

Data Brief 380. Mental Health Treatment Among Adults: United States, 2019

Data table for Figure 1. Percentage of adults aged 18 and over who had received any mental health treatment, taken medication for their mental health, or received counseling or therapy from a mental health professional in the past 12 months, by age group: United States, 2019

Mental health treatment and age group (years)	Percent (95% CI)	Standard error
Any mental health treatment		
Total	19.2 (18.7–19.8)	0.29
18–44	18.5 (17.6–19.3)	0.43
45–64	20.2 (19.3–21.2)	0.49
65 and over	19.4 (18.4–20.4)	0.51
Took medication		
Total	15.8 (15.3–16.3)	0.27
18–44	13.6 (12.8–14.3)	0.38
45–64	17.6 (16.7–18.6)	0.46
65 and over	17.7 (16.8–18.7)	0.50
Received counseling or therapy		
Total	9.5 (9.1–9.9)	0.20
18–44	11.6 (10.9–12.3)	0.34
45–64	9.1 (8.4–9.7)	0.33
65 and over	5.7 (5.1–6.3)	0.30

NOTES: Adults were considered to have received any mental health treatment if they reported having taken medication for their mental health, received counseling or therapy from a mental health professional, or both in the past 12 months. Adults were asked separately if they took prescription medication for feelings of anxiety, for depression, or to help with any other emotions or with their concentration, behavior, or mental health. Adults who responded positively to any of these three questions were considered to have taken medication for their mental health in the past 12 months. Estimates are based on household interviews of a sample of the U.S. civilian noninstitutionalized population. Confidence intervals (CIs) are calculated using the Korn–Graubard method for complex surveys.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2019.

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Data table for Figure 2. Percentage of adults aged 18 and over who had received any mental health treatment, taken medication for their mental health, or received counseling or therapy from a mental health professional in the past 12 months, by sex: United States, 2019

Mental health treatment and sex	Percent (95% CI)	Standard error
Any mental health treatment		
Men	13.4 (12.7–14.1)	0.35
Women	24.7 (23.9–25.6)	0.42
Took medication		
Men	10.7 (10.1–11.3)	0.31
Women	20.6 (19.8–21.4)	0.40
Received counseling or therapy		
Men	7.2 (6.7–7.7)	0.25
Women	11.7 (11.1–12.3)	0.30

NOTES: Adults were considered to have received any mental health treatment if they reported having taken medication for their mental health, received counseling or therapy from a mental health professional, or both in the past 12 months. Adults were asked separately if they took prescription medication for feelings of anxiety, for depression, or to help with any other emotions or with their concentration, behavior, or mental health. Adults who responded positively to any of these three questions were considered to have taken medication for their mental health in the past 12 months. Estimates are based on household interviews of a sample of the U.S. civilian noninstitutionalized population. Confidence intervals (CIs) are calculated using the Korn–Graubard method for complex surveys.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2019.

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Data table for Figure 3. Percentage of adults aged 18 and over who had received any mental health treatment, taken medication for their mental health, or received counseling or therapy from a mental health professional in the past 12 months, by race and Hispanic origin: United States, 2019

Mental health treatment and race and Hispanic origin	Percent (95% CI)	Standard error
Any mental health treatment		
Hispanic	12.9 (11.6–14.3)	0.68
Non-Hispanic white	23.0 (22.3–23.7)	0.37
Non-Hispanic black	13.6 (12.2–15.1)	0.72
Took medication		
Hispanic	10.3 (9.2–11.5)	0.58
Non-Hispanic white	19.1 (18.4–19.8)	0.35
Non-Hispanic black	11.1 (9.8–12.5)	0.67
Received counseling or therapy		
Hispanic	6.6 (5.7–7.6)	0.47
Non-Hispanic white	10.9 (10.3–11.4)	0.26
Non-Hispanic black	8.1 (7.0–9.4)	0.59

NOTES: Adults were considered to have received any mental health treatment if they reported having taken medication for their mental health, received counseling or therapy from a mental health professional, or both in the past 12 months. Adults were asked separately if they took prescription medication for feelings of anxiety, for depression, or to help with any other emotions or with their concentration, behavior, or mental health. Adults who responded positively to any of these three questions were considered to have taken medication for their mental health in the past 12 months. Adults categorized as Hispanic may be of any race or combination of races. Adults categorized as non-Hispanic white or non-Hispanic black indicated one race only. Estimates are based on household interviews of a sample of the U.S. civilian noninstitutionalized population. Confidence intervals (CIs) are calculated using the Korn–Graubard method for complex surveys.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2019.

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Data table for Figure 4. Percentage of adults aged 18 and over who had received any mental health treatment, taken medication for their mental health, or received counseling or therapy from a mental health professional in the past 12 months, by urbanization level: United States, 2019

Mental health treatment and urbanization level	Percent (95% CI)	Standard error
Any mental health treatment		
Large metropolitan	17.9 (17.2–18.7)	0.37
Medium or small metropolitan	20.6 (19.5–21.7)	0.54
Nonmetropolitan	21.5 (19.8–23.3)	0.89
Took medication		
Large metropolitan	14.2 (13.6–14.9)	0.33
Medium or small metropolitan	17.2 (16.2–18.2)	0.50
Nonmetropolitan	18.9 (17.2–20.7)	0.89
Received counseling or therapy		
Large metropolitan	9.7 (9.2–10.3)	0.28
Medium or small metropolitan	9.9 (9.2–10.7)	0.39
Nonmetropolitan	7.8 (6.9–8.8)	0.47

NOTES: Adults were considered to have received any mental health treatment if they reported having taken medication for their mental health, received counseling or therapy from a mental health professional, or both in the past 12 months. Adults were asked separately if they took prescription medication for feelings of anxiety, for depression, or to help with any other emotions or with their concentration, behavior, or mental health. Adults who responded positively to any of these three questions were considered to have taken medication for their mental health in the past 12 months. Estimates are based on household interviews of a sample of the U.S. civilian noninstitutionalized population. Confidence intervals (CIs) are calculated using the Korn–Graubard method for complex surveys.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2019.