



News

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Bringing Awareness to Mental Healthcare with a New Free Guide

Transamerica Center for Health Studies informs consumers how to get mental healthcare – with or without insurance

LOS ANGELES – October 30, 2018 – National healthcare nonprofit [Transamerica Center for Health Studies](#)® (TCHS) released its [Mental Health Guide](#) today, a free resource to bring both awareness about mental health and provide a starting point for Americans to navigate the decisions to access mental healthcare. The prevalence of mental illnesses and diagnoses may be surprising to some – the [National Institute on Mental Health](#) reports that as many as one in five adults (about 44.7 million in 2016) will have a mental health diagnosis in any given year. In fact, TCHS’ sixth annual healthcare survey [Stressed Out: Americans and Healthcare](#) recently found that of the 61 percent of respondents who reported a chronic health condition, 21 percent said they have been diagnosed with depression, anxiety, ADD/ADHD, or alcohol or drug dependency.

“Mental health is synonymous with mental wellness and many people will struggle with it,” said Hector De La Torre, executive director of Transamerica Center for Health Studies. “Just like caring for one’s physical health often requires a visit with a physician, caring for one’s mental health may require visiting a mental health professional – and, of course, figuring out a way to pay for associated costs.”

When a person is unable to manage daily activities such as maintaining fulfilling relationships, working productively, coping with daily stressors, or even recognizing one’s own potential, he or she may be struggling to stay mentally healthy – whether he or she is able to recognize it. As the guide explains, paying attention to mental health is not unlike the preventive care one seeks when consulting primary care doctors with physical ailments. These health professionals serve to identify and treat illnesses as early as possible, and consulting them is a proactive step in taking charge of both mental and physical health.

The online guide outlines different aspects of mental health that individuals may need to consider. The guide includes:

- Most common mental health diagnoses
- Common treatment services
- Descriptions of various mental health professionals
- Immediate and emergency mental health help

Americans often confront another decision when considering their healthcare options: how their health needs coincide with their health coverage. “Health insurance status is a critical topic for many when getting the care they need, and those seeking mental health services have historically suffered both

stigma and costly expenses,” said De La Torre. The Mental Health Guide outlines ways people can seek and receive the help they need:

- **Type of Insurance Coverage:** Whether through an employer, a state health insurance Exchange, Veterans Administration healthcare, or other types of insurance, the guide provides services and treatment that may be covered
- **Status of Insurance coverage:** For people who are uninsured or financially stretched to pay for health services, the guide highlights low-cost and affordable options such as certified-community behavioral health centers, enrolling in Medicaid or the Children’s Health Insurance Program (CHIP), local Substance Abuse and Mental Health Services Administration (SAMHSA) facilities, and more.

Notably, the TCHS sixth annual healthcare survey also found that the percentage of adults who said they are enrolled in managed programs for substance abuse and mental health offered by their employer has increased steadily since 2015 (15 percent in 2015, 22 percent in 2018), yet another option for mental health resources.

“The more resources and information that we can provide and direct people to, the more they can feel better equipped to address, manage, and maintain their health needs, especially when it comes to their mental wellbeing,” said De La Torre.

The Mental Health Guide is among many other complimentary resources TCHS provides to help empower Americans to make the best decisions for their healthcare needs. You can find the Mental Health Guide on the TCHS website at www.transamericacenterforhealthstudies.org under the Health & Wellness tab. Follow TCHS on Twitter [@TCHS](https://twitter.com/TCHS).

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