

Recovery is POSSIBLE

Behavioral Health Equity is the right of all individuals, regardless of race, age, ethnicity, gender, disability, socioeconomic status, sexual orientation, or geographical location, to access high-quality and affordable healthcare services and support.¹



IN THE PAST YEAR...



NEARLY 1 IN 3 adults had a substance use disorder (SUD) or any mental illness (AMI).



13.5% of young adults ages 18 to 25 had an SUD **and** AMI.



The number of adults ages **18 or older** with **AMI and SUD** was **HIGHER** among multiracial groups than others.

COMMON REASONS FOR NOT SEEKING TREATMENT²

1. 24.9% of people who believed they needed treatment for illicit drug or alcohol use said they did not receive treatment at a specialty facility because they **did not have health insurance coverage or could not afford the cost of treatment.**
2. 47.8% of adults with AMI and 54.5% of adults with a serious mental illness said they did not receive services because they **could not afford the cost of care.**
3. Other reasons shared by both groups included **not knowing where to go** and **believing they could handle the problem without treatment.**

RECOVERY IS REAL



7 IN 10 ADULTS who ever had a substance use problem considered themselves to be recovering or in recovery.³



2 IN 3 ADULTS who ever had a mental health issue considered themselves to be recovering or in recovery.⁴

NO MATTER WHO YOU ARE OR WHERE YOU ARE... THERE IS HOPE.

¹SAMHSA. (2022). Key substance use and mental health indicators in the United States: Results from the 2021 National Survey on Drug Use and Health (HHS Publication No. PEP22-07-01-005, NSDUH Series H-57). Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration. <https://www.samhsa.gov/data/report/2021-nsduh-annual-national-report>

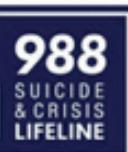
²SAMHSA. (2022). Key substance use and mental health indicators in the United States: Results from the 2021 National Survey on Drug Use and Health (HHS Publication No. PEP22-07-01-005, NSDUH Series H-57). Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration. <https://www.samhsa.gov/data/report/2021-nsduh-annual-national-report>

³SAMHSA. (2023, January 4). SAMHSA announces National Survey on Drug Use and Health (NSDUH) results detailing mental illness and substance use levels in 2021. [https://www.samhsa.gov/newsroom/press-announcements/20230104/samhsa-announces-nsduh-results-detailing-mental-illness-substance-use-levels-2021#:~:text=7%20in%2010%20\(72.2%20percent,be%20recovering%20or%20in%20recovery](https://www.samhsa.gov/newsroom/press-announcements/20230104/samhsa-announces-nsduh-results-detailing-mental-illness-substance-use-levels-2021#:~:text=7%20in%2010%20(72.2%20percent,be%20recovering%20or%20in%20recovery)

⁴SAMHSA. (2023, January 4). SAMHSA announces National Survey on Drug Use and Health (NSDUH) results detailing mental illness and substance use levels in 2021. [https://www.samhsa.gov/newsroom/press-announcements/20230104/samhsa-announces-nsduh-results-detailing-mental-illness-substance-use-levels-2021#:~:text=7%20in%2010%20\(72.2%20percent,be%20recovering%20or%20in%20recovery](https://www.samhsa.gov/newsroom/press-announcements/20230104/samhsa-announces-nsduh-results-detailing-mental-illness-substance-use-levels-2021#:~:text=7%20in%2010%20(72.2%20percent,be%20recovering%20or%20in%20recovery)

SAMHSA

Substance Abuse and Mental Health Services Administration



If you or someone you know is struggling or in crisis: Call or text 988 or chat 988Lifeline.org

Get help at FindTreatment.gov



Scan the QR code to access SAMHSA recovery resources

#RecoveryEquity
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BLOG

The SAMHSA Office of Recovery promotes a recovery-oriented system of care, working in partnership with recovery community leaders, tracking progress over time, and identifying to resolve barriers to system transformation.

Visit the [SAMHSA Office of Recovery](#) webpage to learn more and get resources.