

# CVS Health<sup>®</sup> Mental Health

We're here to guide those in need of assistance through every moment of their mental health journey.

The path to mental health is not always easy to follow and seeking care can be difficult:

**More than 112 million Americans** live in areas where mental health providers are scarce<sup>1</sup>.

**52 million people in the U.S.** live with a mental health issue, with about **50% of them** not receiving the help they need<sup>2</sup>.

**Suicide is the 10<sup>th</sup> leading cause of death** in the U.S., and the second leading cause of death among individuals between the ages of 10 and 34<sup>3</sup>.

**20% of people age 55 years or older** experience some type of mental health concern<sup>4</sup>.

**Six-in-ten (59%) Americans** have experienced concerns about either their own mental health or the mental health of family and friends, a 9%-point increase since April 2020<sup>5</sup>.

**African Americans and Hispanic Americans** used mental health services at about half the rate of White Americans in the past year<sup>6</sup>.

**42% of LGBTQIA+ youth** seriously considered attempting suicide in the past year, including more than half of transgender and nonbinary youth<sup>7</sup>.

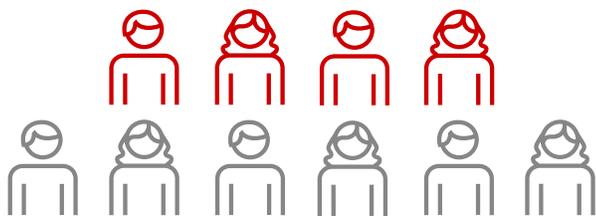
The time is now to make mental health more accessible.  
More **simple**. More **convenient**. More **inviting**.

1. [Commonwealth Fund](#).  
2. [National Institute of Mental Health](#)  
3. [National Institute of Mental Health](#)

4. [CDC: State of Mental Health and Aging in America](#)  
5. [CVS Health/Morning Consult Study; April 2022](#)  
6. [Substance Abuse and Mental Health Service Administration](#)  
7. [The Trevor Project](#)

## CVS Health Mental Health

**CVS Health/Morning Consult study indicates that the pandemic has made Americans more comfortable having conversations about mental health, leading to positive momentum in breaking the stigma around seeking support:**



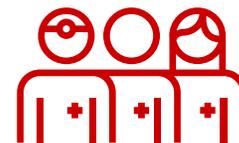
**Four-in-ten** adults feel that mental health related conversations with friends (43%) and family (39%) drive a **positive impact** on mental health.



**LGBTQIA+** respondents are most comfortable discussing mental health with close friends (74% vs. 70% of all respondents) and mental health professionals in-person (70%) but **less comfortable having the same conversations with medical professionals in-person** (66% vs. 71% all respondents) and family members (51% vs. 64% of all respondents).



Parents especially find this tactic helpful, as **57%** believe conversations with friends have a **positive impact on their mental health**. Additionally, **two-thirds of parents** also agree that hearing about other people's challenges makes them more comfortable seeking out resources and care for themselves.



In-person visits with doctors or nurses (71%), conversations with close friends (70%), in-person visits with mental health professionals, such as counselors or therapists (70%), and discussions with family members (64%) rank the **most comfortable** settings to talk about mental health.

## Mental Health Awareness Month

**Mental Health Awareness Month is a reminder to check in on ourselves and others and continue to have open conversations around mental health, so people feel empowered and encouraged to seek the resources they need, when they need them.**

In recognition of **Mental Health Awareness Month** in May, **CVS Health has committed to support organizations** focused on equitable, quality access to mental health care services and resources.

**National Association of Free and Charitable Clinics:** CVS Health Foundation is supporting the National Association of Free and Charitable Clinics in its work to increase the number of licensed mental health clinicians providing services to the underserved, including raising awareness and opportunities for student clinicians to gain behavioral health experience.

**American Foundation for Suicide Prevention:** CVS Health Foundation's support for the American Foundation for Suicide Prevention will focus on developing a first-of-its-kind education program around suicide prevention specifically for Black and African American communities, including designing the program, launching in pilot markets and performing rigorous evaluations to ensure impact.

**Mental Health America:** The CVS Health Foundation is supporting a year-long BIPOC Mental Health project to help Mental Health America raise awareness and increase conversations on the unique mental health needs within these communities. The program will increase the number of BIPOC individuals directly served by Mental Health America programs, and in the coming year the organization aims to provide screenings and follow-up support for two million individuals.

Please join a virtual event on May 4 with SHRM President and CEO Johnny C. Taylor, Jr.; Cara McNulty, President of Behavioral Health and Mental Well-being at Aetna, a CVS Health Company; and 23-time Gold Medalist, Founder of the Michael Phelps Foundation, mental health advocate and Talkspace Ambassador Michael Phelps.

[Click here to register.](#)