



## Value of Coverage: Mental Health

### Description

By Alicia Pierce and Jamie Dudensing

People with health insurance have better access to care, and importantly that includes mental health care. [Two recent studies show that people with insurance not only have better access to mental health services, but they are overwhelmingly satisfied with the services they receive.](#)

This is especially important as there is an increasing awareness of the importance of mental health care as demand increased during the pandemic and beyond. [In 2020, nearly 1 out of 4 people with employer-sponsored health coverage sought mental health support.](#) This includes 6 million children who are covered by a parent's employer-sponsored plan.

Helping to manage the increase in services and do it in a safe way, telehealth for mental health services increased. [Almost 40% of visits for psychotherapy were conducted through a telehealth appointment in 2020](#), compared to less than 1% in 2019—a hundredfold increase in just one year.

In June, America's Health Insurance Plans (AHIP) released a [survey](#) showing that health coverage continues to be important for access,

affordability and satisfaction when it comes to mental health services. Some highlights include:

- 3 in 4 insured Americans (73%) said they found it easy to get the mental health support they needed for themselves or those in their households.
- 9 in 10 (91%) reported they are satisfied with the mental health support they received, with half (49%) saying they were very satisfied.
- 4 in 10 insured Americans (38%) were able to find a mental health professional and start getting support within a week or two, while another 3 in 10 (29%) were able to start getting help within a month. 1 in 10 (11%) needed to wait 6 months or more, while 4% sought care but never received it.
- 6 in 10 insured Americans (60%) reported that their mental health support was fully covered by insurance, while another 3 in 10 (33%) reported that their mental health support was partially covered by insurance. Only 3% reported their care was not covered.

As we increasingly understand that mental health is an integral part of overall health and well-being, health plans are doing their part to get members the care they need. It's one more example of the value of coverage.

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**Author**

tahp