

The Mental Health Toll of COVID-19

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The coronavirus pandemic has profoundly disrupted Americans' lives. As COVID-19 continues to overwhelm the country, an increasing share of U.S. adults report symptoms of [anxiety and depression](#). This suggests that a large share of the population may have unmet mental health treatment needs. The figure below shows the percentage of U.S. adults who report needing counseling or therapy from a mental health professional but did not receive it. Data are from the U.S. Census Bureau's Household Pulse survey administered from Aug. 19 to Nov. 23, 2020. Nationally, 11.1% of adults reported unmet mental health treatment needs in the most recent period (Nov. 11-23). Rates declined slightly between late September and early October, but then began to increase again, reaching the highest levels reported so far during the Oct. 28-Nov. 9 data collection period. Adults with children in the household consistently reported higher rates of unmet mental health treatment needs compared to those without children in the household. Rising rates of unmet mental health treatment needs suggest a worsening crisis, especially for adults with [children in the household](#).

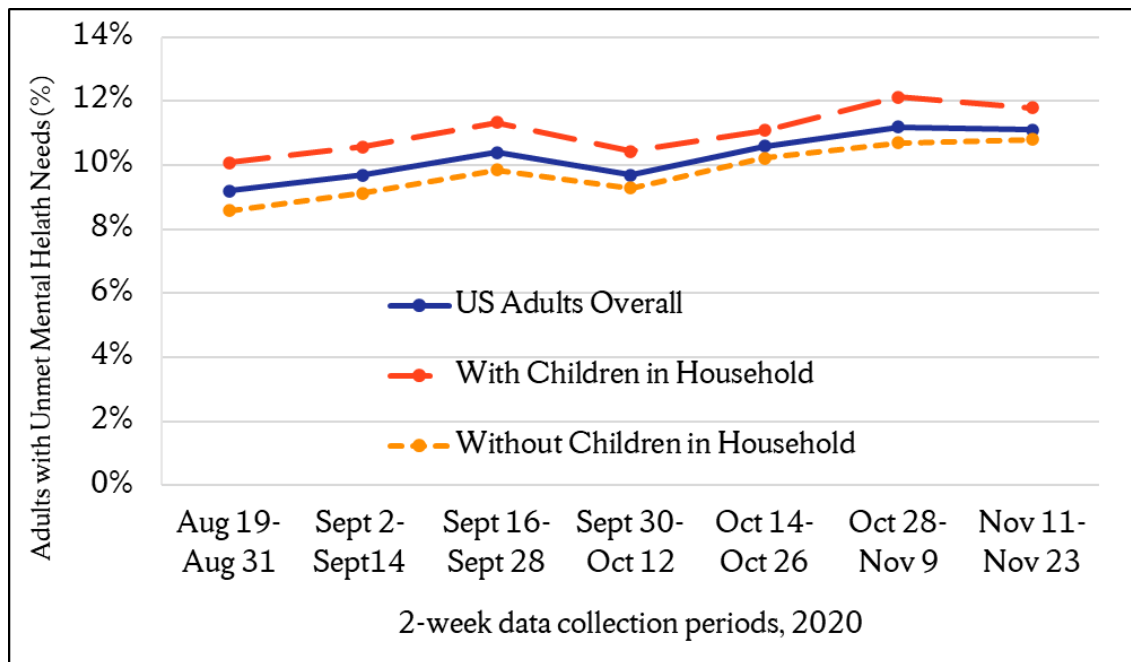


Figure 1. Share of U.S. Adults Reporting Unmet Mental Health Treatment Needs

Data Source: [U.S. Census Bureau's Household Pulse Survey](#), Aug. 19-Nov. 23, 2020. Note: The Census Bureau started including this question on their survey in Week 13 (August 19). Surveys are administered over 2-week data collection periods. Percentages are weighted to make them representative of the U.S. population.

About the Author

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