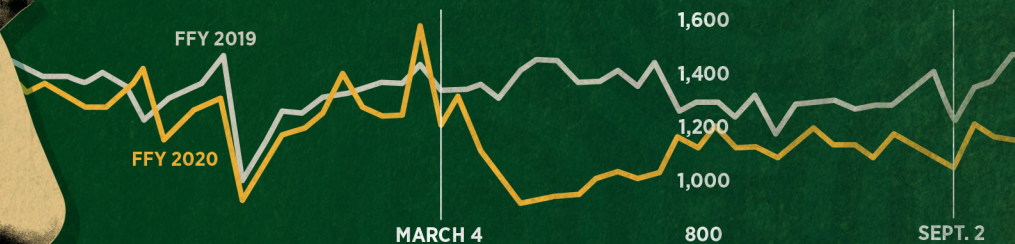# COVID-19 & DELAYED CARE
MENTAL HEALTH

Research from the Kaiser Family Foundation finds that **between January and February 2021, 39% of Missouri adults reported symptoms of anxiety or depressive disorder, with 31% indicating an unmet need for counseling or therapy.**[1,2]

One in 10 Missouri adults have a serious mental illness, **and 40% of those adults go without treatment.**[3] Access is a significant challenge, especially in rural Missouri where each of Missouri's 99 rural counties is a designated Mental Health Professional Shortage Area.[4]

The destabilizing effects of COVID-19 can compound mental health challenges. Despite the environment, researchers found there were **6,807 fewer** mental health inpatient admissions in Missouri between March and September 2020 — a decline of **17.5%.**[5]

Mental Health Inpatient Admissions by Week:
Missouri Residents, Federal Fiscal Year 2019 vs. 2020

FFY 2019
FFY 2020
1,600
1,400
1,200
1,000
800
MARCH 4
SEPT. 2

Individuals experiencing a mental health crisis can find help in a variety of care settings. Researchers from RAND found that **telehealth visits expanded significantly after the onset of the pandemic and more than half were for behavioral health services.**[6] Whether through an inpatient, in-person, outpatient or telehealth setting, Missourians needing assistance should not delay care.

BEHAVIORAL HEALTH CRISIS INTERVENTIONS SAVE LIVES. DON'T DELAY CARE.

Additional Resources:
Statewide 24-Hour Crisis Lines — www.mospn.org/crisis-lines
Missouri Providers and Services — MoCoalition.org/Providers
Cope and Hope During COVID-19 — MoCoalition.org/Cope-And-Hope
Show-Me Hope Missouri — MoShowMeHope.org

Suicide Prevention Lifeline 1-800-273-TALK (8255)
Crisis Text Line Text MOSAFE to 741741

[1] Kaiser Family Foundation. (2021, February). Adults Reporting Symptoms of Anxiety or Depressive Disorder During COVID-19 Pandemic. Retrieved from https://www.kff.org/other/state-indicator/adults-reporting-symptoms-of-anxiety-or-depressive-disorder-during-covid-19-pandemic/?currentTimeframe=0&sortModel=%7B%22colId%22.%22Location%22.%22sort%22.%22asc%22%7D
[2] Kaiser Family Foundation. (2021, January). Unmet Need for Counseling or Therapy Among Adults Reporting Symptoms of Anxiety and/or Depressive Disorder During the COVID-19 Pandemic. Retrieved from https://www.kff.org/other/state-indicator/unmet-need-for-counseling-or-therapy-among-adults-reporting-symptoms-of-anxiety-and-or-depressive-disorder-during-the-covid-19-pandemic/?currentTimeframe=0&sortModel=%7B%22colId%22.%22Location%22.%22sort%22.%22asc%22%7D
[3] Redhead, M. & Willson, S. (2016, June). Mental Health in Missouri: Limited Access, Increasing Demand and Tragic Consequences. HIDI HealthStats. Missouri Hospital Association. Hospital Industry Data Institute. Retrieved from https://www.mhanet.com/mhaimages/hidihealthstats/MentalHealth_HealthStats_0616.pdf
[4] Redhead, M., Medows, J., Dothage, K., Funkenbusch, K., Davis, C., Williams, S., Gowdy, R. N. & Greimann, A. (2020, February). Growing Stress on the Farm (Infographic). Retrieved from https://www.mhanet.com/mhaimages/BehavioralHealth/BehavioralHealth_Farm_Infographic.pdf
[5] Hospital Industry Data Institute, Fiscal Years 2019-2020 Inpatient and Outpatient Claims Data
[6] Fischer, S. H., Uscher-Pines, L., Roth, E. & Breslau, J. (2021). The transition to telehealth during the first months of the COVID-19 pandemic: Evidence from a national sample of patients. Journal of General Internal Medicine. Retrieved from https://link.springer.com/article/10.1007/s11606-020-06358-0