# Image: Maximum Alliance on Mental IllnessFindings from Statewide SurveyNational Alliance on Mental IllnessAccessing Mental Health CareWashingtonAccessing Mental Health Care

### **Major Challenges to Access:**



# FINDING THE RIGHT PROVIDER

**70%** family members of youth reported they could not find the right provider or service for expressed needs.



### **GETTING TO CARE IN TIME**

**88%** respondents felt that the time it took them to get to treatment was too long to meet their needs.



## **BEING ABLE TO AFFORD IT**

**52%** respondents reported that insurance did not cover the service needed or the cost of service was too high.

What helped with access to care?

Participants reported **insurance coverage** of mental health services as **the most significant** help to accessing care.

"It encompasses all needs, including spiritual, cultural, physical and holistic health"

What participants said sucessful access looks like "Easy to find care that is culturally relevant AND covered by insurance, short wait time"

"Affordable, accessible, all insurance accepted! Timely!"

Link to full report:

https://2cee3ec7-cde0-4436-a12f-40ed664d38af.filesusr.com/ugd/a83989\_e6d85965ec834b89ae8dc3bb827291f6.pdf