

# MENTAL HEALTH & Access to Care in RURAL AMERICA

People from all communities are affected by mental illness, but rural Americans often experience unique barriers to managing their mental health.



## AMONG U.S. ADULTS IN NONMETROPOLITAN AREAS, 2020:

21%

experienced mental illness

6%

experienced serious mental illness

13%

experienced a substance use disorder

5%

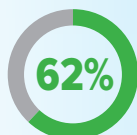
had serious thoughts of suicide

### ACCESS TO TREATMENT IS SEVERELY LIMITED

Among U.S. adults in nonmetropolitan areas, 2020:



with a mental illness received treatment



with a serious mental illness received treatment

Compared to suburban and urban residents, rural Americans:



must travel **2x** as far to their nearest hospital



are **2x** as likely to lack broadband internet, limiting access to telehealth

**25+**  
MILLION

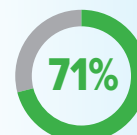
rural Americans live in Mental Health Professional Shortage Areas, where there are too few providers to meet demand

### SOME POPULATIONS FACE ADDITIONAL CHALLENGES

53% of rural adults say the COVID-19 pandemic has affected their mental health:

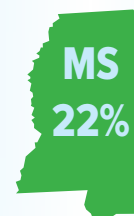


of farmers and farmworkers



of younger adults aged 18-34

Many rural states have a postpartum depression rate higher than the national average of 13%:



Rural youth are at an increased risk of suicide, but highly rural areas have fewer youth suicide prevention services

Data from CDC, NIMH and other select sources. Find citations for this resource at [nami.org/mhstats](https://www.nami.org/mhstats)

NAMI HelpLine  
800-950-NAMI (6264)



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[www.nami.org](https://www.nami.org)



National Alliance on Mental Illness