

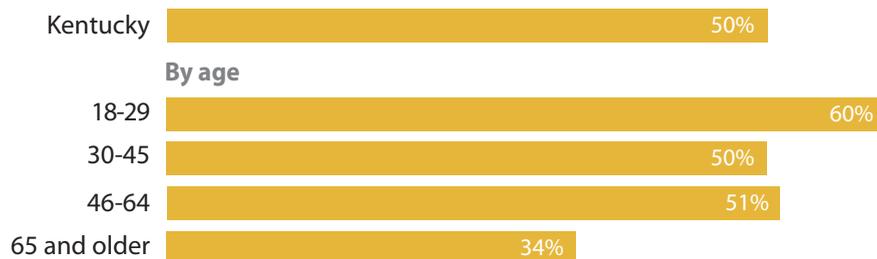
# Kentuckians' access to mental health services

Mental health issues, including depression, are a significant public health issue in Kentucky. In the past year, 1 in 5 adults (20%) in the United States experienced mental illness.<sup>1</sup> When people experience depression or other mental health issues, it is important that they be able to access the treatment and support services they need. To learn if Kentuckians know how to get help when they need it, the **Kentucky Health Issues Poll (KHIP)** included several questions about access to mental health treatment services.

## Perceived need for treatment is high

One-half of Kentucky adults (50%) reported a friend or family member had *ever* behaved in a way that made them think that friend or family member had a serious problem with depression. Younger adults were more likely to have known someone they perceived

### Has a family member or friend ever behaved in a way that made you think they had a serious problem with depression?



### Suppose a family member or friend asked you for help finding services or treatment for depression. Would you know who to contact to help them find services or treatment? (Graph presents those who said "yes.")



as depressed. Among adults ages 18-29, 6 in 10 (60%) reported having perceived a friend or family member as depressed, compared with just 1 in 3 adults 65 and older (34%).

While perceived depression is not the same as a clinical diagnosis, these results suggest that many Kentuckians need access to mental health treatment services.

## Most report knowing where to get help

If a friend or family member asked for help finding services or treatment for depression, 6 in 10 Kentucky adults (62%) reported they would know who to contact. Women (66%) were more likely than men (58%) to report knowing where to get help for a friend.

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<sup>1</sup> Substance Abuse and Mental Health Services Administration (SAMHSA). (2012.) Results from the 2010 National Survey on Drug Use and Health: Mental Health Findings. Retrieved from [www.samhsa.gov/data/NSDUH/2k10MH\\_Findings/2k10MHResults.pdf](http://www.samhsa.gov/data/NSDUH/2k10MH_Findings/2k10MHResults.pdf)

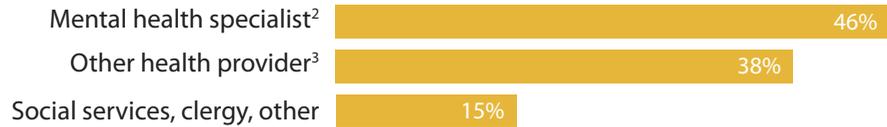
These findings unless otherwise noted are from the Kentucky Health Issues Poll, funded by the Foundation for a Healthy Kentucky and The Health Foundation of Greater Cincinnati. The Kentucky Health Issues Poll was conducted Sept. 27-Oct. 27, 2011, by the Institute for Policy Research at the University of Cincinnati. A random sample of 1,621 adults from throughout Kentucky was interviewed by telephone. This included 1,313 landline interviews and 308 cell phone interviews. In 95 of 100 cases, the statewide estimates will be accurate to  $\pm 2.5\%$ . There are other sources of variation inherent in public opinion studies, such as non-response, question wording or context effects that can introduce error or bias.

For more information about the Kentucky Health Issues Poll, please visit [www.healthy-ky.org](http://www.healthy-ky.org) or [www.healthfoundation.org/khip.html](http://www.healthfoundation.org/khip.html).

## Few turn to mental health specialists for help

Of those who said they knew where to get help for a friend or family member who was depressed, KHIP asked where they would get that help. Fewer than half (46%) of those who knew where to get help would tell their friend or family member to contact a mental health specialist.<sup>2</sup> Nearly 4 in 10 (38%) would tell

**Suppose a family member or friend asked you for help finding treatment services for depression. Who would you tell them to contact?** (Asked only of those who said they knew who to contact.)



their friend to contact another healthcare provider<sup>3</sup>, including a hospital or primary care physician, and 15% would turn to social services, clergy, or another source.

<sup>2</sup> Responses in this category included mental health hospitals and clinics, psychiatrists, psychologists or other mental health professionals.

<sup>3</sup> Responses in this category included doctor or primary care physician, hospital, local health department, insurance provider and other providers not specified as mental health.