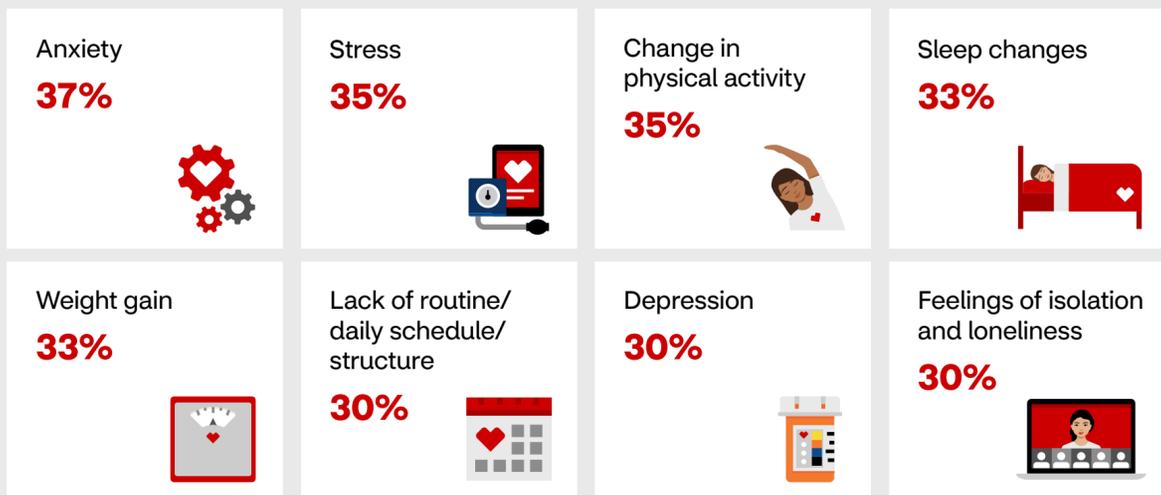


COVID-19's impact on mental health

While the pandemic affected well-being, new conversations around access and innovation have begun to generate change. Virtual care solutions and provider support are improving access to and usability of mental health services.



About a third of people say their lives were disrupted in the following ways:



Stress levels rose, in part due to greater responsibilities in the household.

Men reported higher levels of stress from the following responsibilities:

	All people	Men	Women
Caring for children who live in the home	64%	70%	59%
Homeschooling children	62%	67%	58%
Work	62%	67%	58%
Health of loved ones	62%	64%	57%
Exercise	59%	65%	55%
Household finances	58%	60%	56%
Personal health	53%	56%	51%

People say their use of substances also increased.



44% of providers

say all or most of their patients are struggling with emotional and mental health challenges.



74% of people

did not seek mental health services.

While the majority of people experienced stress related to the pandemic, few have sought mental health care, citing cost/affordability as a reason.



61% of people

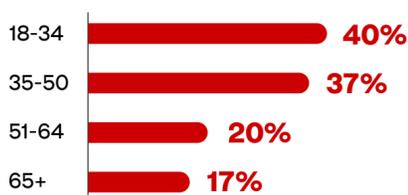
had high to moderate concern about being able to afford treatment for mental/behavioral health conditions.



32% of people

shared that cost of care is the biggest obstacle in staying healthy.

Younger people between 18 and 34 years old felt the financial pinch most.



32% of people

spent more on health care visits and/or medications.

Patients and providers alike are leaning into virtual care options for mental health services.



48% of people

said they would be or somewhat likely to seek out mental health services if they could do so using a "virtual visit."



94% of licensed clinical workers

said they have added virtual offerings.

Explore more from the [2021 Health Care Insights Report.](#)



About the Study:

The Health Care Insights Study by CVS Health, first released in 2018 and called the Health Ambitions Study, then known as the Path to Better Health Study in 2019 and 2020, was conducted in March 2021 and included two surveys fielded by Market Measurement, a national market research consulting firm. The consumer survey comprised 1,000 participants 18 and older, located throughout the U.S. It also oversampled five metropolitan statistical areas — Phoenix, Columbus, Tampa, Houston, and Philadelphia and two ethnic groups: Black and Hispanic people. The survey of 400 providers focused on primary care physicians and specialists with at least two years' experience, as well as licensed clinical workers, nurse practitioners, physician assistants, registered nurses and pharmacists.