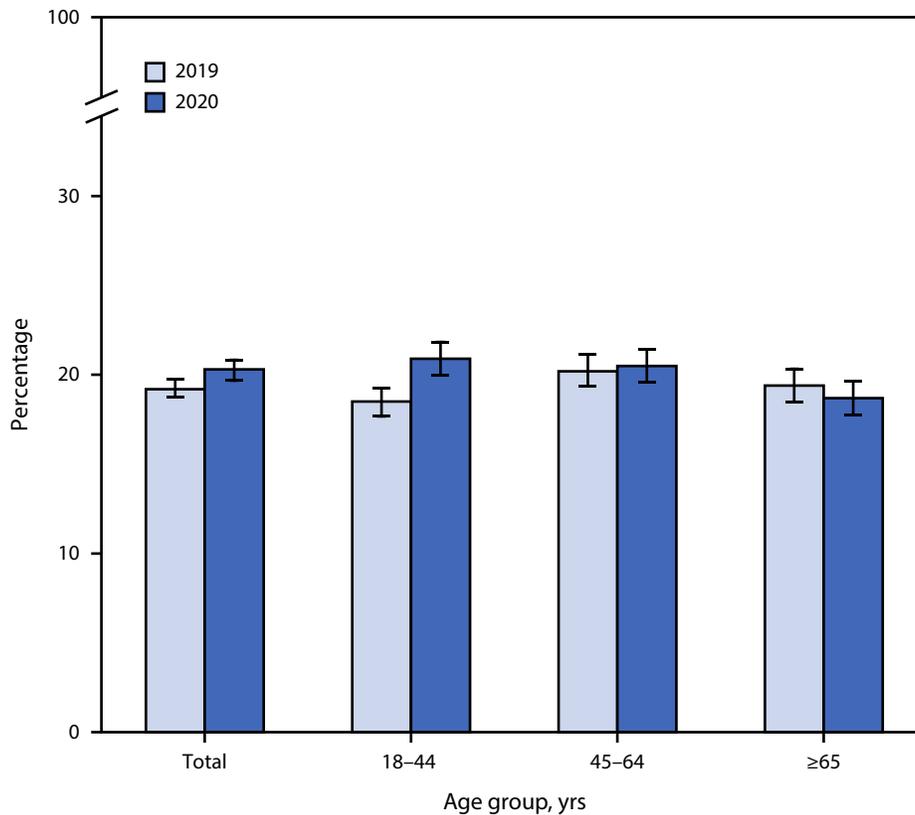


## QuickStats

FROM THE NATIONAL CENTER FOR HEALTH STATISTICS

### Percentage\* of Adults Who Received Any Mental Health Treatment in the Past 12 Months,<sup>†</sup> by Age Group and Year — National Health Interview Survey, United States, 2019–2020<sup>§</sup>



\* 95% confidence intervals indicated with error bars.

<sup>†</sup> Adults were considered to have received any mental health treatment if they reported having taken prescription medication for their mental health or having received counseling or therapy from a mental health professional in the past 12 months.

<sup>§</sup> Estimates are based on household interviews of a sample of the civilian, noninstitutionalized U.S. population.

The percentage of adults who had received any mental health treatment in the past 12 months increased from 2019 to 2020 overall (19.2% to 20.3%) and among adults aged 18–44 years (18.5% to 20.9%). In 2019, the percentage of adults who had received any mental health treatment in the past 12 months was lower among those aged 18–44 years (18.5%) compared with those aged 45–64 years (20.2%) and ≥65 years (19.4%). In 2020, the percentage decreased with age, from 20.9% among adults aged 18–44 years to 18.7% among those aged ≥65 years.

**Sources:** National Center for Health Statistics. NCHS data brief, no. 380. <https://www.cdc.gov/nchs/data/databriefs/db380-H.pdf>; NCHS data brief, no. 419. <https://www.cdc.gov/nchs/data/databriefs/db419.pdf>

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