

2021 Mountain State Assessment of Trends in Community Health (MATCH)

FINDINGS ON MENTAL HEALTH

Mental illness is common in the United States, and COVID-19 and the related economic downturn negatively affected many people's mental health.

MATCH asked West Virginia (WV) adults about their mental health...

About 2 in 3 (66%) WV adults had a healthcare provider ask about their mental health



More than 1 in 5 (22%) WV adults had fair or poor mental health



1 in 7 (14%) WV adults experienced serious psychological distress



About 1 in 4 (24%) WV adults had a healthcare provider say they had depression, anxiety, or post-traumatic stress disorder



In the past 12 months...



About 1 in 3 (31%) WV adults said they needed to see a provider for mental health problems

- 57% of those who needed to see a provider for mental health saw one
- 52% of those who said they saw a provider for mental health received counseling or therapy



- 24/7 resource providing confidential support and referral to any WV adult with a mental health or addiction issue
- Available regardless of insurance
- Also provides support for children in crisis with a goal of keeping them in their homes, schools, and communities
- Text, chat, or telephone (www.help4wv.com)

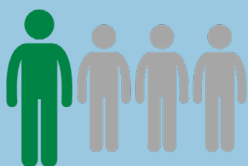
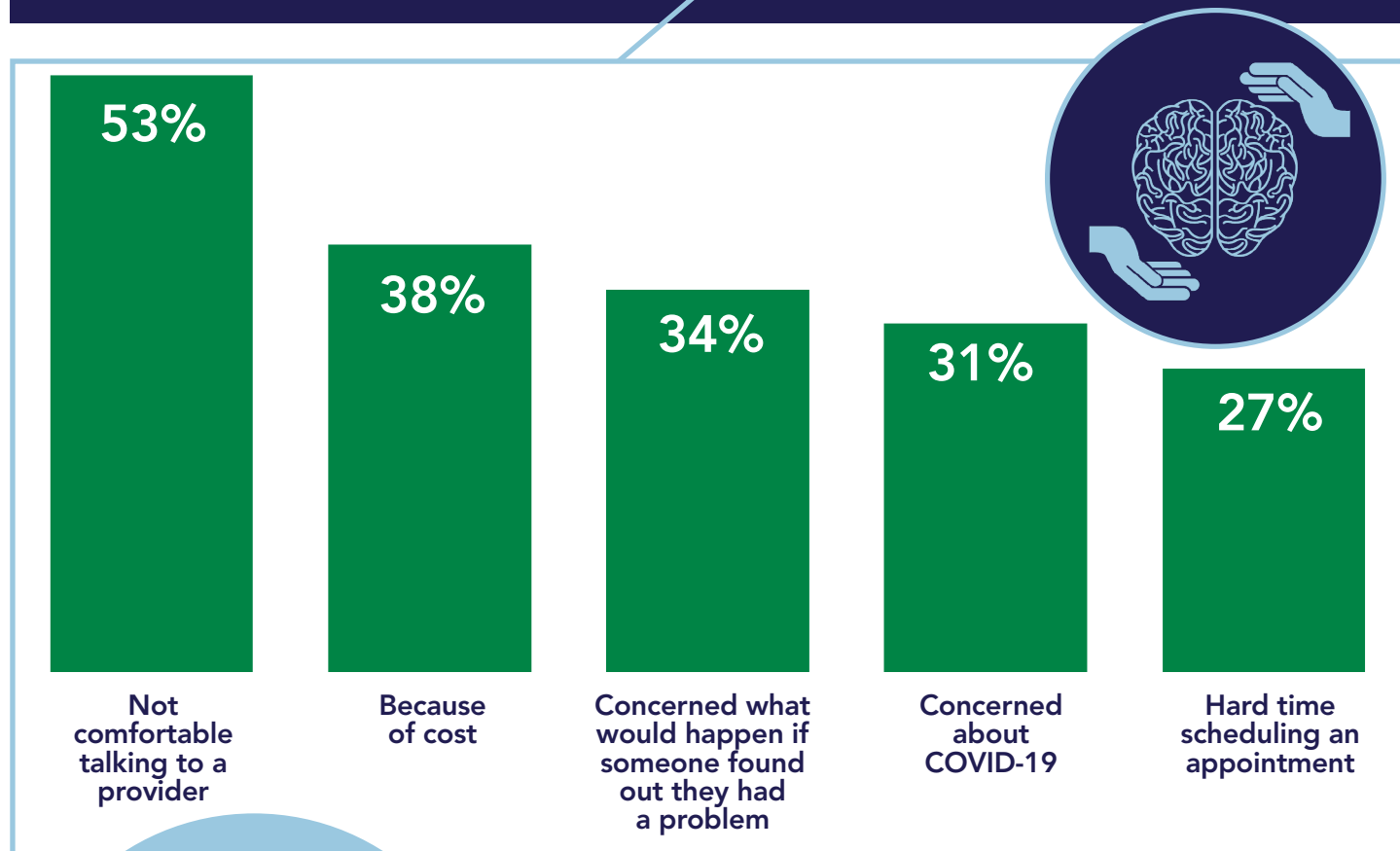


- Easy-to-remember national suicide and crisis line launched in 2022
- Also available by text, chat, or telephone (www.988lifeline.org)

Stigma may affect whether individuals see a healthcare provider:

8% of WV adults who said they needed medical care in the past 12 months did not get the care they needed

43% of WV adults who said they needed to see a provider for mental health problems in the past 12 months did not see one



More than 1 in 4 (28%) WV adults had thought about or attempted suicide in the past

Mental health problems and substance use disorder are the most significant risks for suicidal behavior...

- 6% had a suicidal plan at least once
- 4% had attempted suicide

Notes about MATCH: Between August 2021 and February 2022, the MATCH survey was administered by WVU Health Affairs Institute and WV Department of Health and Human Resources to 88,004 adults across all WV counties, and 20% (16,185) responded. The preliminary results have been weighted and are representative of all WV adults. For more information, visit [WVMATCHSurvey.org](https://www.wvmatchsurvey.org).