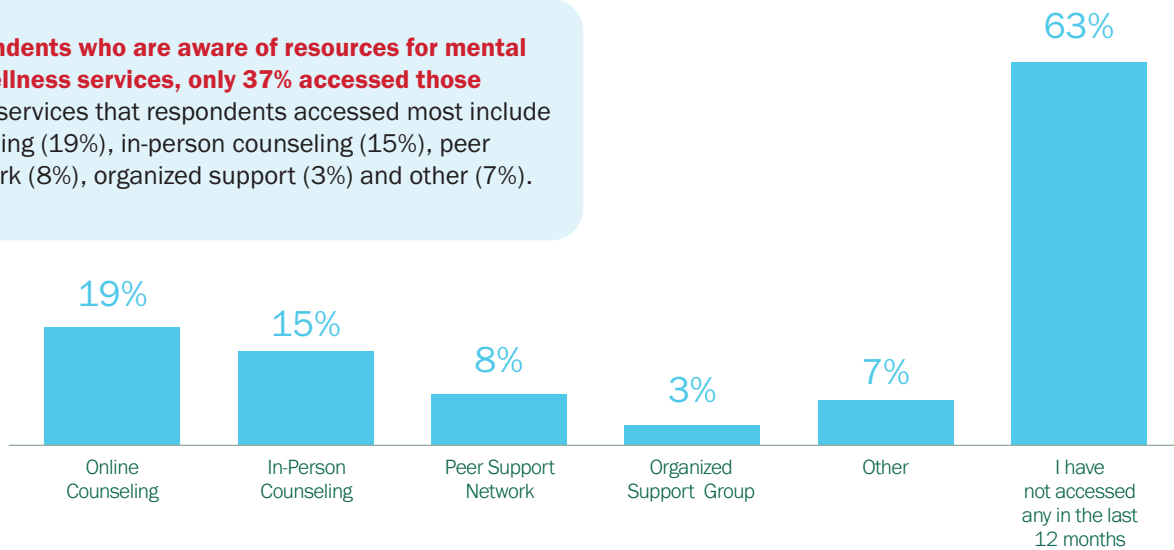




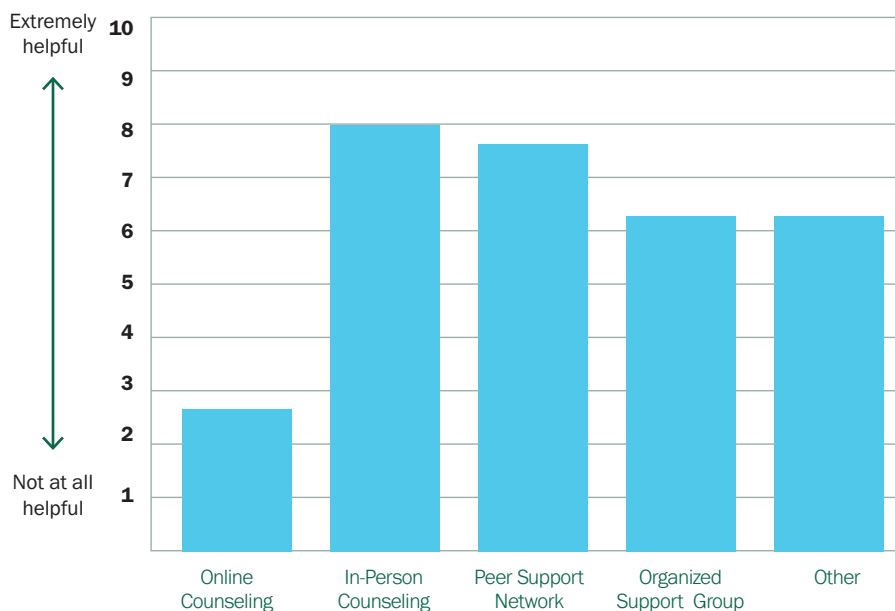
Accessing Mental Health Services

Mental Health and Wellness Services Accessed in Last 12 Months

Among respondents who are aware of resources for mental health and wellness services, only 37% accessed those services. The services that respondents accessed most include online counseling (19%), in-person counseling (15%), peer support network (8%), organized support (3%) and other (7%).



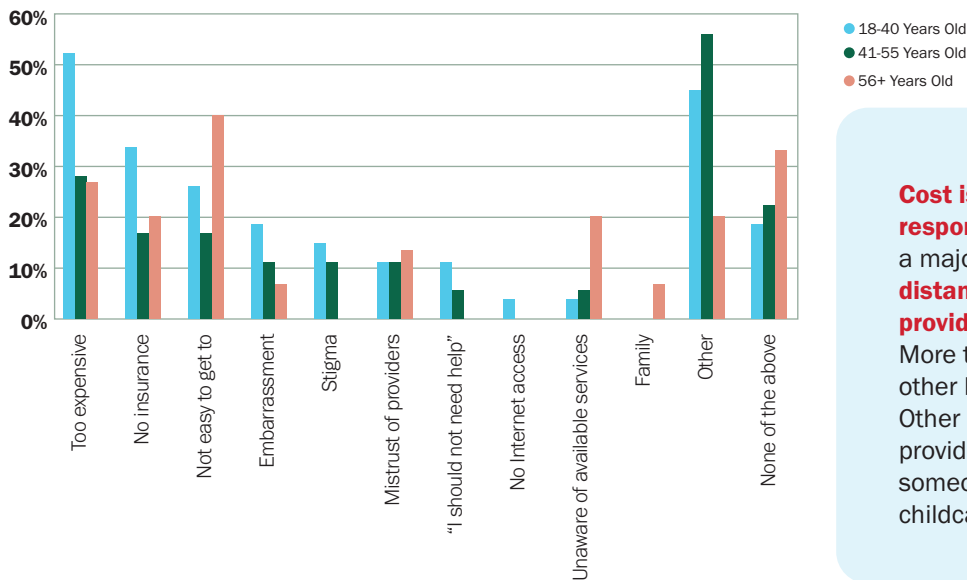
Helpfulness of Services Accessed



Aware respondents reported that in-person counseling and peer support networks are very helpful for them.

Having support in and out of the community is crucial. There are a wide range of services respondents would like to have available including community support groups, financial support/planning, online/local resources, ag-focused counseling, stress management.

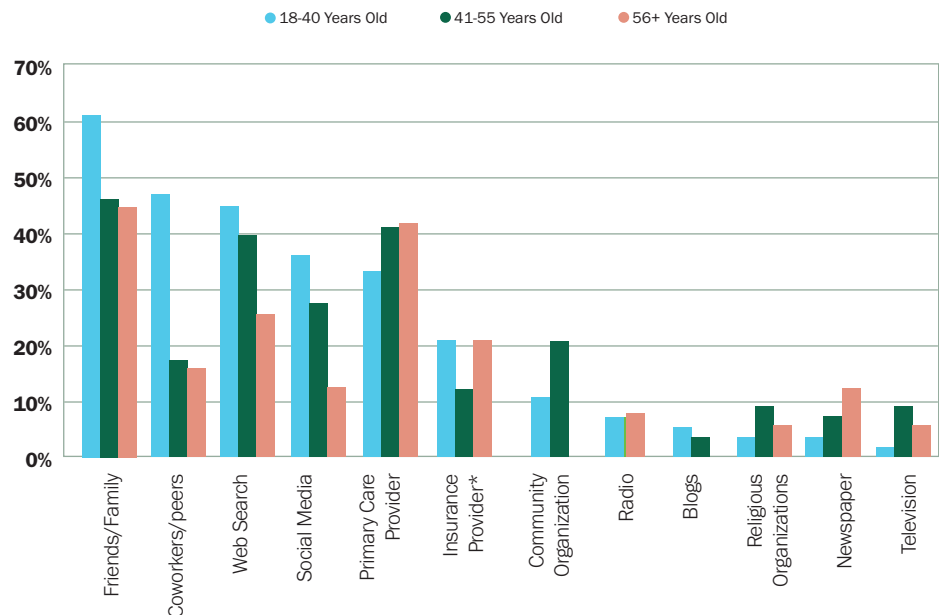
Barriers to Accessing Mental Health and Wellness Services



Cost is the biggest barrier for most respondents 18-40 years old (52%). For a majority of **56+ years old (40%)**, **long distance or difficulty in getting to the provider's location is the main problem.** More than half of the 41-55 years old said other barriers make it difficult for them. Other barriers include hard to find available providers/those in network, want to find someone who understands me, needing childcare and lack of free time.

Where Information on Mental Health and Wellness Services are Learned About/Discovered

Friends and family are the channels where a majority of aware respondents of every age group learn about the services. Web search, primary care providers and social media are other vital areas where they discover these services. More 18-40 years old respondents (48%) learn about the services from their coworkers/peers than any other age group.



Resources

Visit www.mass.gov/massgrownwellness

