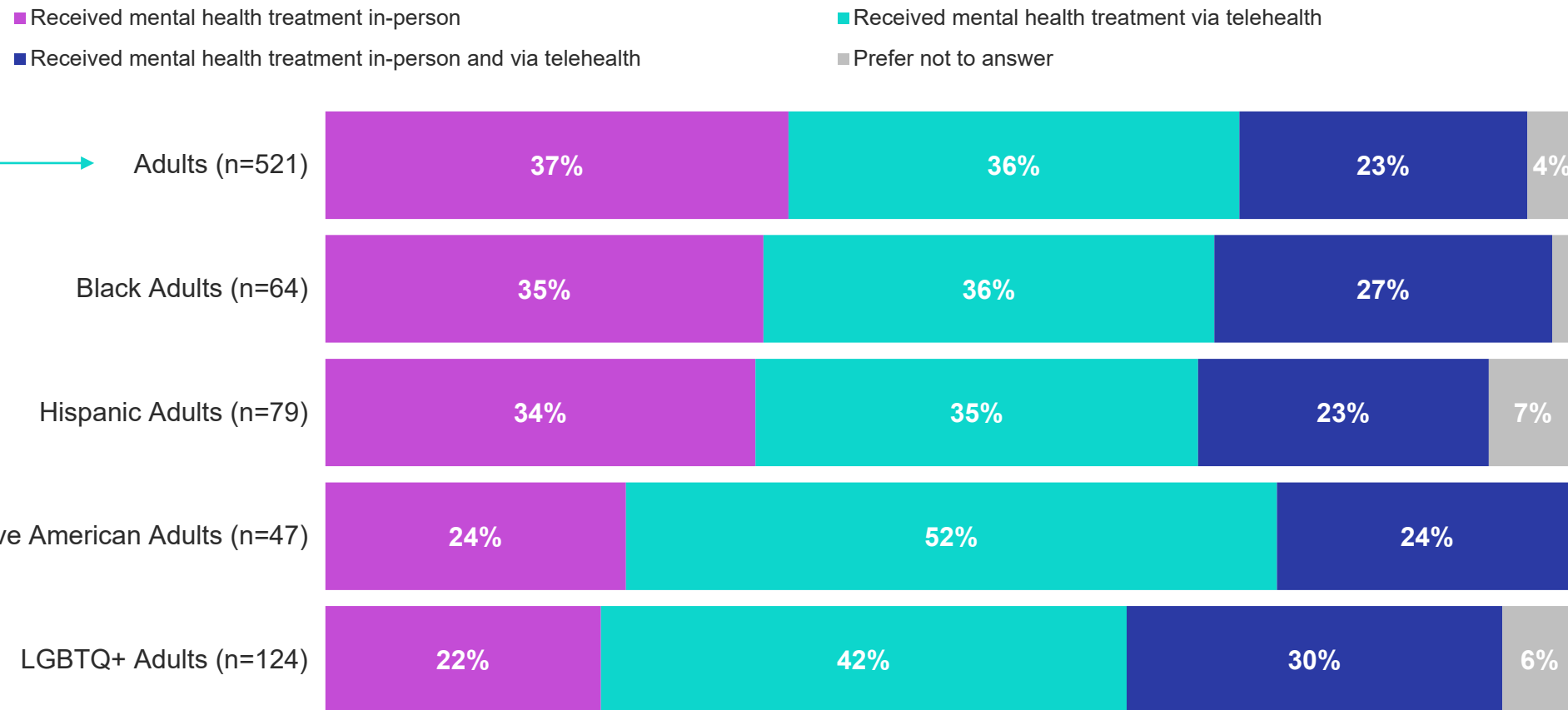


MENTAL HEALTH EXPERIENCES

Among adults who received treatment for mental health over the past 12 months, 37% received treatment in-person, while 36% received treatment via telehealth.

You previously mentioned you received treatment for a mental health condition over the past 12 months. Did you receive mental health treatment in-person, through telehealth, or both?

ADULTS WHO RECEIVED TREATMENT FOR MENTAL HEALTH CONDITION



*Asian Adults not included due to sample size, n=32

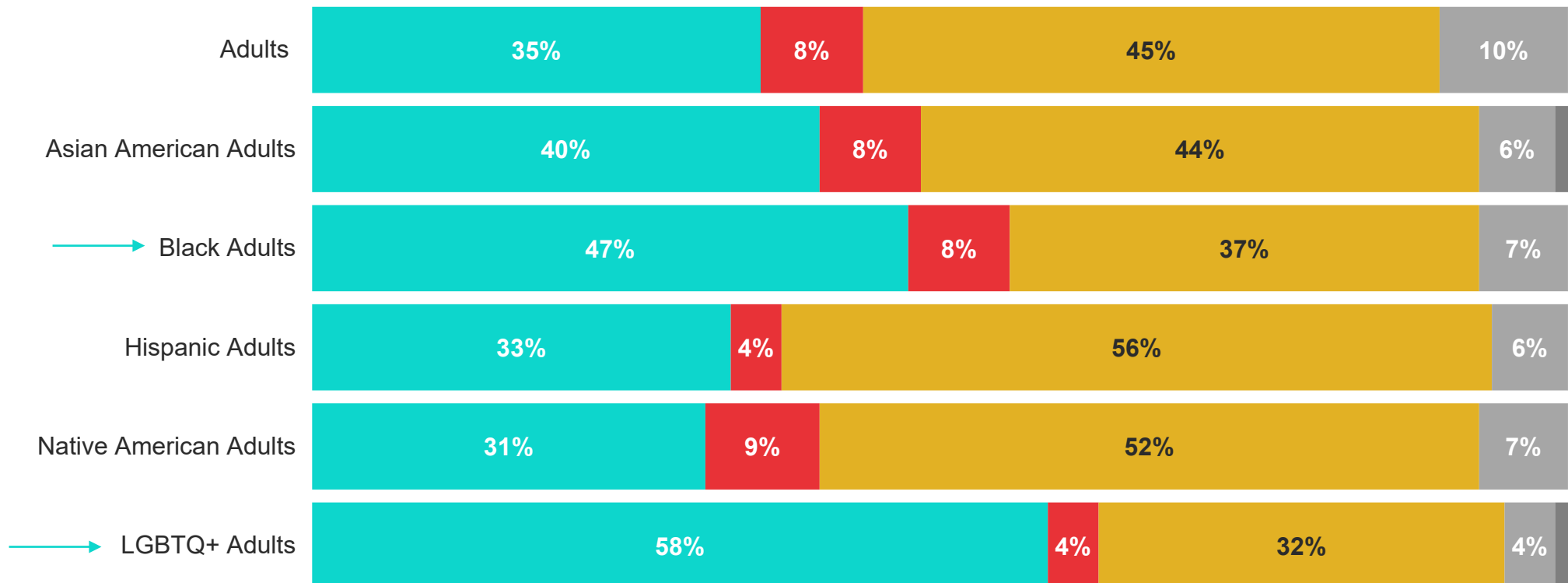
**Native American Adults n=47, results only directional

MENTAL HEALTH EXPERIENCES

Around half of Black adults (47%) and LGBTQ+ adults (58%) say the COVID-19 pandemic caused them to think more about their mental health.

Has the COVID-19 pandemic caused you to think about your mental health more, less, or about the same amount compared to before the COVID-19 pandemic?

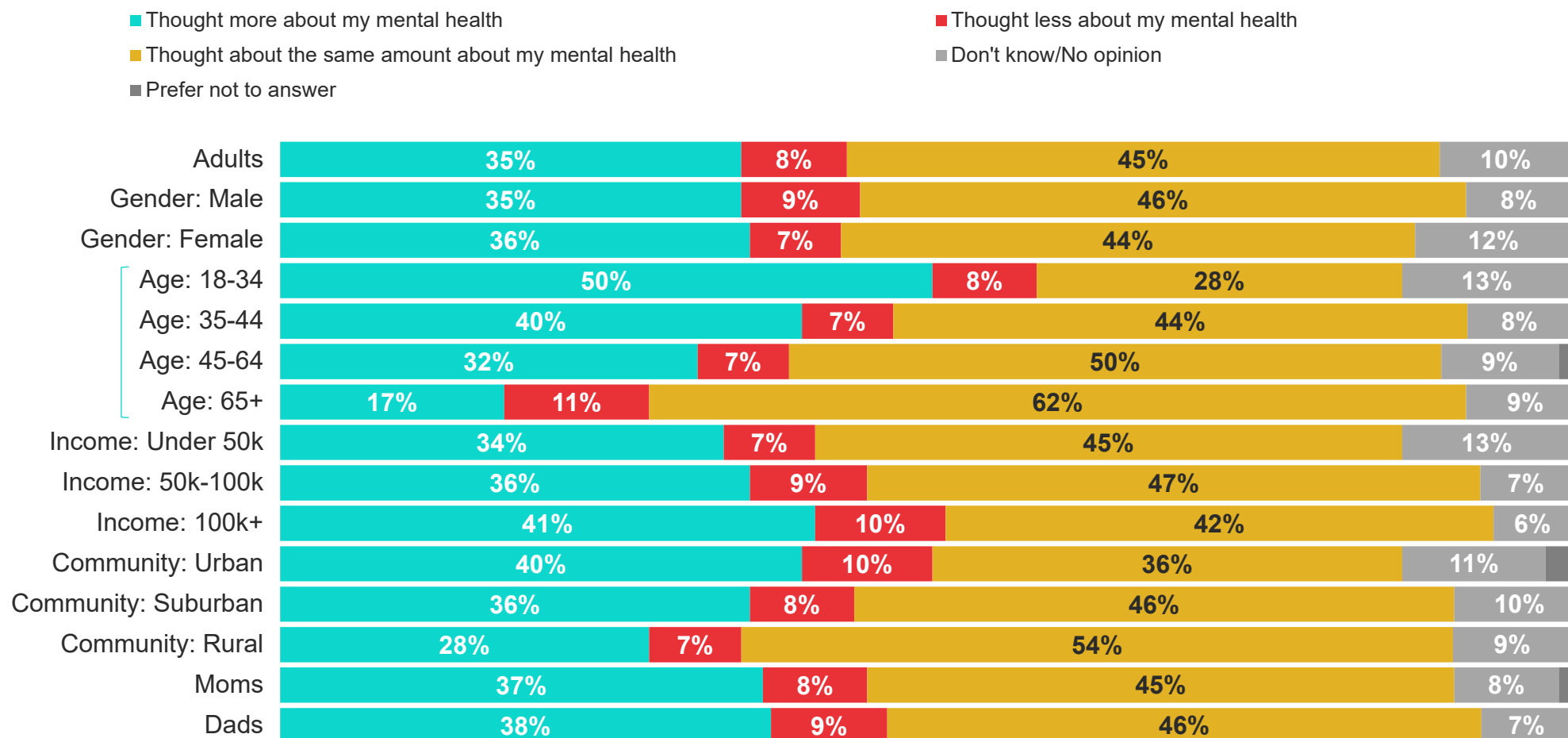
- Thought more about my mental health
- Thought less about my mental health
- Thought about the same amount about my mental health
- Don't know/No opinion
- Prefer not to answer



MENTAL HEALTH EXPERIENCES

Younger adults are more likely than older adults to say the COVID-19 pandemic has caused them to think more about their mental health.

Has the COVID-19 pandemic caused you to think about your mental health more, less, or about the same amount compared to before the COVID-19 pandemic?



AGENDA

MENTAL HEALTH EXPERIENCES

SUBSTANCE USE EXPERIENCES

ACCESS TO RESOURCES

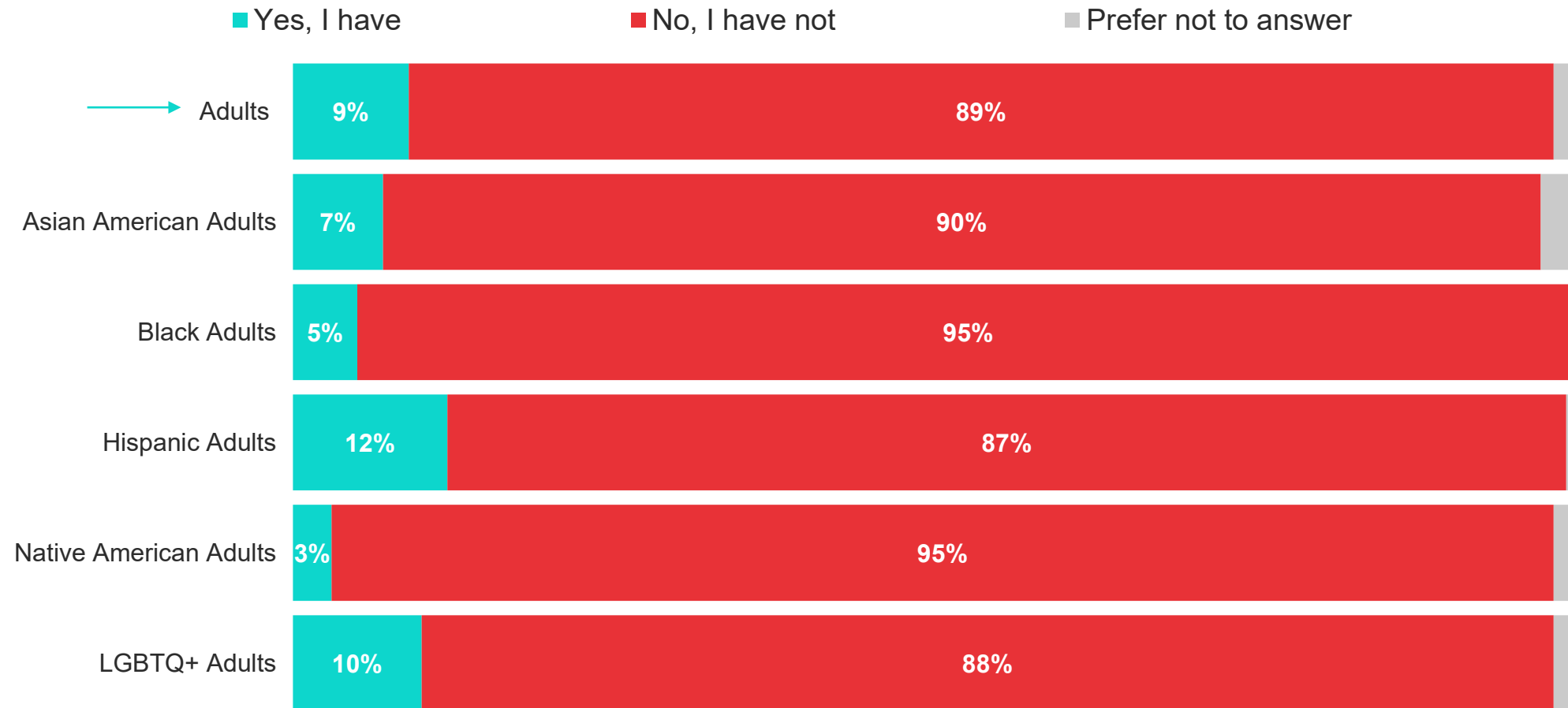
OBSTACLES TO TREATMENT



SUBSTANCE USE EXPERIENCES

One in ten adults have received treatment for substance use challenges over the past 12 months.

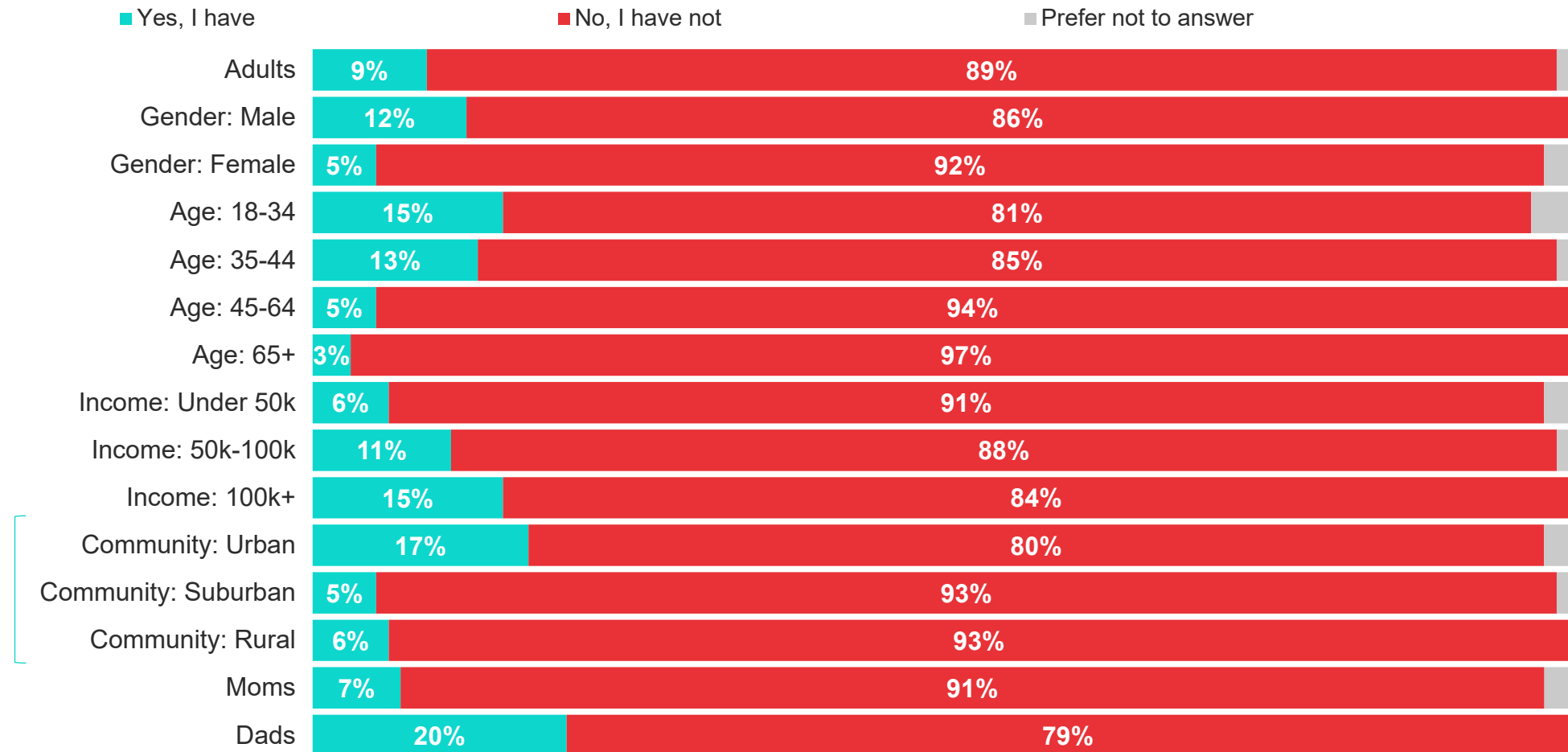
In the past 12 months, have you received treatment or care of any kind for substance use?



SUBSTANCE USE EXPERIENCES

Adults living in urban communities (17%) are more likely than those living in suburban (5%) or rural (6%) communities to have received treatment for substance use challenges over the past 12 months.

In the past 12 months, have you received treatment or care of any kind for substance use?



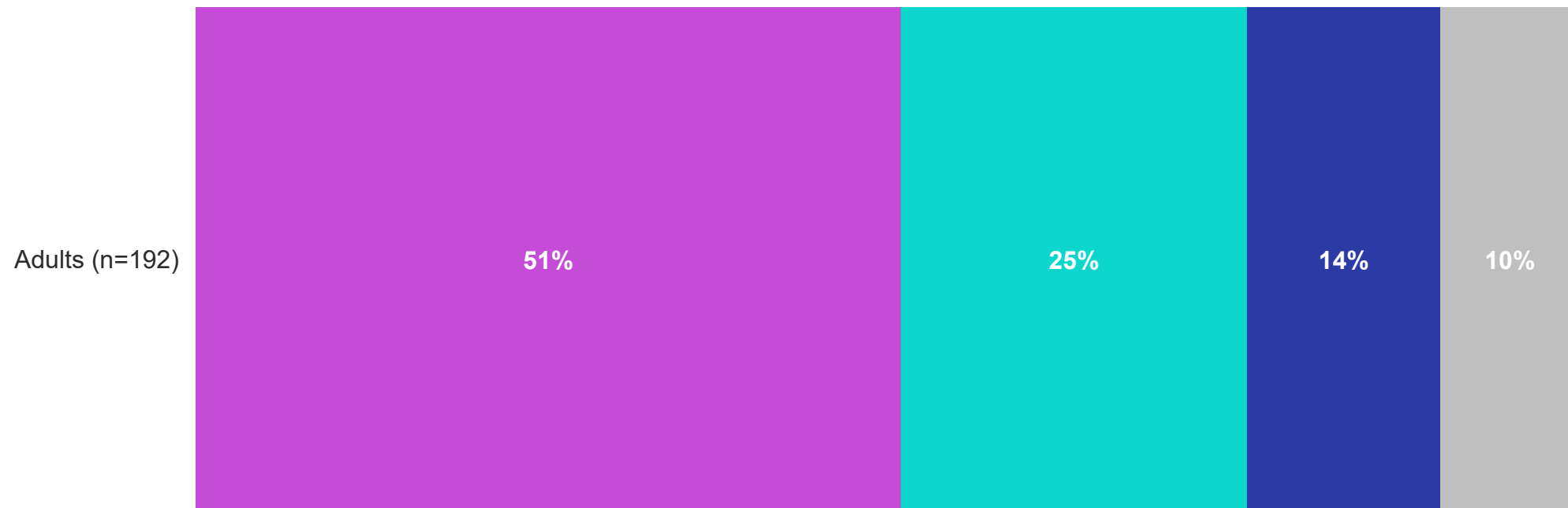
SUBSTANCE USE EXPERIENCES

Among adults who received treatment for substance use challenges over the past 12 months, half (51%) received treatment in-person.

You previously mentioned you received treatment for substance use over the past 12 months. Did you receive substance use treatment in-person, through telehealth, or both?

ADULTS WHO RECEIVED TREATMENT FOR SUBSTANCE USE CHALLENGES

- Received substance use treatment in-person
- Received substance use treatment via telehealth
- Received substance use treatment in-person and via telehealth
- Prefer not to answer



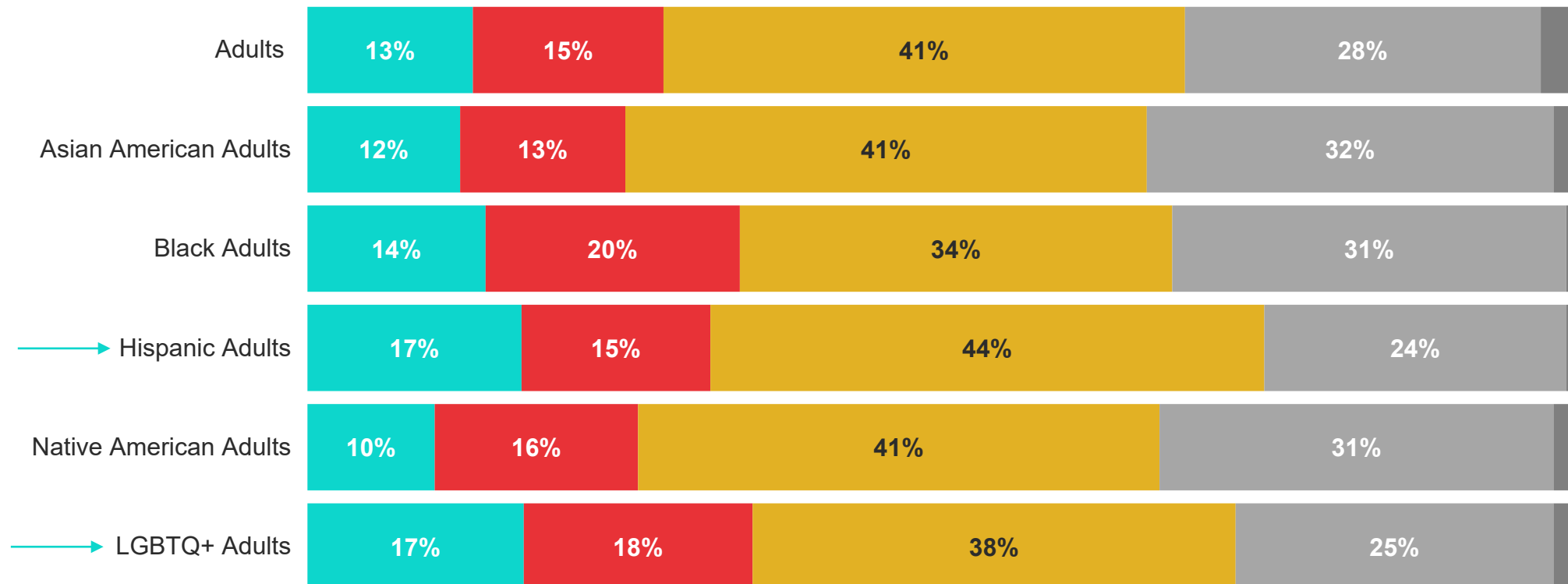
*Oversample audiences not included due to small sample size
 Asian Adults n=22, Black Adults n=16, Hispanic Adults n=36, Native American Adults n=6, LGBTQ+ Adults n=29

SUBSTANCE USE EXPERIENCES

Nearly one in five Hispanic adults (17%) and LGBTQ+ adults (17%) have thought more about their own substance used challenges during the COVID-19 pandemic.

Has the COVID-19 pandemic caused you to think about your own substance use challenges more, less, or about the same amount compared to before the COVID-19 pandemic?

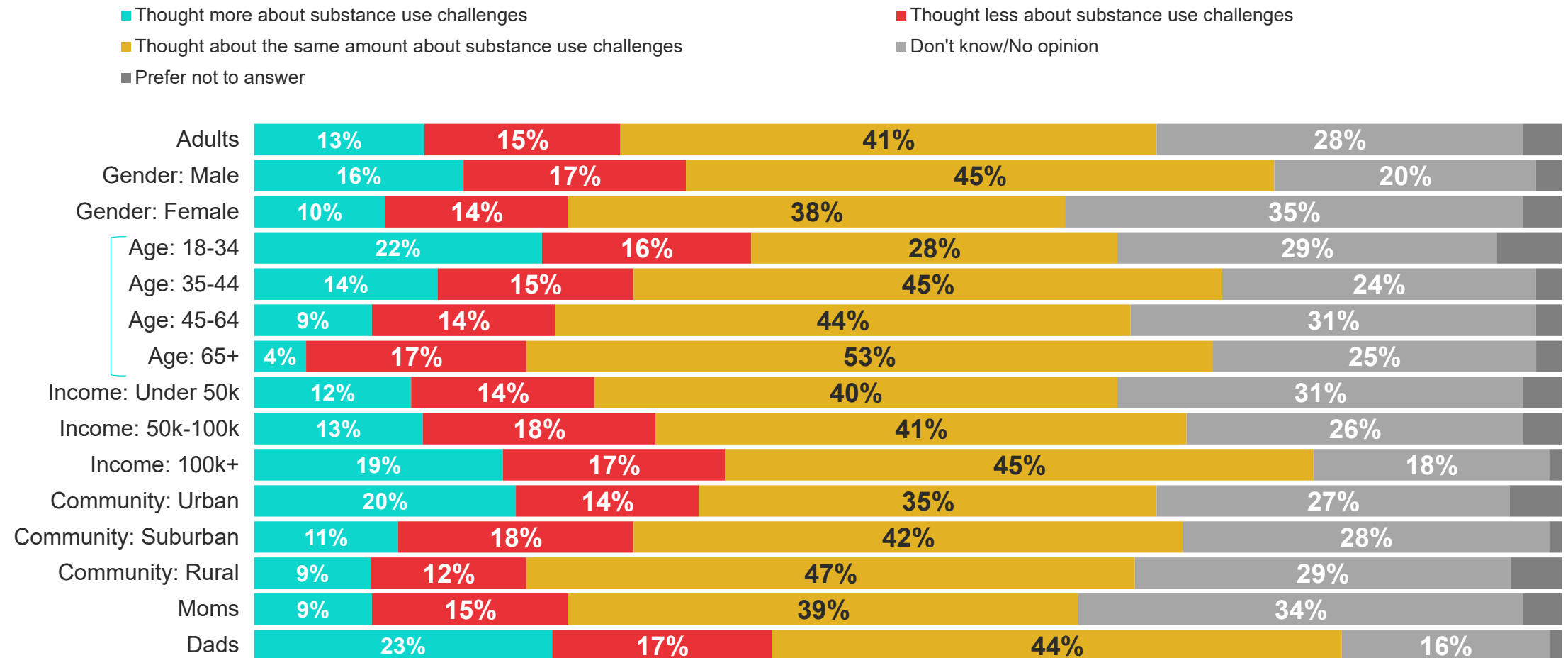
- Thought more about substance use challenges
- Thought less about substance use challenges
- Thought about the same amount about substance use challenges
- Don't know/No opinion
- Prefer not to answer



SUBSTANCE USE EXPERIENCES

Younger adults are more likely than older adults to say the COVID-19 pandemic has caused them to think more about their own substance use challenges.

Has the COVID-19 pandemic caused you to think about your own substance use challenges more, less, or about the same amount compared to before the COVID-19 pandemic?



AGENDA

MENTAL HEALTH EXPERIENCES

SUBSTANCE USE EXPERIENCES

ACCESS TO RESOURCES

OBSTACLES TO TREATMENT



ACCESS TO RESOURCES

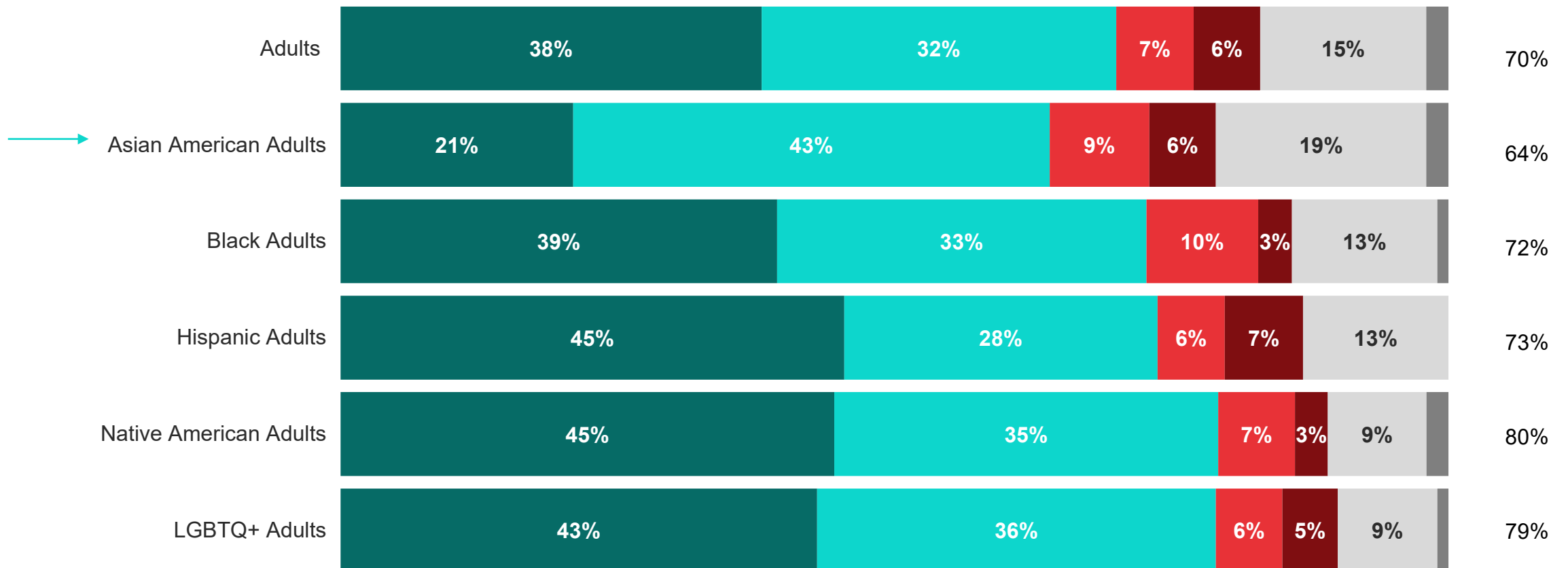
Asian American adults (21%) are *less likely* than other minority groups surveyed to *strongly agree* that they know where to go to find mental health resources.

Do you agree or disagree you know where to go to find mental health and substance use challenge resources?

MENTAL HEALTH RESOURCES

■ Strongly agree
 ■ Somewhat agree
 ■ Somewhat disagree
 ■ Strongly disagree
 ■ Don't know/No opinion
 ■ Prefer not to answer

Total Agree



ACCESS TO RESOURCES

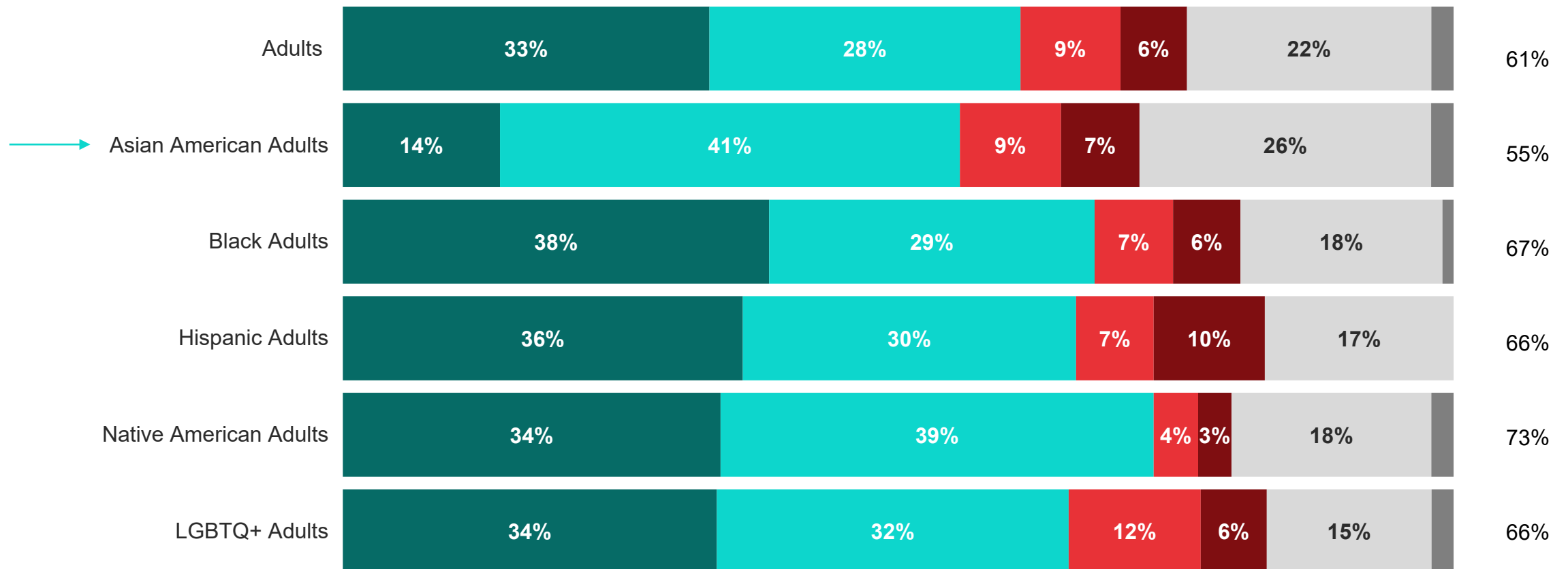
Similarly, Asian American adults (14%) are *less likely* than other minority groups surveyed to *strongly agree* that they know where to go to find substance use challenges resources.

Do you agree or disagree you know where to go to find mental health and substance use challenge resources?

SUBSTANCE USE CHALLENGES RESOURCES

■ Strongly agree
 ■ Somewhat agree
 ■ Somewhat disagree
 ■ Strongly disagree
 ■ Don't know/No opinion
 ■ Prefer not to answer

Total Agree



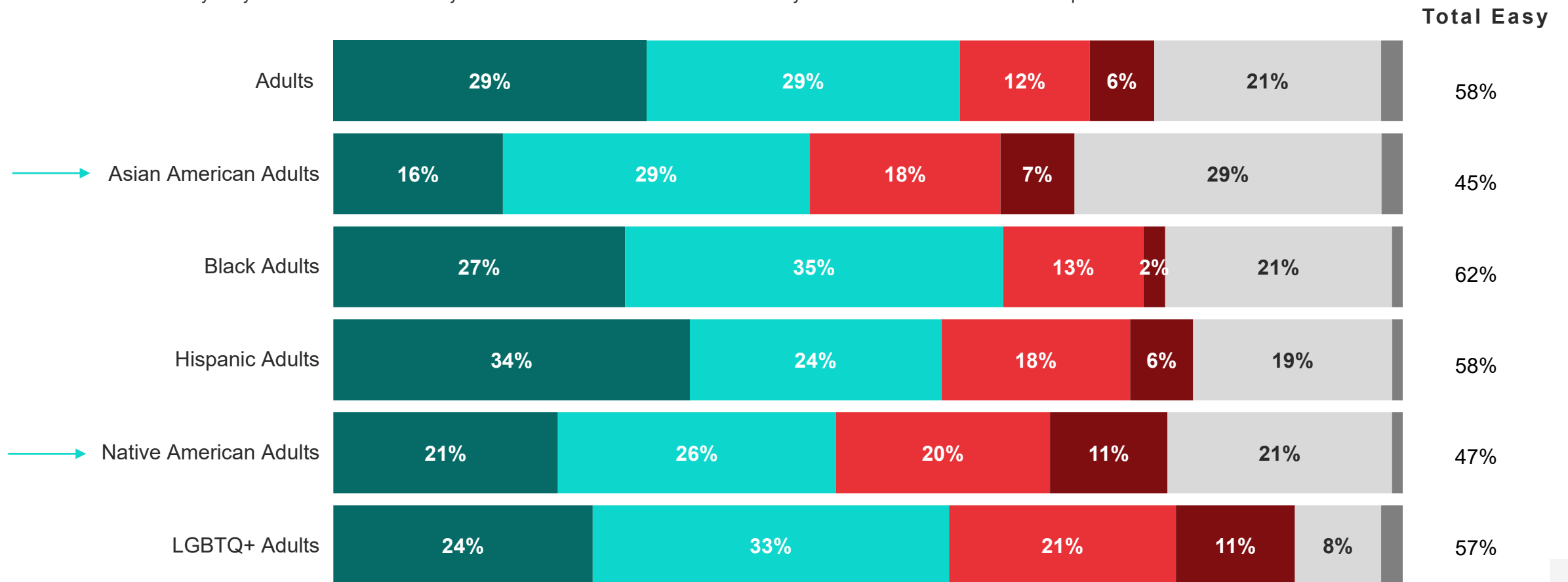
ACCESS TO RESOURCES

Fewer than half of Asian American adults (45%) and Native American adults (47%) say it is easy to find a therapist or counselor for mental health treatment/care.

How easy or difficult is it to access a therapist or counselor for the following type of treatment or care?

MENTAL HEALTH TREATMENT/CARE

Very easy Somewhat easy Somewhat difficult Very difficult Don't know/No opinion Prefer not to answer



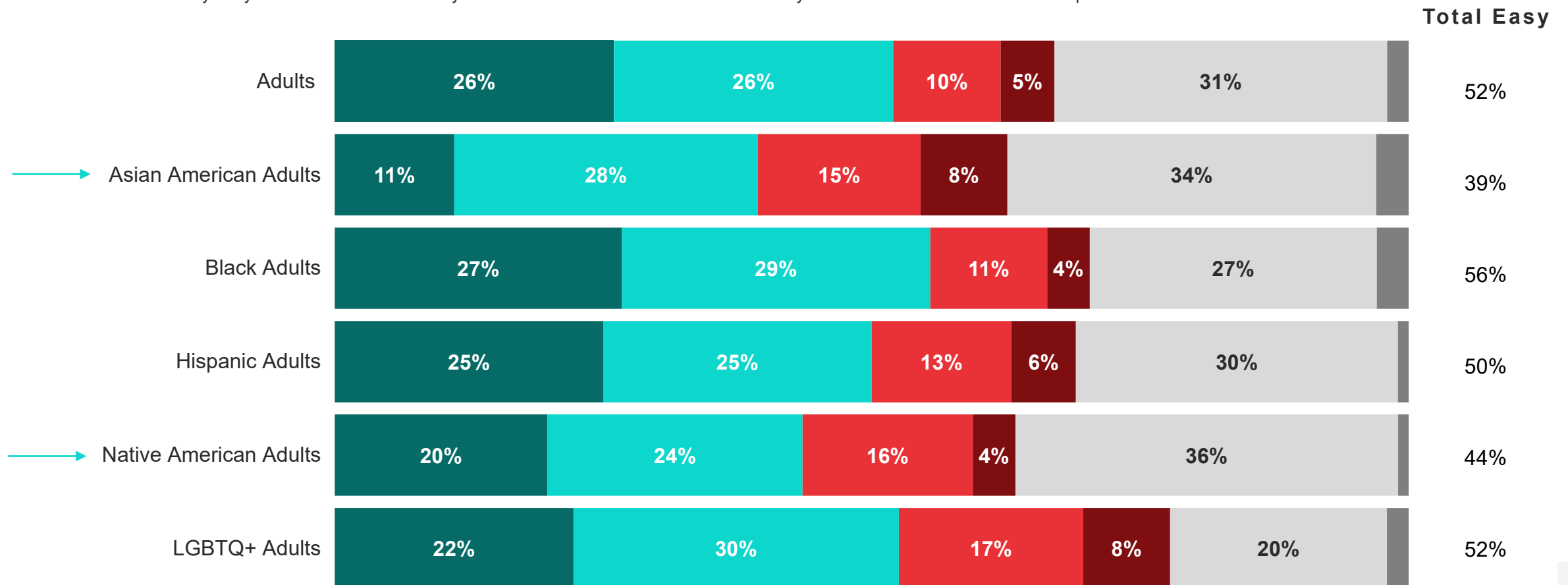
ACCESS TO RESOURCES

Similarly, fewer than half of Asian American adults (39%) and Native American adults (44%) say it is easy to find a therapist or counselor for substance use challenges treatment/care.

How easy or difficult is it to access a therapist or counselor for the following type of treatment or care?

SUBSTANCE USE CHALLENGES TREATMENT/CARE

Very easy Somewhat easy Somewhat difficult Very difficult Don't know/No opinion Prefer not to answer



AGENDA

MENTAL HEALTH EXPERIENCES
SUBSTANCE USE EXPERIENCES
ACCESS TO RESOURCES

OBSTACLES TO TREATMENT

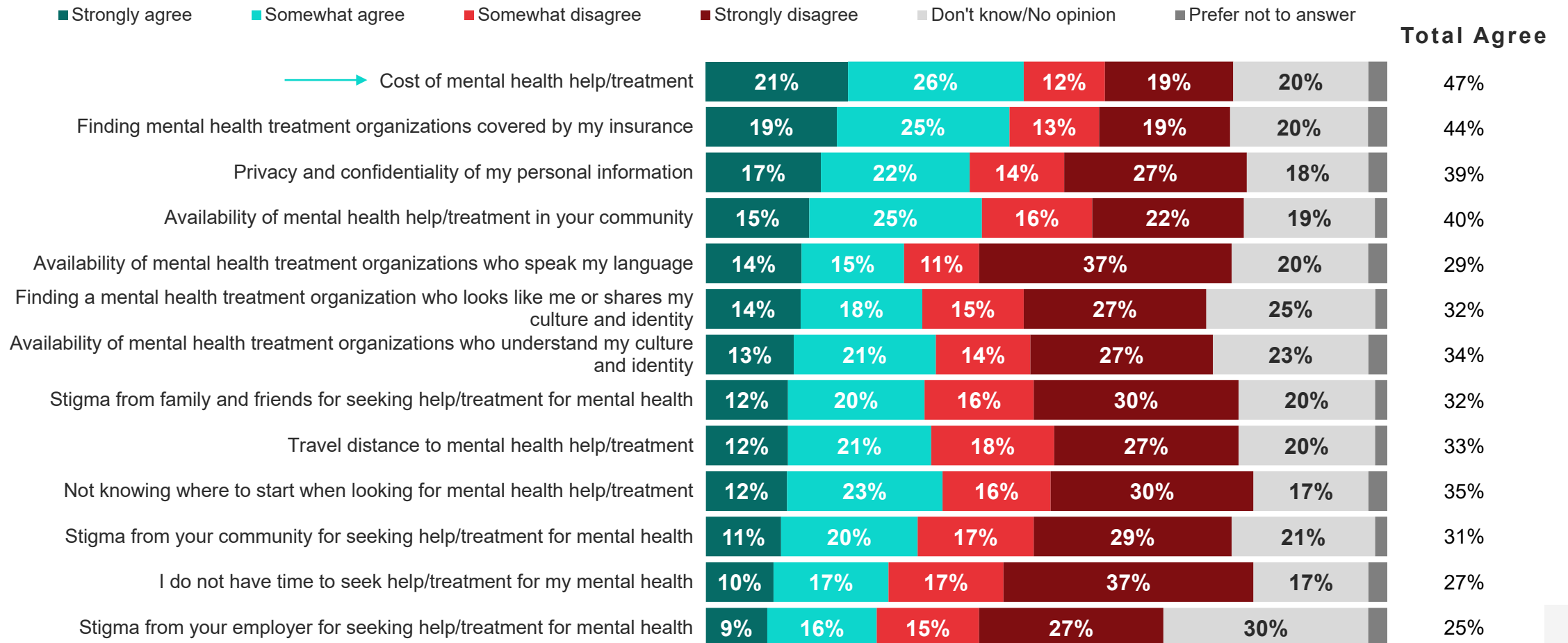


OBSTACLES TO MENTAL HEALTH TREATMENT

Nearly half (47%) of adults agree that the cost of help/treatment would be an obstacle for seeking treatment for their mental health.

Some believe the following are obstacles to seeking treatment for mental health. For you personally, would you agree or disagree that the following would be obstacles if you were to seek treatment for your own mental health?

ADULTS



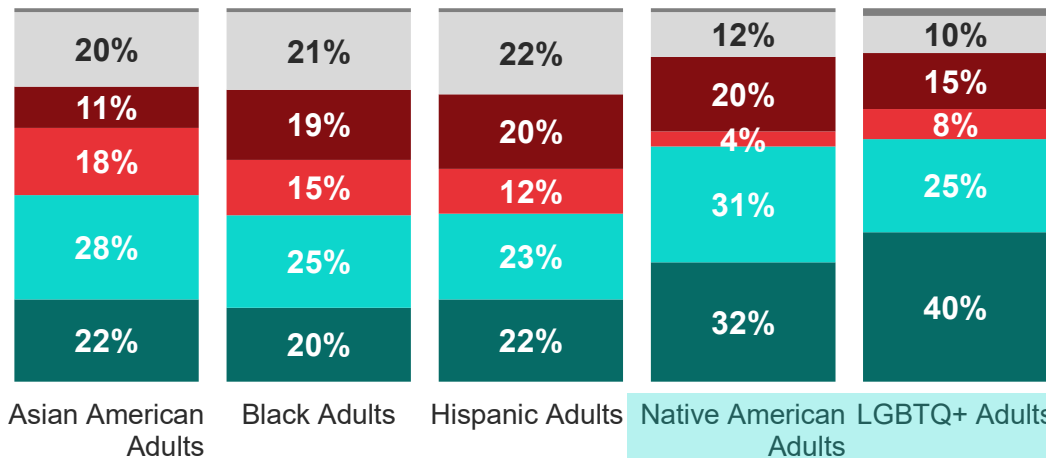
OBSTACLES TO MENTAL HEALTH TREATMENT

Close to two thirds of Native American adults (63%) and LGBTQ+ adults (65%) see cost of help/treatment as an obstacle for seeking treatment for mental health.

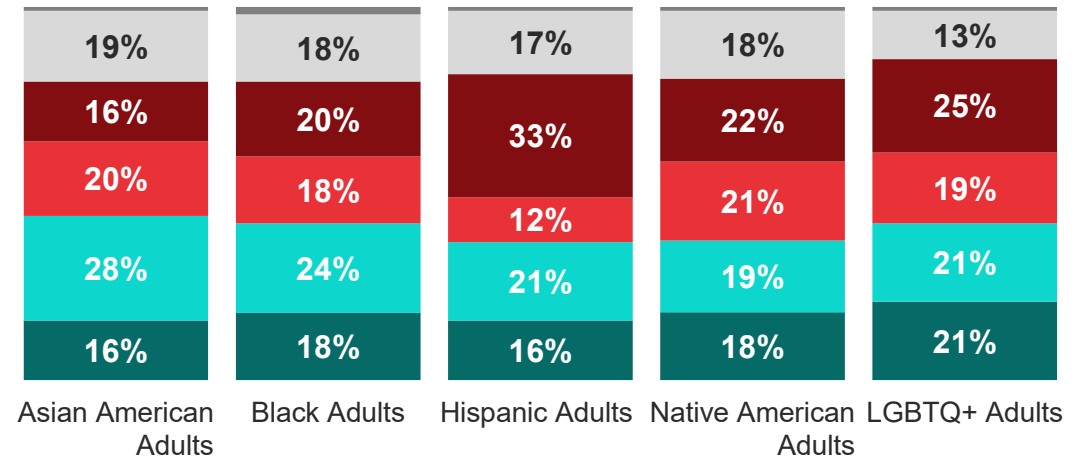
For you personally, would you agree or disagree that the following would be obstacles if you were to seek treatment for your own mental health?

Strongly agree Somewhat agree Somewhat disagree Strongly disagree Don't know/No opinion Prefer not to answer

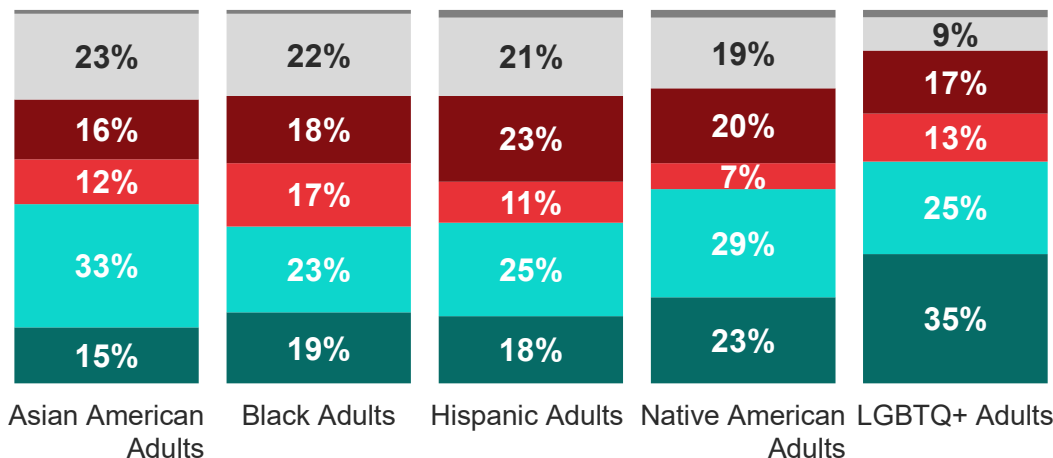
Cost of mental health help/treatment



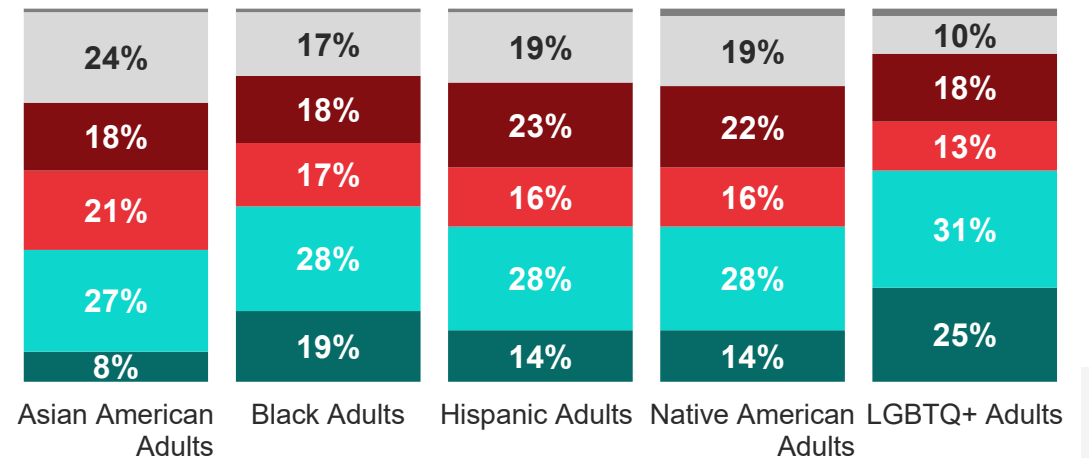
Privacy and confidentiality of my personal information



Finding mental health treatment organizations covered by my insurance



Availability of mental health help/treatment in your community



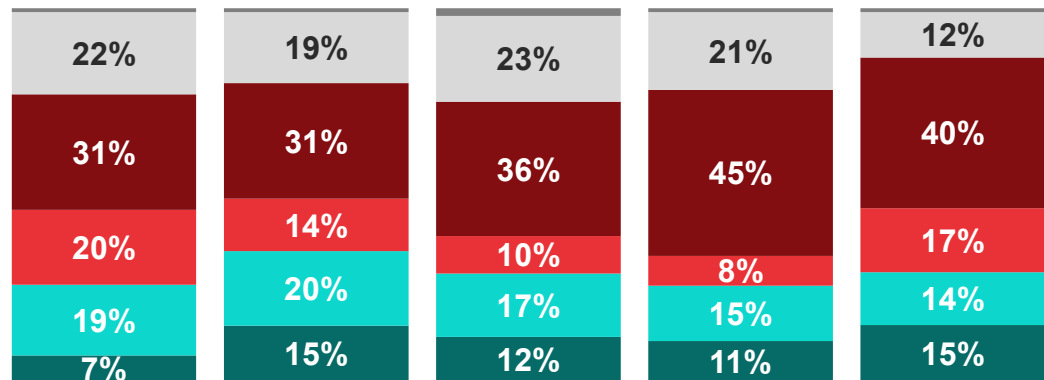
OBSTACLES TO MENTAL HEALTH TREATMENT

Availability of mental health organizations who understand their culture and identity is seen as an obstacle to about two in five adults among the surveyed minority groups.

For you personally, would you agree or disagree that the following would be obstacles if you were to seek treatment for your own mental health?

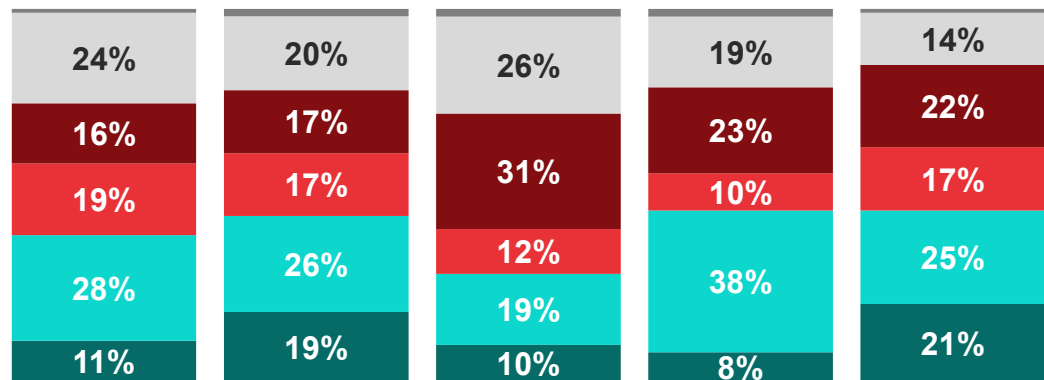
Strongly agree Somewhat agree Somewhat disagree Strongly disagree Don't know/No opinion Prefer not to answer

Availability of mental health treatment organizations who speak my language



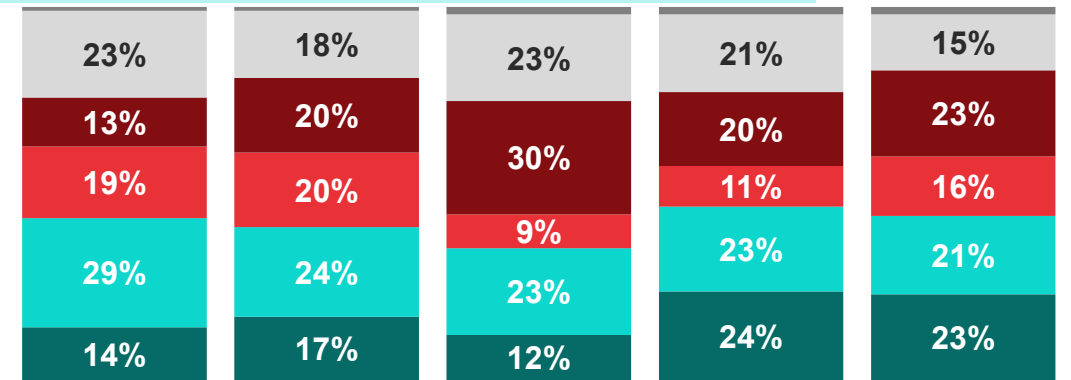
Asian American Adults Black Adults Hispanic Adults Native American Adults LGBTQ+ Adults

Finding a mental health treatment organization who looks like me or shares my culture and identity



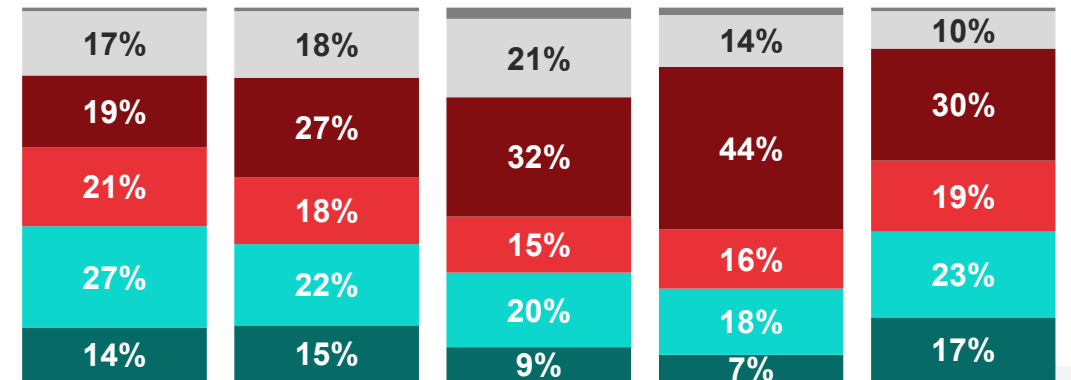
Asian American Adults Black Adults Hispanic Adults Native American Adults LGBTQ+ Adults

Availability of mental health treatment organizations who understand my culture and identity



Asian American Adults Black Adults Hispanic Adults Native American Adults LGBTQ+ Adults

Stigma from family and friends for seeking help/treatment for mental health



Asian American Adults Black Adults Hispanic Adults Native American Adults LGBTQ+ Adults

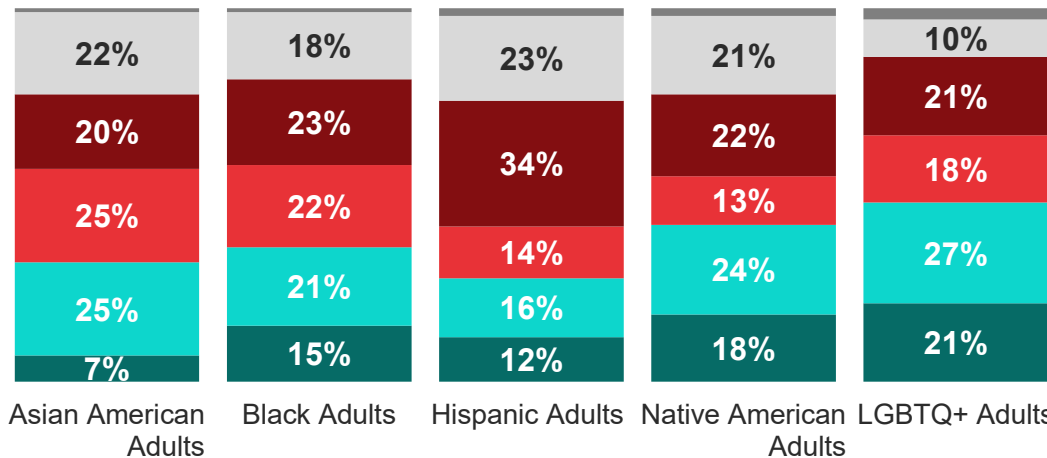
OBSTACLES TO MENTAL HEALTH TREATMENT

Asian American adults (45%) and LGBTQ+ adults (44%) are more likely than other minority groups to say not knowing where to start when looking for mental health help/treatment is an obstacle to seeking treatment.

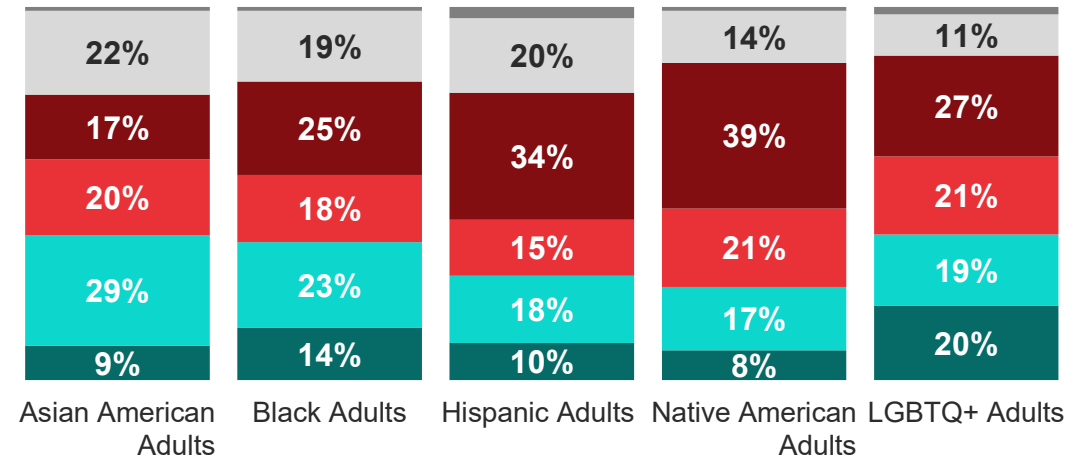
For you personally, would you agree or disagree that the following would be obstacles if you were to seek treatment for your own mental health?

Strongly agree Somewhat agree Somewhat disagree Strongly disagree Don't know/No opinion Prefer not to answer

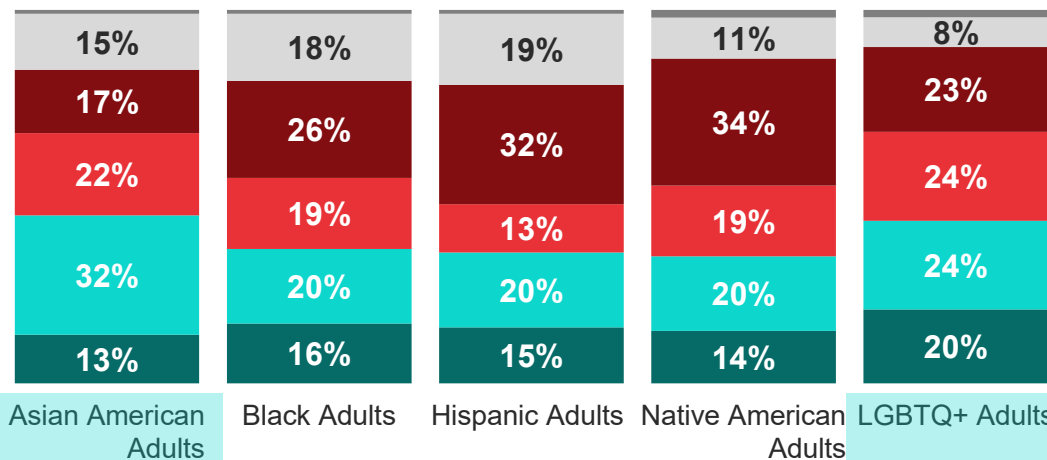
Travel distance to mental health help/treatment



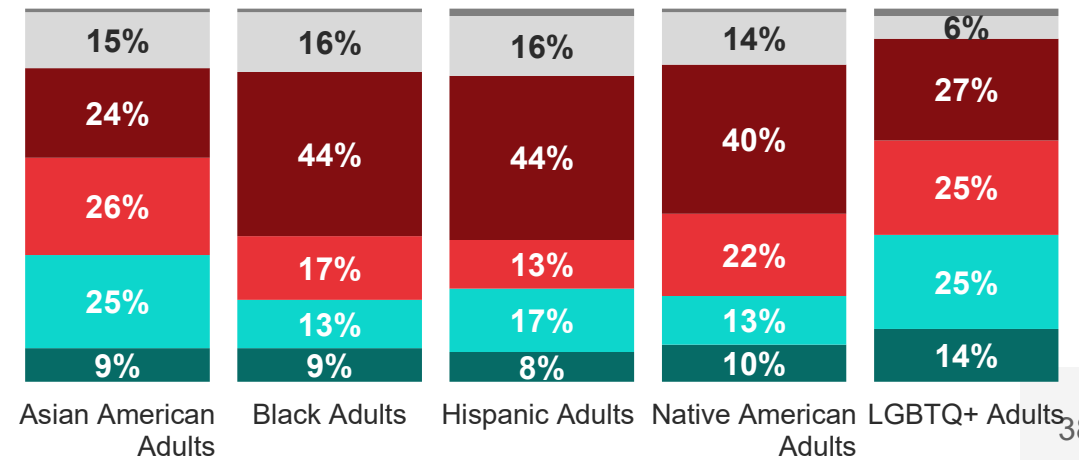
Stigma from your community for seeking help/treatment for mental health



Not knowing where to start when looking for mental health help/treatment



I do not have time to seek help/treatment for my mental health



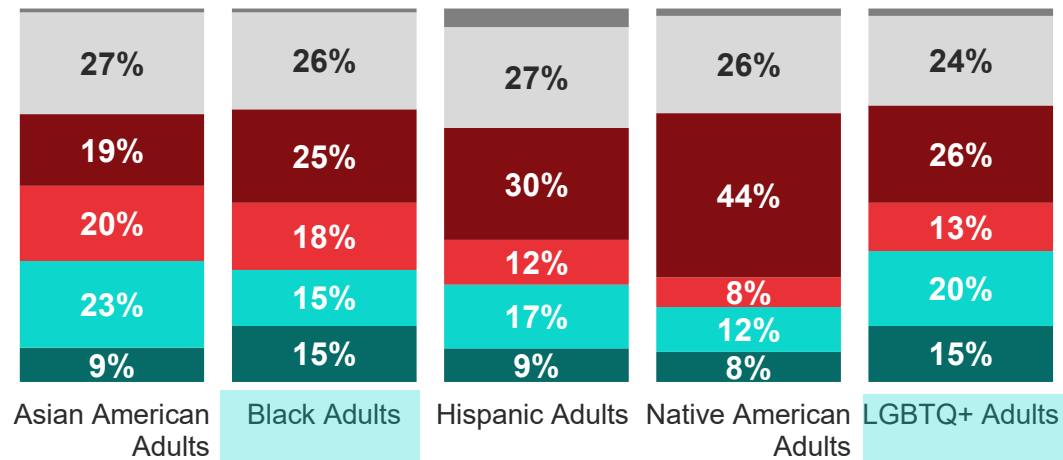
OBSTACLES TO MENTAL HEALTH TREATMENT

Black adults (15%) and LGBTQ+ adults (15%) are most likely to *strongly agree* stigma from their employer for seeking help/treatment would be an obstacle to seek treatment for mental health.

For you personally, would you agree or disagree that the following would be obstacles if you were to seek treatment for your own mental health?

■ Strongly agree
 ■ Somewhat agree
 ■ Somewhat disagree
 ■ Strongly disagree
 ■ Don't know/No opinion
 ■ Prefer not to answer

Stigma from your employer for seeking help/treatment for mental health



OBSTACLES TO MENTAL HEALTH TREATMENT

Cost of mental health help/treatment is more likely to be seen as the largest obstacle to Asian American adults (27%) and Native American adults (29%).

Of the same list, which of the following would be the largest obstacle if you were to seek treatment for your own mental health?

<i>% Selected</i>	Adults	Asian American Adults	Black Adults	Hispanic Adults	Native American Adults	LGBTQ+ Adults
Cost of mental health help/treatment	21%	27%	13%	21%	29%	23%
Availability of mental health help/treatment in your community	4%	2%	3%	5%	3%	8%
Availability of mental health treatment organizations who understand my culture and identity	3%	2%	5%	1%	8%	6%
Availability of mental health treatment organizations who speak my language	1%	2%	3%	3%	0%	1%
Stigma from family and friends for seeking help/treatment for mental health	5%	8%	3%	4%	2%	4%
Stigma from your community for seeking help/treatment for mental health	2%	1%	6%	1%	0%	1%
Stigma from your employer for seeking help/treatment for mental health	2%	2%	3%	2%	1%	1%
Travel distance to mental health help/treatment	6%	3%	6%	4%	7%	8%
Not knowing where to start when looking for mental health help/treatment	7%	7%	6%	8%	6%	7%
Finding mental health treatment organizations covered by my insurance	8%	8%	7%	6%	14%	11%
I do not have time to seek help/treatment for my mental health	5%	6%	4%	4%	8%	6%
Finding a mental health treatment organization who looks like me or shares my culture and identity	3%	5%	11%	4%	2%	7%
Privacy and confidentiality of my personal information	7%	9%	7%	7%	3%	4%
Don't know/No opinion	23%	15%	21%	27%	17%	9%
Prefer not to answer	2%	2%	2%	1%	1%	3%

OBSTACLES TO MENTAL HEALTH TREATMENT

One in ten (11%) Black adults say finding an organization or looks like me or shares my culture and identity would be the *largest obstacle* to seeking treatment for their mental health.

Of the same list, which of the following would be the largest obstacle if you were to seek treatment for your own mental health?

% Selected	Adults	Asian American Adults	Black Adults	Hispanic Adults	Native American Adults	LGBTQ+ Adults
Cost of mental health help/treatment	21%	27%	13%	21%	29%	23%
Availability of mental health help/treatment in your community	4%	2%	3%	5%	3%	8%
Availability of mental health treatment organizations who understand my culture and identity	3%	2%	5%	1%	8%	6%
Availability of mental health treatment organizations who speak my language	1%	2%	3%	3%	0%	1%
Stigma from family and friends for seeking help/treatment for mental health	5%	8%	3%	4%	2%	4%
Stigma from your community for seeking help/treatment for mental health	2%	1%	6%	1%	0%	1%
Stigma from your employer for seeking help/treatment for mental health	2%	2%	3%	2%	1%	1%
Travel distance to mental health help/treatment	6%	3%	6%	4%	7%	8%
Not knowing where to start when looking for mental health help/treatment	7%	7%	6%	8%	6%	7%
Finding mental health treatment organizations covered by my insurance	8%	8%	7%	6%	14%	11%
I do not have time to seek help/treatment for my mental health	5%	6%	4%	4%	8%	6%
Finding a mental health treatment organization who looks like me or shares my culture and identity	3%	5%	11%	4%	2%	7%
Privacy and confidentiality of my personal information	7%	9%	7%	7%	3%	4%
Don't know/No opinion	23%	15%	21%	27%	17%	9%
Prefer not to answer	2%	2%	2%	1%	1%	3%

OBSTACLES TO MENTAL HEALTH TREATMENT

Nearly one in ten Asian American adults (8%) say stigma from my family and friends for seeking help/treatment for mental health would be the largest obstacle to seeing treatment for mental health.

Of the same list, which of the following would be the largest obstacle if you were to seek treatment for your own mental health?

<i>% Selected</i>	Adults	Asian American Adults	Black Adults	Hispanic Adults	Native American Adults	LGBTQ+ Adults
Cost of mental health help/treatment	21%	27%	13%	21%	29%	23%
Availability of mental health help/treatment in your community	4%	2%	3%	5%	3%	8%
Availability of mental health treatment organizations who understand my culture and identity	3%	2%	5%	1%	8%	6%
Availability of mental health treatment organizations who speak my language	1%	2%	3%	3%	0%	1%
Stigma from family and friends for seeking help/treatment for mental health	5%	8%	3%	4%	2%	4%
Stigma from your community for seeking help/treatment for mental health	2%	1%	6%	1%	0%	1%
Stigma from your employer for seeking help/treatment for mental health	2%	2%	3%	2%	1%	1%
Travel distance to mental health help/treatment	6%	3%	6%	4%	7%	8%
Not knowing where to start when looking for mental health help/treatment	7%	7%	6%	8%	6%	7%
Finding mental health treatment organizations covered by my insurance	8%	8%	7%	6%	14%	11%
I do not have time to seek help/treatment for my mental health	5%	6%	4%	4%	8%	6%
Finding a mental health treatment organization who looks like me or shares my culture and identity	3%	5%	11%	4%	2%	7%
Privacy and confidentiality of my personal information	7%	9%	7%	7%	3%	4%
Don't know/No opinion	23%	15%	21%	27%	17%	9%
Prefer not to answer	2%	2%	2%	1%	1%	3%

OBSTACLES TO SUBSTANCE USE TREATMENT

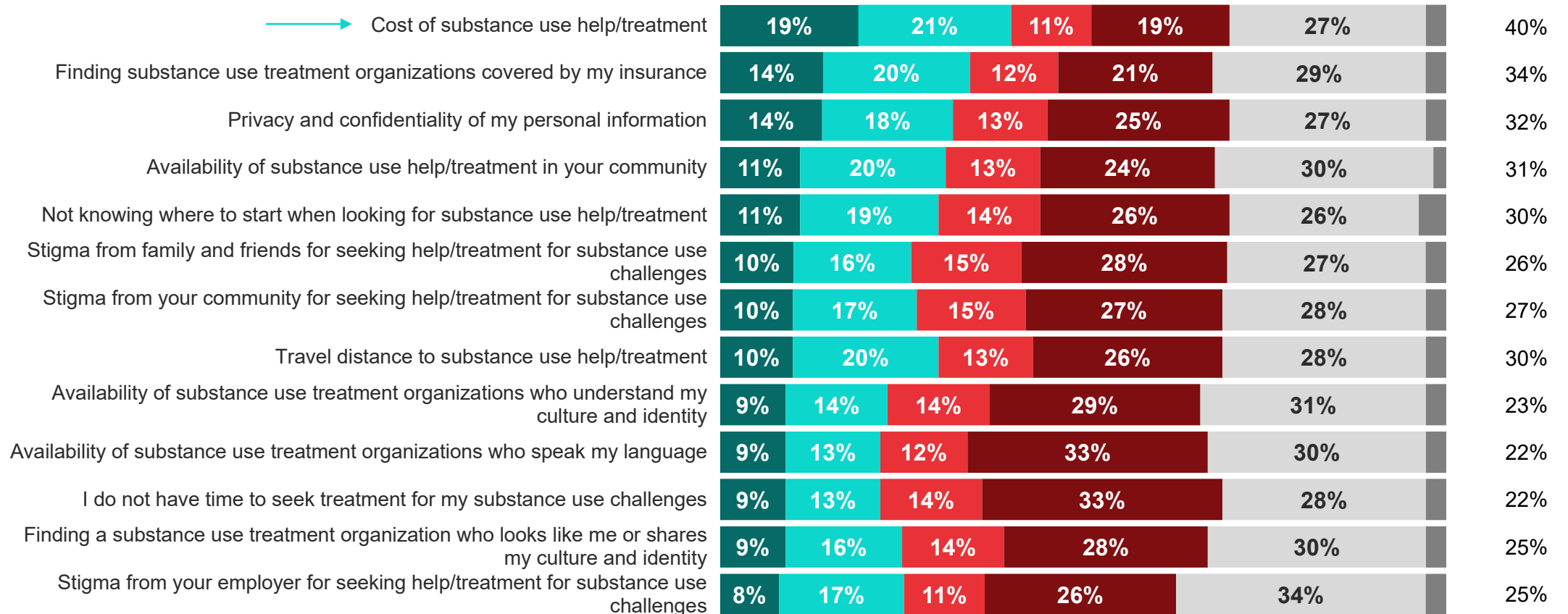
Similar to mental health, adults are most likely to see cost of substance use help/treatment as an obstacle for seeking treatment (40%).

Some believe the following are obstacles to seeking treatment for substance use challenges. For you personally, would you agree or disagree that the following would be obstacles if you were to seek treatment for your own substance use challenges?

ADULTS

Strongly agree Somewhat agree Somewhat disagree Strongly disagree Don't know/No opinion Prefer not to answer

Total Agree



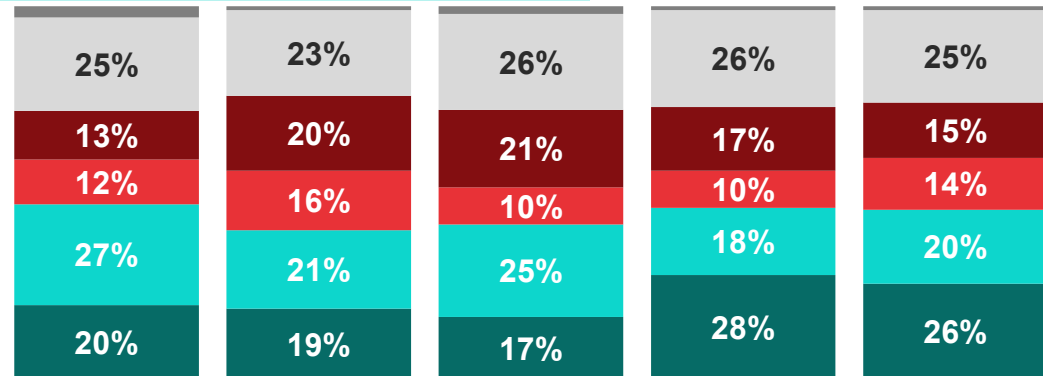
OBSTACLES TO SUBSTANCE USE TREATMENT

About two in five adults across the surveyed minority groups say cost of substance use help/treatment would be an obstacle to seeking help/treatment.

For you personally, would you agree or disagree that the following would be obstacles if you were to seek treatment for your own substance use challenges?

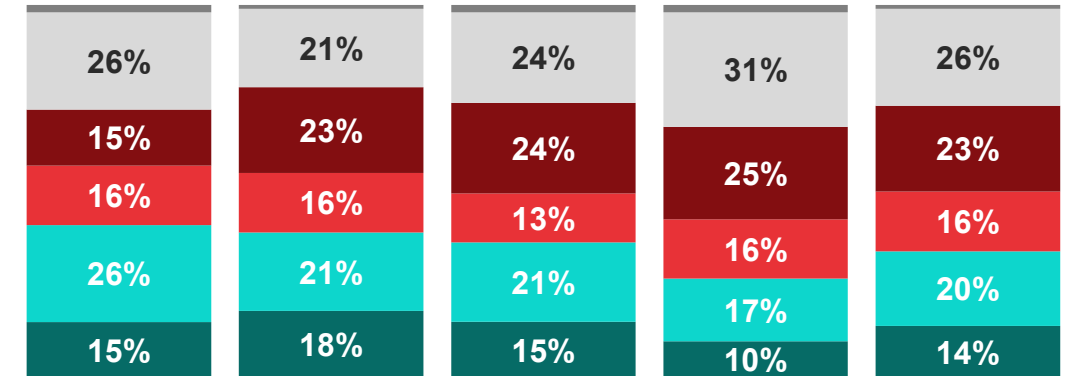
■ Strongly agree
 ■ Somewhat agree
 ■ Somewhat disagree
 ■ Strongly disagree
 ■ Don't know/No opinion
 ■ Prefer not to answer

Cost of substance use help/treatment



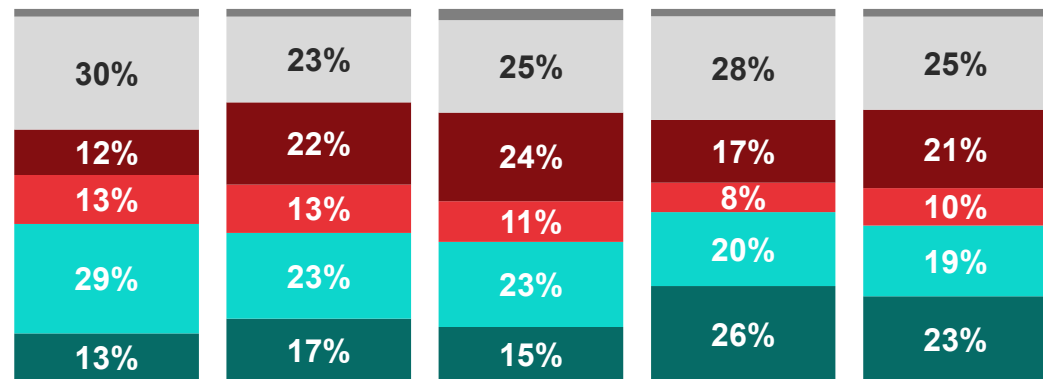
Asian American Adults Black Adults Hispanic Adults Native American Adults LGBTQ+ Adults

Privacy and confidentiality of my personal information



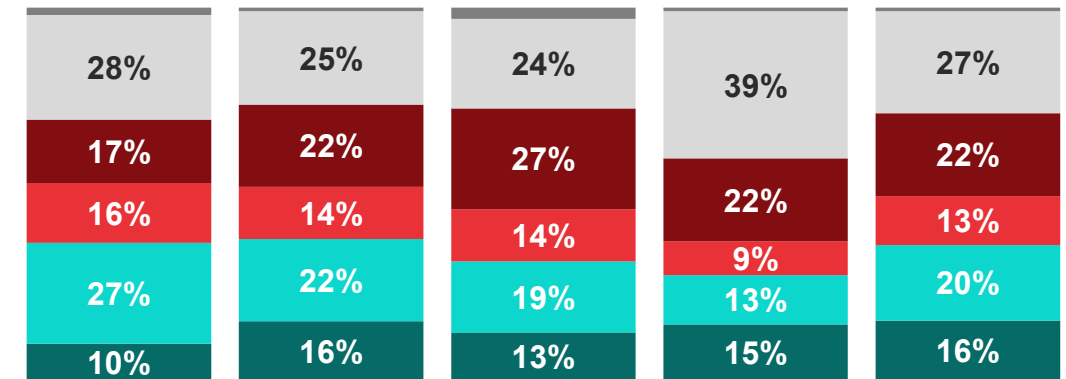
Asian American Adults Black Adults Hispanic Adults Native American Adults LGBTQ+ Adults

Finding substance use treatment organizations covered by my insurance



Asian American Adults Black Adults Hispanic Adults Native American Adults LGBTQ+ Adults

Availability of substance use help/treatment in your community



Asian American Adults Black Adults Hispanic Adults Native American Adults LGBTQ+ Adults

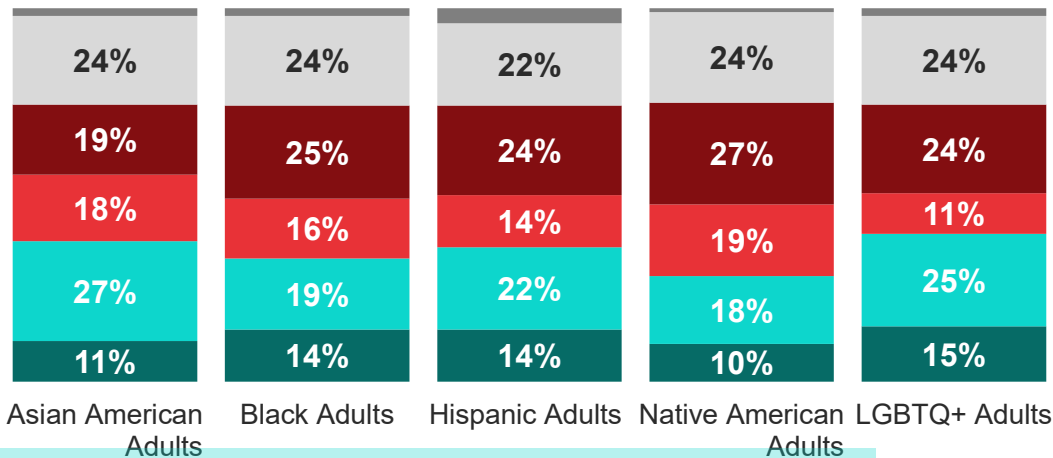
OBSTACLES TO SUBSTANCE USE TREATMENT

Stigma for seeking help/treatment, either from family and friends or their community, is seen as an obstacle to seeking treatment for substance use challenges across minority groups surveyed.

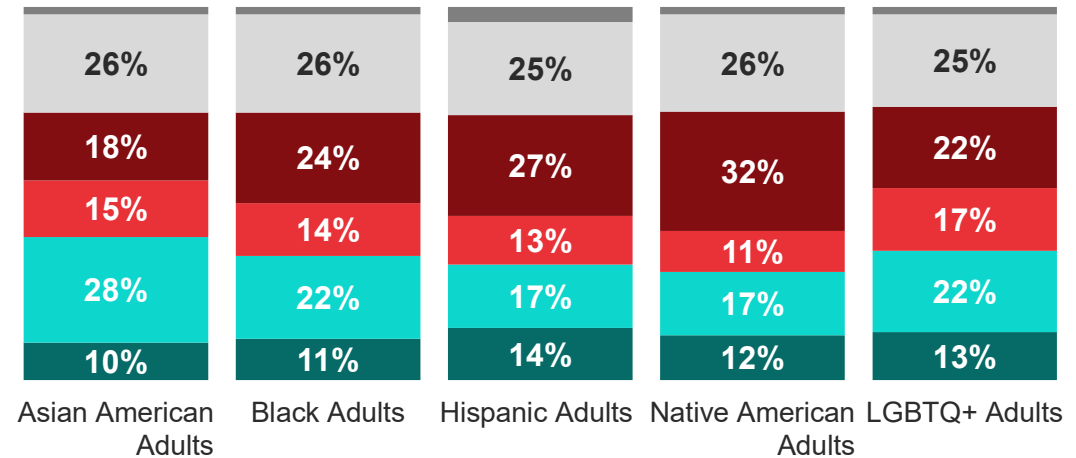
For you personally, would you agree or disagree that the following would be obstacles if you were to seek treatment for your own substance use challenges?

Strongly agree Somewhat agree Somewhat disagree Strongly disagree Don't know/No opinion Prefer not to answer

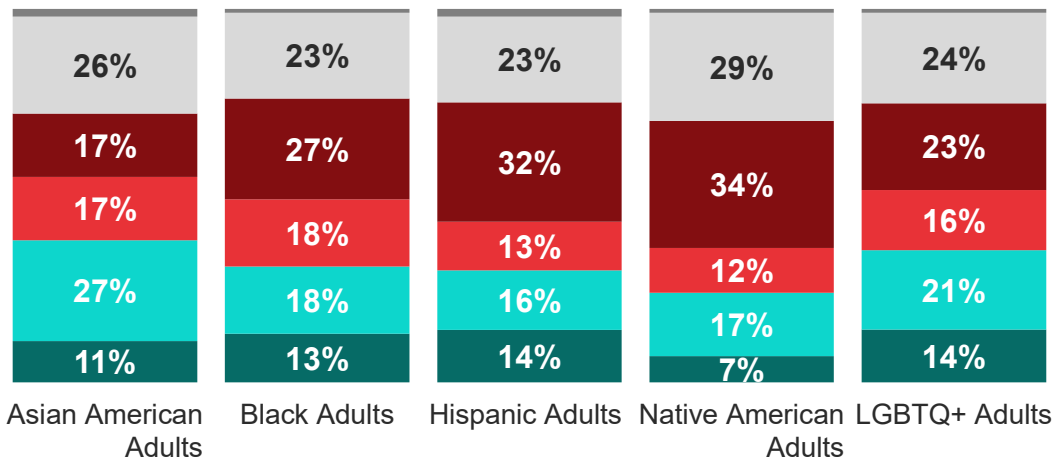
Not knowing where to start when looking for substance use help/treatment



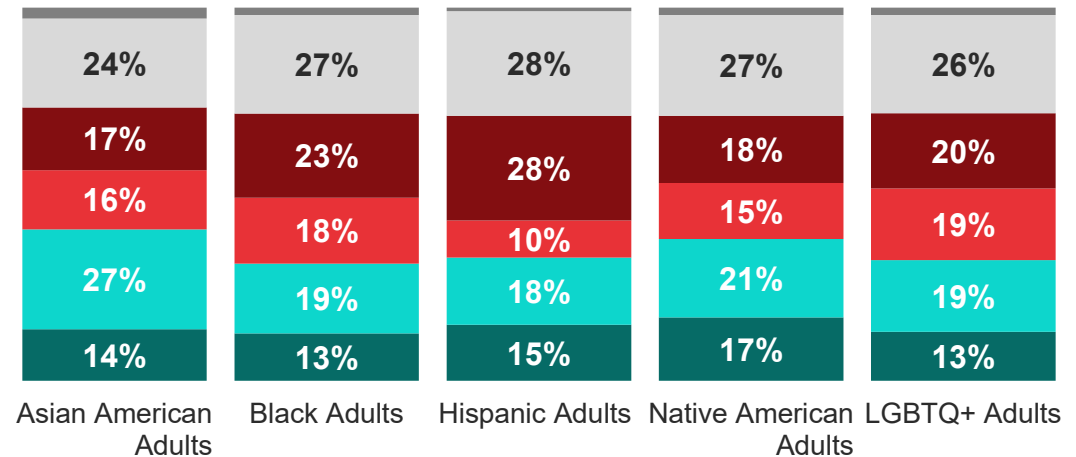
Stigma from your community for seeking help/treatment for substance use challenges



Stigma from family and friends for seeking help/treatment for substance use challenges



Travel distance to substance use help/treatment



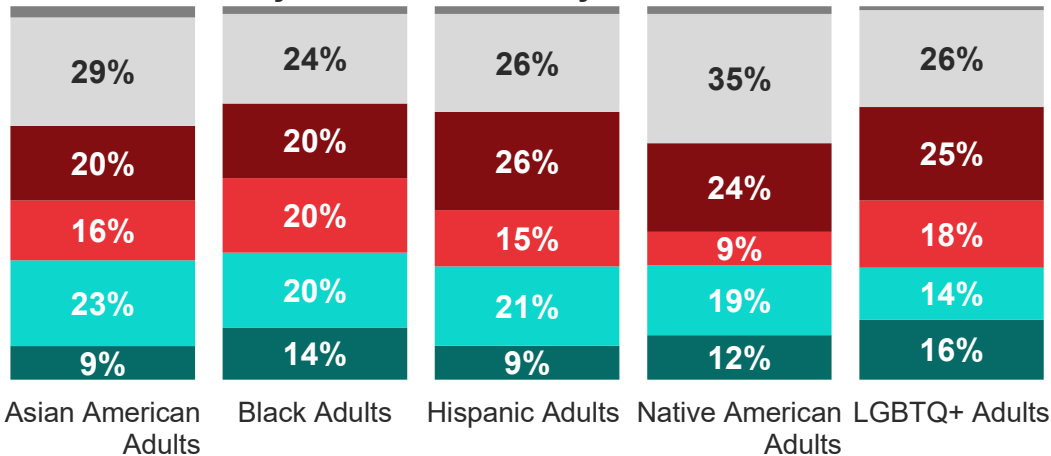
OBSTACLES TO SUBSTANCE USE TREATMENT

Across minority groups surveyed, about a third say availability of organizations who understand their culture and identity would be an obstacle for seeking treatment for substance use challenges.

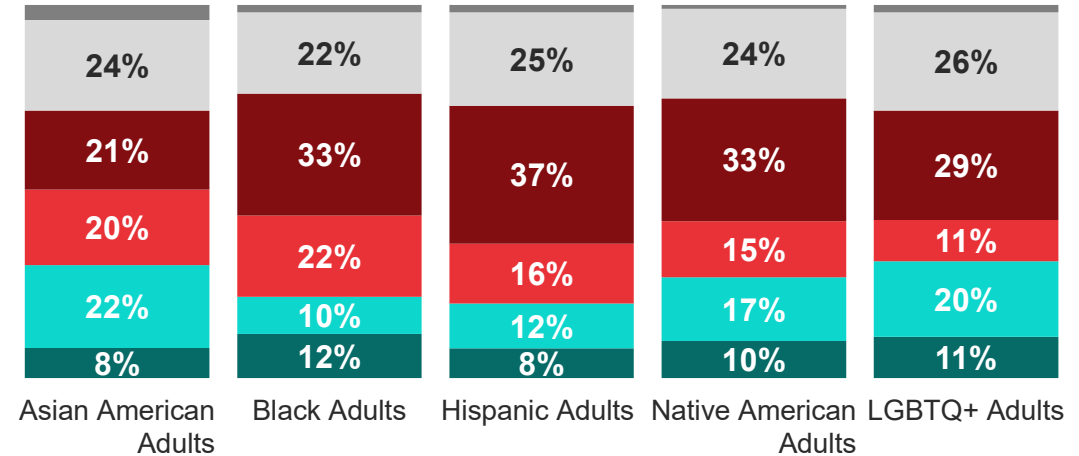
For you personally, would you agree or disagree that the following would be obstacles if you were to seek treatment for your own substance use challenges?

Strongly agree Somewhat agree Somewhat disagree Strongly disagree Don't know/No opinion Prefer not to answer

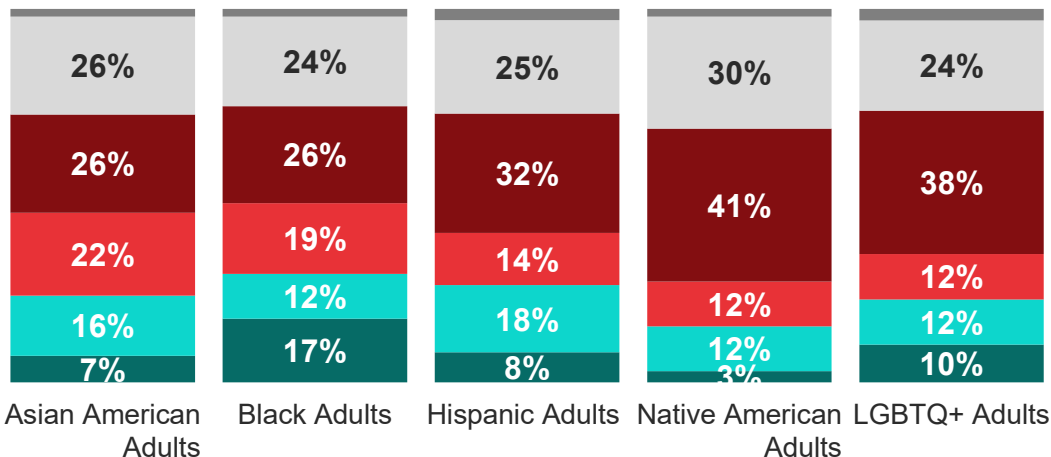
Availability of substance use treatment organizations who understand my culture and identity



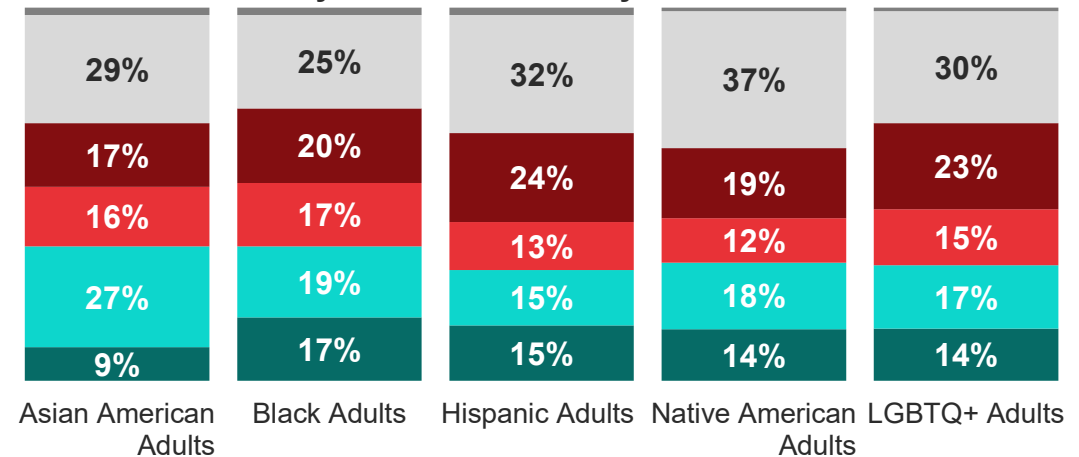
I do not have time to seek treatment for my substance use challenges



Availability of substance use treatment organizations who speak my language



Finding a substance use treatment organization who looks like me or shares my culture and identity



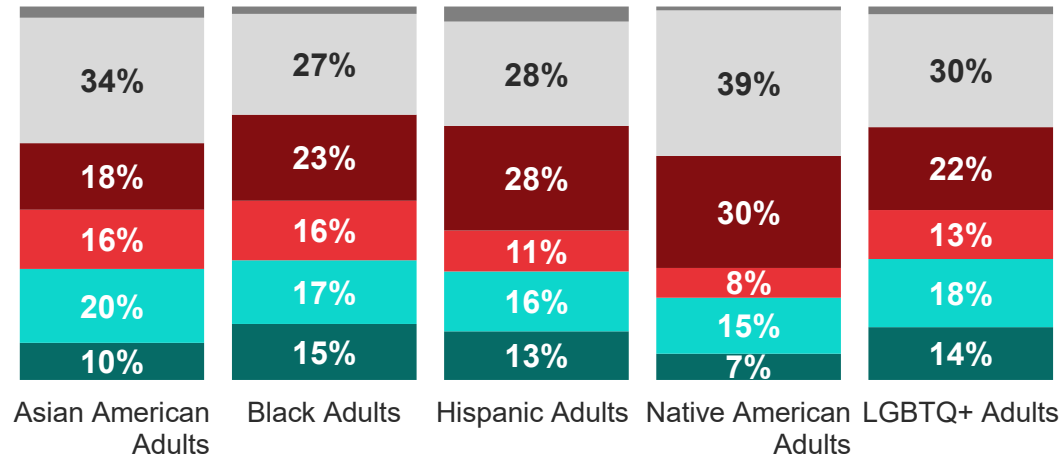
OBSTACLES TO SUBSTANCE USE TREATMENT

In comparison to stigma from family and friends or their community, stigma from an employer is less likely to be seen as an obstacle to seeking treatment for substance use challenges across minority groups surveyed.

For you personally, would you agree or disagree that the following would be obstacles if you were to seek treatment for your own substance use challenges?

■ Strongly agree
 ■ Somewhat agree
 ■ Somewhat disagree
 ■ Strongly disagree
 ■ Don't know/No opinion
 ■ Prefer not to answer

Stigma from your employer for seeking help/treatment for substance use challenges



OBSTACLES TO SUBSTANCE USE TREATMENT

When forced to chose the largest obstacle, a plurality across surveyed minority groups say cost of substance use help/treatment would be the largest obstacle to seeking treatment.

Of the same list, which of the following would be the largest obstacle if you were to seek treatment for your own substance use challenges?

<i>% Selected</i>	Adults	Asian American Adults	Black Adults	Hispanic Adults	Native American Adults	LGBTQ Adults
Cost of substance use help/treatment	19%	21%	16%	22%	23%	20%
Availability of substance use help/treatment in your community	4%	2%	4%	3%	1%	6%
Availability of substance use treatment organizations who understand my culture and identity	3%	4%	5%	2%	8%	4%
Availability of substance use treatment organizations who speak my language	1%	2%	2%	1%	0%	2%
Stigma from family and friends for seeking help/treatment for substance use challenges	4%	4%	4%	4%	3%	3%
Stigma from your community for seeking help/treatment for substance use challenges	2%	3%	5%	2%	1%	3%
Stigma from your employer for seeking help/treatment for substance use challenges	2%	3%	6%	1%	1%	2%
Travel distance to substance use help/treatment	5%	5%	8%	4%	8%	8%
Not knowing where to start when looking for substance use help/treatment	6%	7%	6%	6%	5%	4%
Finding substance use treatment organizations covered by my insurance	7%	7%	4%	5%	5%	8%
I do not have time to seek treatment for my substance use challenges	4%	6%	3%	4%	9%	5%
Finding a substance use treatment organization who looks like me or shares my culture and identity	2%	3%	3%	2%	3%	4%
Privacy and confidentiality of my personal information	7%	8%	3%	10%	2%	5%
Don't know/No opinion	32%	21%	29%	32%	30%	25%
Prefer not to answer	2%	4%	2%	2%	1%	1%



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