

QuickStats: Mental Health Treatment Trends Among Adults Aged ≥ 18 Years, by Age Group – United States, 2019–2023

Age group (years)	2019	2020	2021	2022	2023
All ages	19.2	20.3	21.6	23.4	23.9
18–44	18.5	20.9	23.2	25.7	26.6
45–64	20.2	20.5	21.2	22.7	22.6
≥ 65	19.4	18.7	18.9	19.7	20.3

NOTES: Based on a "yes" response to any of the following questions: "Do you take prescription medication for these feelings [worried, nervous or anxious]?", "Do you take prescription medication for depression?", "During the past 12 months, did you take prescription medication to help you with any other emotions or with your concentration, behavior or mental health?", or "During the past 12 months, did you receive counseling or therapy from a mental health professional such as a psychiatrist, psychologist, psychiatric nurse, or clinical social worker?". Estimates are based on household interviews of a sample of the civilian, noninstitutionalized U.S. population.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2019–2023. <https://www.cdc.gov/nchs/nhis.htm>