

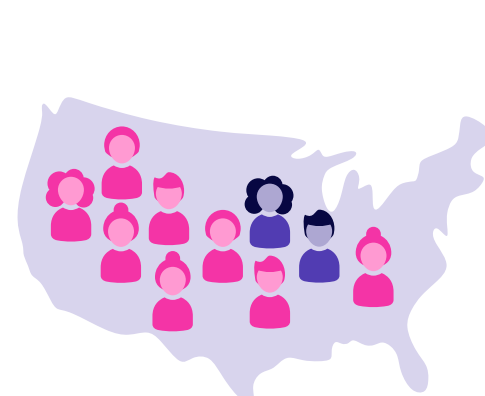
The Annual State of Behavioral Health



As we look out at the behavioral health landscape ahead of us in 2022, there's a lot to feel hopeful about and a lot to consider. With telehealth's widespread consumer acceptance and organizational adoption, healthcare organizations are well-positioned to make meaningful and sustainable changes.

Mental health by the numbers

The need for accessible mental healthcare has never been greater



19%
of Americans
are experiencing
a mental illness



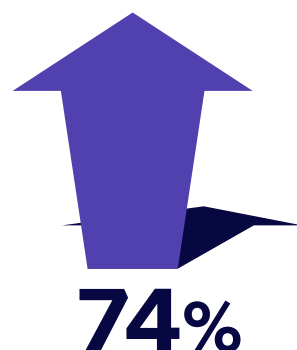
40.9%
of adults reported at least
one pandemic-related
behavioral health
condition¹



Behavioral health providers reported the greatest increases in treating:

anxiety
disorders

84%



74%

depressive
disorders

72%



60%

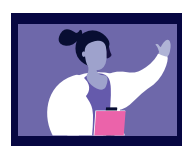
trauma and
stress-related
disorders

62%

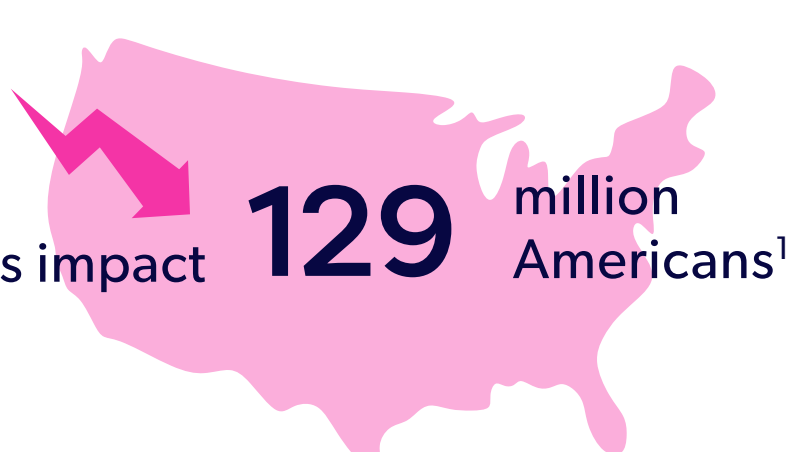


50%

The provider shortage compounds the growing need for mental healthcare



Behavioral health
provider shortages impact



129

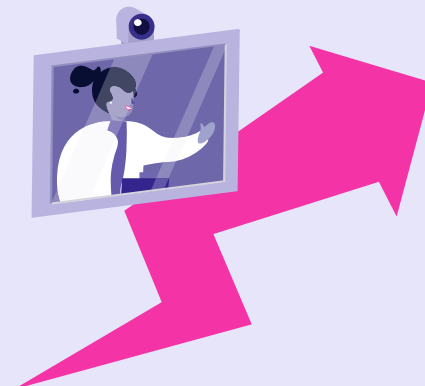
million
Americans¹



Telehealth extends a helping hand

Virtual solutions are a silver lining in a high-demand environment

By February 2021,
telehealth utilization was
38x higher
than pre-pandemic levels¹



96%

of behavioral health providers think
telehealth has proven its worth as a
therapeutic tool during the pandemic

93%

intend to continue providing telehealth
as an option after the pandemic²



Since the COVID-19 pandemic:²



62%

of behavioral health providers
had more patient referrals

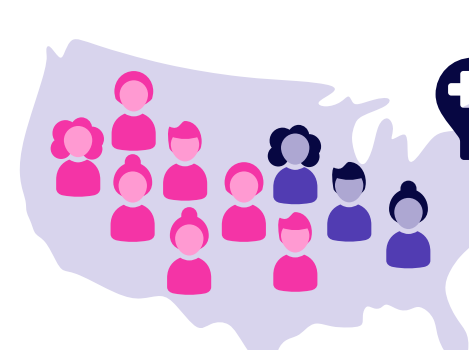
47%

of behavioral health providers
had fewer cancellations

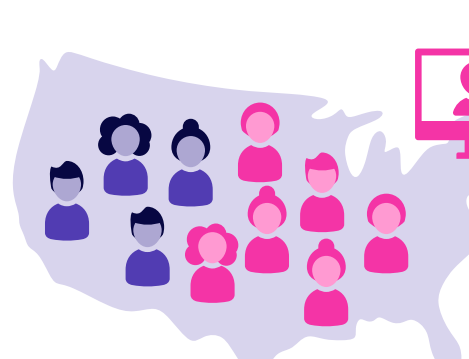


Looking ahead

People are leaning on telehealth as a tool to help them meet their mental health needs



26%
of Americans want to improve
their mental health in 2022³

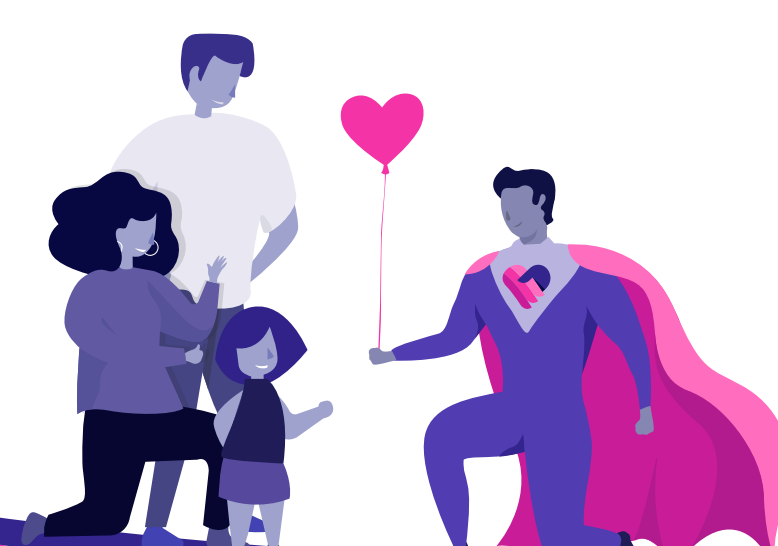


59%
would use telehealth
for mental healthcare⁵



By 2029, behavioral health
visits may increase by

50%¹



At Iris Telehealth, we provide high-quality telepsychiatry care to healthcare organizations across the country. If you're interested in learning more, contact us today at iristelehealth.com.

Resources

- [1. The American Hospital Association | 2022 Environmental Scan](#)
- [2. The American Psychological Association | 2021 COVID-19 Practitioner Survey](#)
- [3. American Psychiatric Association | Mental Health in the New Year Survey](#)
- [4. Mental Health America | Prevalence Data 2021](#)
- [5. American Psychiatric Association | Nationwide Poll](#)