2020 was a year of challenges, marked by loss and the uncertainty of the COVID-19 pandemic. We must recognize the significant impact of the pandemic on our mental health – and the importance of increasing access to timely and effective care for those who need it.

Among U.S. ADULTS who received mental health services:

- **17.7 MILLION** experienced delays or cancellations in appointments
- **7.3 MILLION** experienced delays in getting prescriptions
- **4.9 MILLION** were unable to access needed care

Many struggled to get necessary mental health care, with telehealth proving an essential option.

Among people aged 12 and older who drink alcohol, 15% report increased drinking.

Among people aged 12 and older who use drugs, 10% report increased use.

Many increasingly used alcohol or drugs to cope with stress or self-medicate.