

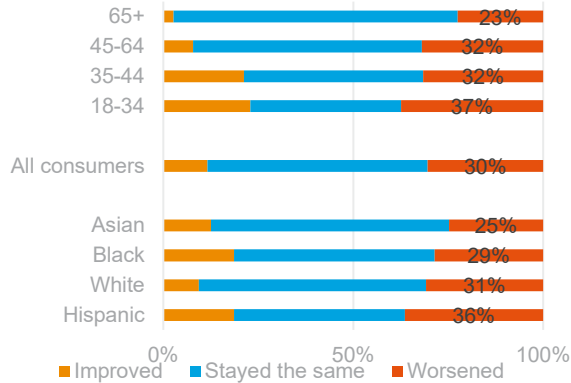
## NRC HEALTH MARKET INSIGHTS – January 2022

# Insight of the Month: Mental Health

The emergence of the COVID-19 pandemic has created an environment where many determinants of poor mental health are exacerbated. There is an imperative need for up-to-date information on the mental-health impacts of COVID-19 that can inform health-system responses and a close look across race/ethnicity and age reveals important differentials in both experience and perception.

### Impact of COVID

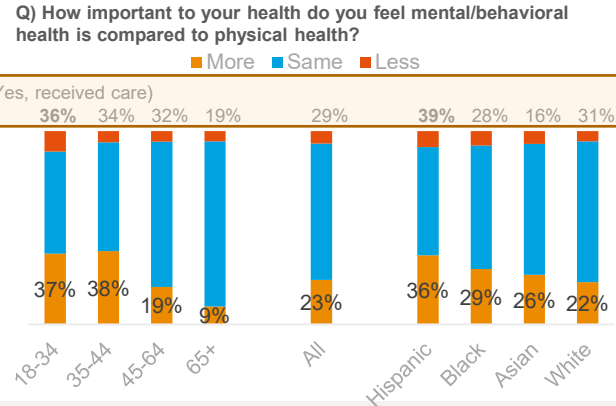
Q) How has your mental health, including feelings of anxiety or depression, changed due to the COVID-19 pandemic?



Both 18-34 year-olds and those who identify as Hispanic are most likely to indicate that their mental health has been negatively impacted by the pandemic. These groups, along with 35-44 year-olds and Black respondents, include the largest percentage of consumers who indicate their mental health has improved.

### Past usage and importance

Q) Have you or someone you provide care for ever received mental/behavioral health services?

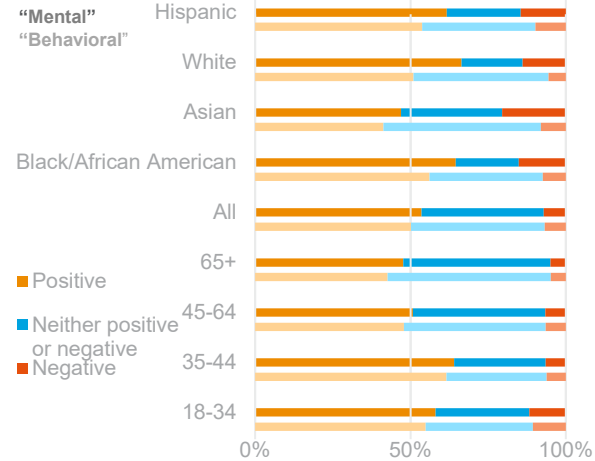


Most age ranges and races feel that mental health is just as important as physical health but choose mental over physical health if not.

18-34 year-olds and Hispanics consider mental health more important and have used services more in the past.

### Feeling towards terminology

Q) How do you feel about the following terms? Mental Health, Behavioral Health.



Consumers generally feel more positive about the term "mental health" when compared to "behavioral health". It is important to note that the term "mental health" carries more negative sentiment as well.