

Barriers to Mental Health Service Use Among Young Adults in the United States

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Young Adult Mental Health in the United States

- The transition to adulthood, generally 18-29 years old, is a distinct developmental period to experience mental health issues including depression, anxiety, and loneliness
- The high rate of mental illness during young adulthood present challenges that may become more problematic without proper treatment
- Influence of social relationships in young people's lives

Potential Barriers to Seeking Care

- Young adults have higher prevalence of mental health disorders and lower rates of service use compared to older age groups
- Stigma and negative attitudes towards treatment of mental illness is a significant barrier to mental health service use and recovery
- Mental health systems inadequate understanding of young adults' unique developmental needs
- Treatment costs and health insurance

Interventions & Role of Social Supports

- Potential significant impact of social support on increasing mental health service use highlights the importance of developing interventions that encourage young people to develop strong support networks and promote young adults' wellbeing as well as prevent and reduce mental health issues over the life course
- Telehealth expansion can be effective in treating depression, anxiety, and other mental health issues

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Thank You!

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