March 2019

Behavioral and Mental Health Care Among Urban, Suburban, and Rural Respondents: Differences in Reported Need, Reasons for Not Getting Care, and Travel Time

People living in urban areas more likely to report needing behavioral or mental health care.

In the past 12 months, did you or a health care professional believe you needed behavioral or mental health care?

<table>
<thead>
<tr>
<th></th>
<th>Urban</th>
<th>Suburban</th>
<th>Rural</th>
</tr>
</thead>
<tbody>
<tr>
<td>N</td>
<td>1,883</td>
<td>1,934</td>
<td>929</td>
</tr>
<tr>
<td>41%</td>
<td>21%</td>
<td>16%</td>
<td></td>
</tr>
</tbody>
</table>

Key Findings:
- More respondents in urban areas reported needing behavioral or mental health care services at least once in the past year compared with those living in suburban or rural areas.
- Respondents in rural areas were the least likely to report needing behavioral or mental health care in the past year.

Urban respondents report harder time finding a provider.

Of those respondents who indicated they needed behavioral or mental health care but were unable to access care, not finding a provider was one of the top reasons among urban, suburban, and rural respondents.

<table>
<thead>
<tr>
<th></th>
<th>Urban</th>
<th>Suburban</th>
<th>Rural</th>
</tr>
</thead>
<tbody>
<tr>
<td>N</td>
<td>104</td>
<td>34</td>
<td>152</td>
</tr>
<tr>
<td>45%</td>
<td>29%</td>
<td>27%</td>
<td></td>
</tr>
</tbody>
</table>

Key Findings:
- Among urban respondents who were unable to get care, 45% reported they couldn’t find a provider.
- For rural and suburban respondents unable to get care, 29% and 27%, respectively, reported they couldn’t find a provider.

Urban respondents who accessed behavioral or mental health care reported longer travel time to their provider.

Among respondents who accessed behavioral or mental health care, time spent traveling to provider:

<table>
<thead>
<tr>
<th></th>
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<th>Suburban</th>
<th>Rural</th>
</tr>
</thead>
<tbody>
<tr>
<td>N</td>
<td>731</td>
<td>374</td>
<td>133</td>
</tr>
<tr>
<td>Less than 30 minutes</td>
<td>46%</td>
<td>53%</td>
<td>62%</td>
</tr>
<tr>
<td>30-60 minutes</td>
<td>44%</td>
<td>34%</td>
<td>28%</td>
</tr>
<tr>
<td>More than an hour</td>
<td>7%</td>
<td>7%</td>
<td>6%</td>
</tr>
</tbody>
</table>

Key Finding:
Respondents in urban areas reported longer travel time than those in rural and suburban regions.