

CVS Health study explores changing attitudes toward mental health

42%

Of Americans express concern about their mental health.



Yet, only

1 in 10

Americans regularly see a mental health professional like a psychiatrist, psychologist, psychotherapist or well-being therapist.



95%

Of people age 57+ agree mental health and illnesses should be taken more seriously by society.

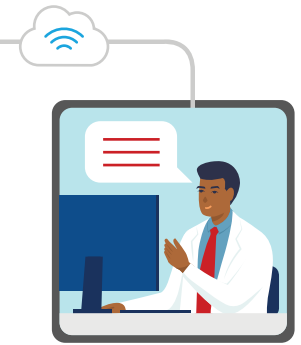
People ages 18 to 32 are

6 times



more likely than those age 57+ to rely on the internet or social media when it comes to accessing mental health information.

85%



Of people ages 33 to 40 believe that digital health services have made mental health care more accessible.



6 in 10

People ages 18 to 32 report that social media has negatively impacted their mental health.