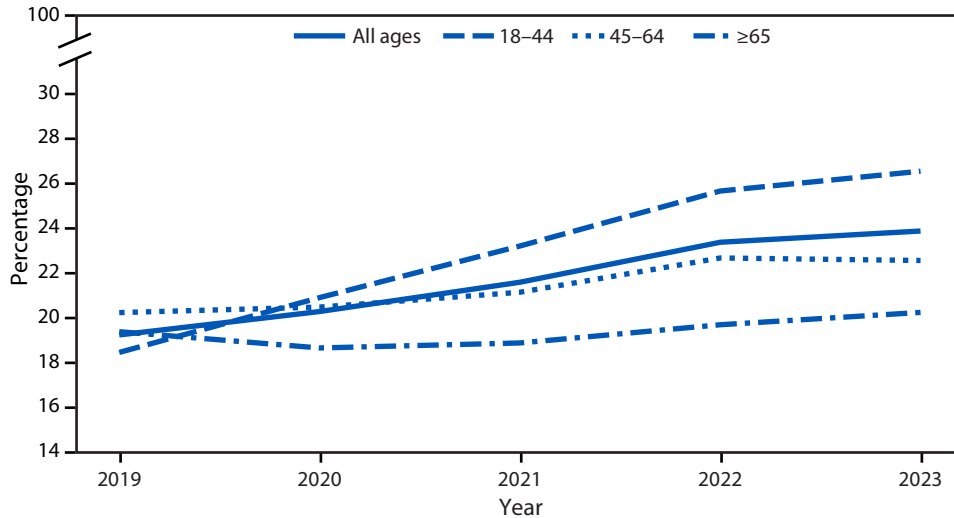


QuickStats

FROM THE NATIONAL CENTER FOR HEALTH STATISTICS

Mental Health Treatment Trends* Among Adults Aged ≥18 Years, by Age Group — United States, 2019–2023†



* Adults were considered to have received mental health treatment if they reported 1) taking medication for anxiety or depression or 2) during the past 12 months having taken medication for emotions, concentration, behavior or mental health, or having received mental health therapy from a mental health professional. Additional information is available in the Supplementary Table.

† Estimates are based on household interviews of a sample of the civilian, noninstitutionalized U.S. population.

From 2019 to 2023, the percentage of adults who had received any mental health treatment during the past 12 months increased from 19.2% to 23.9%. This pattern was similar among adults aged 18–44 and 45–64 years. No significant change was observed among adults aged ≥65 years.

Supplementary Table: <https://stacks.cdc.gov/view/cdc/174552>

Source: National Center for Health Statistics, National Health Interview Survey, 2019–2023. <https://www.cdc.gov/nchs/nhis.htm>

Reported by: Elizabeth M. Briones, PhD, ebriones@cdc.gov; Abhigya Giri, MPH.

For more information on this topic, CDC recommends the following link: <https://www.cdc.gov/mental-health/>.