

	Total (A)	Gender		Age										Female Age				Region				
		Male (B)	Female (C)	18-34 (D)	35-44 (E)	45-54 (F)	55-64 (G)	65+ (H)	18-34 (I)	35-44 (J)	45-54 (K)	55-64 (L)	65+ (M)	18-34 (N)	35-44 (O)	45-54 (P)	55-64 (Q)	65+ (R)	Northeast (S)	South (T)	Midwest (U)	West (V)
Total	N=234	N=116	N=116	N=85	N=51	N=40	N=34	N=24	N=35	N=32	N=17	N=22	N=11	N=50	N=19	N=23	N=12	N=13	N=49	N=97	N=50	N=38
Total (Unweighted)	N=239	N=94	N=143	N=95	N=56	N=39	N=22	N=27	N=28	N=31	N=14	N=10	N=12	N=67	N=25	N=25	N=12	N=15	N=60	N=100	N=44	N=35
Over a video call (on any device)	50%	50%	50%	67%	56%	62%	55%	27%	60%	61%	70%	48%	34%	67%	47%	52%	68%	23%	23%	51%	62%	51%
In person	53%	52%	53%	43%	57%	58%	64%	52%	53%	50%	62%	70%	63%	49%	70%	55%	44%	40%	40%	54%	56%	60%
Over an audio call (e.g., over the phone)	40%	36%	45%	46%	49%	37%	17%	38%	33%	56%	39%	16%	26%	56%	38%	36%	19%	47%	54%	38%	37%	33%
Other	1%	1%	1%	0%	0%	0%	0%	5%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	1%	0%	0%
Count	1.51	1.49	1.54	1.56	1.62	1.57	1.36	1.22	1.32	1.66	1.77	1.35	1.29	1.72	1.55	1.43	1.40	1.17	1.67	1.44	1.55	1.44

* Table Base: RECEIVED MENTAL HEALTHCARE FROM A PROFESSIONAL DURING THE PANDEMIC

Q52Q6: Which of the following best describes how the mental healthcare you received during the COVID-19 pandemic was paid for? If you paid using more than one of the following means, please select the one you used most often.

	Total (A)	Gender			Age										Female Age				Region			
		Male (B)	Female (C)	18-34 (D)	35-44 (E)	45-54 (F)	55-64 (G)	65+ (H)	18-34 (I)	35-44 (J)	45-54 (K)	55-64 (L)	65+ (M)	18-34 (N)	35-44 (O)	45-54 (P)	55-64 (Q)	65+ (R)	Northeast (S)	South (T)	Midwest (U)	West (V)
Total	N=234	N=116	N=116	N=85	N=51	N=40	N=34	N=24	N=35	N=32	N=17	N=22	N=11	N=50	N=19	N=23	N=12	N=13	N=49	N=97	N=50	N=38
Total (Unweighted)	N=239	N=94	N=143	N=95	N=56	N=39	N=22	N=27	N=28	N=31	N=14	N=10	N=12	N=67	N=25	N=25	N=12	N=15	N=60	N=100	N=44	N=35
Insurance covered the cost in full	44%	44%	43%	36%	31%	57%	64%	46%	34%	31%	73%	65%	34%	38%	31%	45%	62%	56%	54%	45%	44%	28%
Insurance covered some or most of the cost, and I had to pay a copay/coinsurance	28%	32%	25%	33%	35%	18%	10%	39%	41%	35%	13%	13%	51%	28%	36%	20%	4%	29%	23%	28%	36%	26%
Completely out of pocket (insurance covered nothing)	10%	9%	11%	11%	10%	7%	15%	2%	8%	10%	0%	13%	0%	12%	10%	9%	3%	10%	7%	12%	14%	
Sliding scale fee (i.e., pay what you can afford)	9%	8%	10%	8%	18%	9%	6%	0%	12%	16%	0%	0%	5%	20%	0%	16%	0%	8%	11%	2%	14%	
Nothing, it was free	8%	7%	10%	11%	6%	9%	5%	9%	5%	8%	12%	2%	5%	14%	3%	8%	9%	12%	4%	8%	5%	19%
Other	1%	1%	1%	1%	0%	0%	0%	5%	0%	0%	0%	10%	0%	1%	0%	0%	0%	0%	0%	1%	1%	0%

* Table Base: RECEIVED MENTAL HEALTHCARE FROM A PROFESSIONAL DURING THE PANDEMIC

Q52Q7: Do you plan to continue receiving mental healthcare from a professional after the COVID-19 pandemic has ended?

	Total (A)	Gender		Age										Female Age				Region				
		Male (B)	Female (C)	18-34 (D)	35-44 (E)	45-54 (F)	55-64 (G)	65+ (H)	18-34 (I)	35-44 (J)	45-54 (K)	55-64 (L)	65+ (M)	18-34 (N)	35-44 (O)	45-54 (P)	55-64 (Q)	65+ (R)	Northeast (S)	South (T)	Midwest (U)	West (V)
Total	N=234	N=116	N=116	N=85	N=51	N=40	N=34	N=24	N=35	N=32	N=17	N=22	N=11	N=50	N=19	N=23	N=12	N=13	N=49	N=97	N=50	N=38
Total (Unweighted)	N=239	N=94	N=143	N=95	N=56	N=39	N=22	N=27	N=28	N=31	N=14	N=10	N=12	N=67	N=25	N=25	N=12	N=15	N=60	N=100	N=44	N=35
Yes	80%	75%	84%	79%	86%	85%	78%	63%	76%	85%	74%	80%	40%	81%	87%	93%	75%	82%	90%	77%	76%	78%
No	14%	17%	12%	17%	13%	3%	16%	24%	21%	14%	4%	15%	36%	14%	13%	3%	16%	15%	10%	14%	18%	18%
Not sure	6%	8%	4%	4%	1%	11%	6%	12%	3%	1%	22%	5%	24%	5%	0%	4%	8%	3%	0%	9%	6%	4%

* Table Base: RECEIVED MENTAL HEALTHCARE FROM A PROFESSIONAL DURING THE PANDEMIC

	Total (A)	Gender		Age						Male Age			Female Age			Region						
		Male (B)	Female (C)	18-34 (D)	35-44 (E)	45-54 (F)	55-64 (G)	65+ (H)	18-34 (I)	35-44 (J)	45-54 (K)	55-64 (L)	65+ (M)	18-34 (N)	35-44 (O)	45-54 (P)	55-64 (Q)	65+ (R)	Northeast (S)	South (T)	Midwest (U)	West (V)
Total	234	116	116	85	51	40	34	24	35	32	17	22	11	50	19	23	12	49	97	50	38	
Total (Unweighted)	239	94	143	95	56	39	22	27	31	14	10	12	67	25	25	12	15	60	100	44	35	
Over a video call (on any device)	125	69	56	57	26	25	19	7	23	20	13	11	4	34	9	12	8	35	45	31	20	
In person	123	61	62	36	29	23	22	13	12	16	11	16	7	25	13	13	6	20	53	28	23	
Over an audio call (e.g., over the phone)	94	42	52	39	25	15	6	9	11	18	7	4	3	28	7	8	2	26	37	19	13	
Other	1	1	1	0	0	0	0	1	0	0	0	1	0	0	0	0	1	0	1	0	0	
Count	1.51	1.49	1.54	1.56	1.62	1.57	1.36	1.22	1.32	1.66	1.77	1.35	1.29	1.72	1.55	1.43	1.40	1.17	1.67	1.44	1.55	1.44

* Table Base: RECEIVED MENTAL HEALTHCARE FROM A PROFESSIONAL DURING THE PANDEMIC

Q52Q6: Which of the following best describes how the mental healthcare you received during the COVID-19 pandemic was paid for? If you paid using more than one of the following means, please select the one you used most often.

	Total (A)	Gender		Age						Male Age			Female Age			Region					
		Male (B)	Female (C)	18-34 (D)	35-44 (E)	45-54 (F)	55-64 (G)	65+ (H)	18-34 (I)	35-44 (J)	45-54 (K)	55-64 (L)	65+ (M)	18-34 (N)	35-44 (O)	45-54 (P)	55-64 (Q)	65+ (R)	Northeast (S)	South (T)	Midwest (U)
Total	234	116	116	85	51	40	34	24	35	32	17	22	11	50	19	23	12	49	97	50	38
Total (Unweighted)	239	94	143	95	56	39	22	27	31	14	10	12	67	25	25	12	15	60	100	44	35
Insurance covered the cost in full	102	51	50	31	16	23	22	11	12	10	12	15	4	19	6	10	7	26	43	22	11
Insurance covered some or most of the cost, and I had to pay a copay/coinsurance	66	37	29	28	18	7	4	10	14	11	3	3	6	14	7	5	0	11	28	18	10
Completely out of pocket (insurance covered nothing)	23	10	13	9	5	3	5	0	3	3	0	4	0	7	2	3	1	0	5	7	5
Sliding scale fee (i.e., pay what you can afford)	21	9	12	7	9	4	2	0	4	5	0	0	0	3	4	4	2	0	4	11	1
Nothing, it was free	20	8	12	9	3	4	2	2	2	3	2	1	1	7	1	2	1	2	2	8	3
Other	2	1	1	0	0	0	0	1	0	0	0	0	1	1	0	0	0	0	0	1	0

* Table Base: RECEIVED MENTAL HEALTHCARE FROM A PROFESSIONAL DURING THE PANDEMIC

Q52Q7: Do you plan to continue receiving mental healthcare from a professional after the COVID-19 pandemic has ended?

	Total (A)	Gender		Age						Male Age			Female Age			Region						
		Male (B)	Female (C)	18-34 (D)	35-44 (E)	45-54 (F)	55-64 (G)	65+ (H)	18-34 (I)	35-44 (J)	45-54 (K)	55-64 (L)	65+ (M)	18-34 (N)	35-44 (O)	45-54 (P)	55-64 (Q)	65+ (R)	Northeast (S)	South (T)	Midwest (U)	West (V)
Total	234	116	116	85	51	40	34	24	35	32	17	22	11	50	19	23	12	49	97	50	38	
Total (Unweighted)	239	94	143	95	56	39	22	27	31	14	10	12	67	25	25	12	15	60	100	44	35	
Yes	186	87	97	67	43	34	26	15	26	27	13	18	4	41	16	21	9	11	44	75	38	30
No	34	20	14	14	7	1	5	6	7	4	1	3	4	7	2	1	2	5	13	9	7	
Not sure	14	9	5	4	0	5	2	3	1	0	4	1	3	2	0	1	1	0	0	9	3	2

* Table Base: RECEIVED MENTAL HEALTHCARE FROM A PROFESSIONAL DURING THE PANDEMIC

Mental Health & Delayed Services

Q251: Which of the following type(s) of health insurance do you currently have? Please select all that apply.

Table with columns for insurance types (Total, Uninsured, Medicaid/Medicare, etc.) and a grid of counts for various demographic and insurance status categories.

* Table Base: US RESPONDENTS

Q252: Which of the following medical services have you put off in the last 6 months due to the COVID-19 pandemic? Please select all that apply.

Table with columns for medical services (Total, Uninsured, NET: NON-ROUTINE APPOINTMENTS, etc.) and a grid of counts for various demographic and insurance status categories.

* Table Base: US RESPONDENTS

Q253: Have you ever used telehealth services (i.e., health-related services or appointments over a phone, tablet, or computer) during each of the following timeframes?

Table with columns for timeframes (Any time before COVID-19, Since COVID-19 began) and a grid of counts for various demographic and insurance status categories.

* Table Base: US RESPONDENTS

Q254: How often have you received mental healthcare from a professional (e.g., counselor, therapist, psychiatrist) during each of the following timeframes?

Table with columns for timeframes (Any time before COVID-19, Since COVID-19 began) and a grid of counts for various demographic and insurance status categories.

* Table Base: US RESPONDENTS

Q255: Which of the following are reasons why you chose to seek mental healthcare from a professional for the first time during the COVID-19 pandemic? Please select all that apply.

Table with columns for reasons (Total, Uninsured, Decline to answer) and a grid of counts for various demographic and insurance status categories.

* Table Base: US RESPONDENTS

Q256: Which of the following was the main reason you chose to seek mental healthcare from a professional during the COVID-19 pandemic?

Table with columns for reasons (Total, Uninsured, Decline to answer) and a grid of counts for various demographic and insurance status categories.

* Table Base: US RESPONDENTS

Q257: Which of the following best describes how the mental healthcare you received during the COVID-19 pandemic was paid for? If you paid using more than one of the following means, please select the one you used most often.

Table with columns for payment methods (Total, Uninsured, Other) and a grid of counts for various demographic and insurance status categories.

Other 1% 0% 3% 0% 1% 1% 1% 1% 1% 0% 2% 1% 1% 1% 1% 1% 1% 1% 1% 0% 0% 1% 0% 0% 0% 0% 0%

* Table Base: RECEIVED MENTAL HEALTHCARE FROM A PROFESSIONAL DURING THE PANDEMIC

Q52Q7: Do you plan to continue receiving mental healthcare from a professional after the COVID-19 pandemic has ended?

	Total (A)	Household Income				Education			Employed		Children in HH		Parent of Child Under 18			Home Ownership		Marital Status		Race/Ethnicity				Race/Ethnicity (Expanded)					
		Less than \$50K (B)	\$50K - \$74.9K (C)	\$75K - \$99.9K (D)	\$100K+ (E)	HS or Less (F)	Some College (G)	College Grad (H)	Yes (I)	No (J)	Yes (K)	No (L)	Yes (M)	No (N)	Homeowner (O)	Renter (P)	Married (Q)	Not married (R)	White (S)	AA (T)	Hispanic (U)	White Only (Not His)	Hispanic (G)	Black Only (Not His)	Asian Only (Not His)	All Other (Not His)	People of Color (K)		
Total	N=234	N=68	N=63	N=61	N=67	N=66	N=67	N=100	N=74	N=118	N=115	N=109	N=125	N=156	N=78	N=143	N=121	N=137	N=39	N=61	N=137	N=12	N=181	N=21	N=39	N=12	N=15	N=57	
Total (Unweighted)	N=239	N=101	N=44	N=32	N=58	N=65	N=64	N=111	N=84	N=118	N=110	N=129	N=156	N=73	N=112	N=127	N=161	N=161	N=35	N=21	N=161	N=21	N=35	N=9	N=14	N=78			
Yes	80%	81%	72%	71%	86%	73%	80%	82%	85%	80%	79%	80%	80%	82%	82%	76%	81%	78%	88%	88%	78%	88%	88%	88%	82%	82%	82%		
No	14%	13%	19%	16%	12%	18%	21%	10%	15%	16%	13%	16%	14%	11%	11%	18%	13%	16%	12%	12%	16%	12%	12%	17%	12%	13%			
Not sure	6%	6%	10%	12%	2%	9%	4%	5%	3%	12%	1	4%	8%	1%	10%	5%	7%	6%	5%	10%	0%	7%	0%	10%	0%	6%	5%		

* Table Base: RECEIVED MENTAL HEALTHCARE FROM A PROFESSIONAL DURING THE PANDEMIC

Mental Health & Delayed Services

Q221: Which of the following type(s) of health insurance do you currently have? Please select all that apply.

Table with 33 columns: Total [A], Less than \$50K (B), \$50K - \$74.9K (C), \$75K - \$99.9K (D), \$100K+ (E), HS or Less (F), Some College (G), College Grad+ (H), Yes (I), No (J), Children in HH (K-L), Parent of Child Under 18 (M-N), Home Ownership (O-P), Married (Q), Not married (R), White (S), AA (T), Race/Ethnicity (U-V), Hispanic (W), White Only (Not His) (X), Hispanic (Y), Race/Ethnicity (Expanded) (Z-AA), Black Only (Not His) (AB-AD), Asian Only (Not His) (AE-AH), All Other (Not His) (AI), People of Color (K) (AJ).

* Table Base: US RESPONDENTS

Q222: Which of the following medical services have you put off in the last 3 months due to the COVID-19 pandemic? Please select all that apply.

Table with 33 columns: Total [A], Less than \$50K (B), \$50K - \$74.9K (C), \$75K - \$99.9K (D), \$100K+ (E), HS or Less (F), Some College (G), College Grad+ (H), Yes (I), No (J), Children in HH (K-L), Parent of Child Under 18 (M-N), Home Ownership (O-P), Married (Q), Not married (R), White (S), AA (T), Race/Ethnicity (U-V), Hispanic (W), White Only (Not His) (X), Hispanic (Y), Race/Ethnicity (Expanded) (Z-AA), Black Only (Not His) (AB-AD), Asian Only (Not His) (AE-AH), All Other (Not His) (AI), People of Color (K) (AJ).

* Table Base: US RESPONDENTS

Q223: Have you ever used telehealth services (i.e., health-related services or appointments over a phone, tablet, or computer) during each of the following timeframes?

Table with 33 columns: Total [A], Less than \$50K (B), \$50K - \$74.9K (C), \$75K - \$99.9K (D), \$100K+ (E), HS or Less (F), Some College (G), College Grad+ (H), Yes (I), No (J), Children in HH (K-L), Parent of Child Under 18 (M-N), Home Ownership (O-P), Married (Q), Not married (R), White (S), AA (T), Race/Ethnicity (U-V), Hispanic (W), White Only (Not His) (X), Hispanic (Y), Race/Ethnicity (Expanded) (Z-AA), Black Only (Not His) (AB-AD), Asian Only (Not His) (AE-AH), All Other (Not His) (AI), People of Color (K) (AJ).

* Table Base: US RESPONDENTS

Q224: Have you ever used telehealth services (i.e., health-related services or appointments over a phone, tablet, or computer) during each of the following timeframes?

Table with 33 columns: Total [A], Less than \$50K (B), \$50K - \$74.9K (C), \$75K - \$99.9K (D), \$100K+ (E), HS or Less (F), Some College (G), College Grad+ (H), Yes (I), No (J), Children in HH (K-L), Parent of Child Under 18 (M-N), Home Ownership (O-P), Married (Q), Not married (R), White (S), AA (T), Race/Ethnicity (U-V), Hispanic (W), White Only (Not His) (X), Hispanic (Y), Race/Ethnicity (Expanded) (Z-AA), Black Only (Not His) (AB-AD), Asian Only (Not His) (AE-AH), All Other (Not His) (AI), People of Color (K) (AJ).

* Table Base: US RESPONDENTS

Q225: How do you feel you received mental healthcare from a professional (e.g., counselor, therapist, psychiatrist) during each of the following timeframes?

Table with 33 columns: Total [A], Less than \$50K (B), \$50K - \$74.9K (C), \$75K - \$99.9K (D), \$100K+ (E), HS or Less (F), Some College (G), College Grad+ (H), Yes (I), No (J), Children in HH (K-L), Parent of Child Under 18 (M-N), Home Ownership (O-P), Married (Q), Not married (R), White (S), AA (T), Race/Ethnicity (U-V), Hispanic (W), White Only (Not His) (X), Hispanic (Y), Race/Ethnicity (Expanded) (Z-AA), Black Only (Not His) (AB-AD), Asian Only (Not His) (AE-AH), All Other (Not His) (AI), People of Color (K) (AJ).

* Table Base: US RESPONDENTS

Q226: How do you feel you received mental healthcare from a professional (e.g., counselor, therapist, psychiatrist) during each of the following timeframes?

Table with 33 columns: Total [A], Less than \$50K (B), \$50K - \$74.9K (C), \$75K - \$99.9K (D), \$100K+ (E), HS or Less (F), Some College (G), College Grad+ (H), Yes (I), No (J), Children in HH (K-L), Parent of Child Under 18 (M-N), Home Ownership (O-P), Married (Q), Not married (R), White (S), AA (T), Race/Ethnicity (U-V), Hispanic (W), White Only (Not His) (X), Hispanic (Y), Race/Ethnicity (Expanded) (Z-AA), Black Only (Not His) (AB-AD), Asian Only (Not His) (AE-AH), All Other (Not His) (AI), People of Color (K) (AJ).

* Table Base: US RESPONDENTS

Q227: Which of the following are reasons why you chose to seek mental healthcare from a professional for the first time during the COVID-19 pandemic? Please select all that apply.

Table with 33 columns: Total [A], Less than \$50K (B), \$50K - \$74.9K (C), \$75K - \$99.9K (D), \$100K+ (E), HS or Less (F), Some College (G), College Grad+ (H), Yes (I), No (J), Children in HH (K-L), Parent of Child Under 18 (M-N), Home Ownership (O-P), Married (Q), Not married (R), White (S), AA (T), Race/Ethnicity (U-V), Hispanic (W), White Only (Not His) (X), Hispanic (Y), Race/Ethnicity (Expanded) (Z-AA), Black Only (Not His) (AB-AD), Asian Only (Not His) (AE-AH), All Other (Not His) (AI), People of Color (K) (AJ).

* Table Base: RECEIVED MENTAL HEALTHCARE FROM A PROFESSIONAL DURING THE PANDEMIC ONLY

Q228: In which of the following ways have you met with a mental healthcare professional during the COVID-19 pandemic? Please select all that apply.

Table with 33 columns: Total [A], Less than \$50K (B), \$50K - \$74.9K (C), \$75K - \$99.9K (D), \$100K+ (E), HS or Less (F), Some College (G), College Grad+ (H), Yes (I), No (J), Children in HH (K-L), Parent of Child Under 18 (M-N), Home Ownership (O-P), Married (Q), Not married (R), White (S), AA (T), Race/Ethnicity (U-V), Hispanic (W), White Only (Not His) (X), Hispanic (Y), Race/Ethnicity (Expanded) (Z-AA), Black Only (Not His) (AB-AD), Asian Only (Not His) (AE-AH), All Other (Not His) (AI), People of Color (K) (AJ).

* Table Base: RECEIVED MENTAL HEALTHCARE FROM A PROFESSIONAL DURING THE PANDEMIC ONLY

Q229: Which of the following best describes how the mental healthcare you received during the COVID-19 pandemic was paid for? If you paid using more than one of the following means, please select the one you used most often.

Table with 33 columns: Total [A], Less than \$50K (B), \$50K - \$74.9K (C), \$75K - \$99.9K (D), \$100K+ (E), HS or Less (F), Some College (G), College Grad+ (H), Yes (I), No (J), Children in HH (K-L), Parent of Child Under 18 (M-N), Home Ownership (O-P), Married (Q), Not married (R), White (S), AA (T), Race/Ethnicity (U-V), Hispanic (W), White Only (Not His) (X), Hispanic (Y), Race/Ethnicity (Expanded) (Z-AA), Black Only (Not His) (AB-AD), Asian Only (Not His) (AE-AH), All Other (Not His) (AI), People of Color (K) (AJ).

Other 2 0 1 0 1 1 0 1 0 2 1 1 1 1 1 1 1 1 2 0 0 2 0 0 0 0 0

* Table Base: RECEIVED MENTAL HEALTHCARE FROM A PROFESSIONAL DURING THE PANDEMIC

Q52Q7: Do you plan to continue receiving mental healthcare from a professional after the COVID-19 pandemic has ended?

	Household Income					Education			Employed		Children in HH		Parent of Child Under 18		Home Ownership		Marital Status		Race/Ethnicity			Race-Multi (US Net 2 for BPR)						
	Total (A)	Less than \$50K (B)	\$50K - \$74.9K (C)	\$75K - \$99.9K (D)	\$100K+ (E)	HS or Less (F)	Some College (G)	College Grad (H)	Yes (I)	No (J)	Yes (K)	No (L)	Yes (M)	No (N)	Homeowner (O)	Renter (P)	Married (Q)	Not married (R)	White (S)	AA (T)	Hispanic (U)	White Only (Not His)	Hispanic (G)	Black Only (Not His)	Asian Only (Not His)	All Other (Not His)	Hispanic People of Color (K)	
Total	234	65	32	31	37	65	84	61	156	83	118	110	129	166	73	112	117	161	35	21	161	21	35	8	14	14	78	
Total (Unweighted)	239	101	44	32	58	65	84	61	156	83	118	110	129	166	73	112	117	161	35	21	161	21	35	8	14	14	78	
Yes	186	55	23	22	33	40	64	49	111	56	95	92	93	111	47	86	100	106	28	27	106	23	28	13	11	60		
No	34	9	6	5	12	10	18	6	24	9	19	16	18	25	6	17	17	21	5	4	21	4	5	1	2	12		
Not sure	14	4	3	4	2	5	3	3	4	9	5	9	1	13	8	4	7	9	4	0	9	0	4	0	1	5		

* Table Base: RECEIVED MENTAL HEALTHCARE FROM A PROFESSIONAL DURING THE PANDEMIC

Mental Health & Delayed Services

QS2S1: Which of the following type(s) of health insurance do you currently have? Please select all that apply.

	Total (A)	Gen Z 18-24 (B)	Millennials 25-40 (C)	Gen X 41-56 (D)	Boomers 57-75 (E)	Silent 76-93 (F)
Total	N=1060	N=121	N=305	N=252	N=309	N=73
Total (Unweighted)	N=1060	N=97	N=318	N=233	N=333	N=79
Medicare/Medicaid	38% BCD	23%	25%	20%	60% ABCD	87% ABCDE
Employer-sponsored (e.g., health insurance provided by an employer, COBRA)	33% BF	9%	40% aBF	42% ABF	34% BF	6%
Private (i.e., health insurance purchased on my own)	14%	12%	16% E	16% e	9%	20% E
Public marketplace (i.e., health insurance provided by federal or state government)	6% Ef	10% EF	9% EF	8% Ef	2%	0%
Veterans insurance	5%	1%	5%	7% b	4%	12% aBce
School-sponsored (i.e., health insurance for students provided by a university)	4% E	11% ADEF	7% ADEF	1%	1%	0%
I am covered by a parent's or guardian's insurance in addition to another insurance account	2% E	12% ACDEF	2% dE	0%	0%	0%
I am only covered by a parent's or guardian's insurance account	1%	9% ACDEF	1%	0%	0%	0%
Other	1%	0%	0%	0%	1%	8% ABCDE
Not sure	3%	13% ACDEF	3%	1%	1%	0%
N/A - I do not have health insurance.	10% EF	20% AdEF	15% aEF	11% EF	4%	0%
Count	1.17	1.19	1.24	1.06	1.16	1.33

* Table Base: US RESPONDENTS

QS2Q1: Which of the following medical services have you put off in the last 3 months due to the COVID-19 pandemic? Please select all that apply.

	Total (A)	Gen Z 18-24 (B)	Millennials 25-40 (C)	Gen X 41-56 (D)	Boomers 57-75 (E)	Silent 76-93 (F)
Total	N=1060	N=121	N=305	N=252	N=309	N=73
Total (Unweighted)	N=1060	N=97	N=318	N=233	N=333	N=79
Dental exam/cleaning	30% EF	36% EF	37% aEF	35% EF	21% f	10%
NET: NON-ROUTINE APPOINTMENTS	28% EF	38% EF	44% ADEF	26% EF	16% F	3%
Specialist doctor appointment (e.g., dermatologist, orthopedic doctor, cardiologist)	18% EF	21% EF	29% ADEF	16% F	11% F	2%
Mental health appointment (e.g., counseling or therapy)	14% EF	23% aEF	22% AdEF	13% EF	6%	0%
Non-life-threatening surgery	6% E	3%	11% AbEF	8% E	2%	2%
Annual check-up/physical	25% EF	24% F	37% AbdEF	27% EF	17%	9%
Eye exam	24% bF	14%	31% aBeF	27% BF	23% F	7%
Other	3%	3%	2%	6% C	3%	2%
None	25% C	19%	13%	20%	37% ABCD	52% ABCDe
N/A - I have not needed any medical services in the past 3 months	21%	18%	18%	19%	26% c	28%
Count	1.66	1.60	2.00	1.70	1.45	1.13

* Table Base: US RESPONDENTS

QS2Q2: Have you ever used telehealth services (i.e., health-related services or appointments over a phone, tablet, or computer) during each of the following timeframes?

Any time before the COVID-19 pandemic

	Total (A)	Gen Z 18-24 (B)	Millennials 25-40 (C)	Gen X 41-56 (D)	Boomers 57-75 (E)	Silent 76-93 (F)
Total	N=1060	N=121	N=305	N=252	N=309	N=73 *
Total (Unweighted)	N=1060	N=97 *	N=318	N=233	N=333	N=79 *
Yes	23% E	20%	39% ABDEF	20%	13%	18%
No	77% C	80% C	61%	80% C	87% AC	82% C

* Table Base: US RESPONDENTS
 Since the COVID-19 pandemic began

	Total (A)	Gen Z 18-24 (B)	Millennials 25-40 (C)	Gen X 41-56 (D)	Boomers 57-75 (E)	Silent 76-93 (F)
Total	N=1060	N=121	N=305	N=252	N=309	N=73 *
Total (Unweighted)	N=1060	N=97 *	N=318	N=233	N=333	N=79 *
Yes	49% E	47%	61% ABDEF	46%	41%	46%
No	51% C	53% C	39%	54% C	59% AC	54% c

* Table Base: US RESPONDENTS

QS2Q3: Have you ever received mental healthcare from a professional (e.g., counselor, therapist, psychiatrist) during each of the following time frames?

Any time before the COVID-19 pandemic

	Total (A)	Gen Z 18-24 (B)	Millennials 25-40 (C)	Gen X 41-56 (D)	Boomers 57-75 (E)	Silent 76-93 (F)
Total	N=1060	N=121	N=305	N=252	N=309	N=73 *
Total (Unweighted)	N=1060	N=97 *	N=318	N=233	N=333	N=79 *
Yes	29% EF	29% eF	38% AEF	34% EF	18%	13%
No	69% C	66%	58%	64%	81% ABCD	87% ABCD
Decline to answer	2%	5% E	3%	1%	1%	0%

* Table Base: US RESPONDENTS
 Since the COVID-19 pandemic began

	Total (A)	Gen Z 18-24 (B)	Millennials 25-40 (C)	Gen X 41-56 (D)	Boomers 57-75 (E)	Silent 76-93 (F)
Total	N=1060	N=121	N=305	N=252	N=309	N=73 *
Total (Unweighted)	N=1060	N=97 *	N=318	N=233	N=333	N=79 *
Yes	22% EF	22% eF	31% AEF	28% EF	13% F	2%
No	76% C	73%	67%	70%	86% ABCD	98% ABCDE
Decline to answer	2%	4% e	2%	3%	1%	0%

* Table Base: US RESPONDENTS

QS2Q4: Which of the following are reasons why you chose to seek mental healthcare from a professional for the first time during the COVID-19 pandemic? Please select all that apply.

	Total (A)	Gen Z 18-24 (B)	Millennials 25-40 (C)	Gen X 41-56 (D)	Boomers 57-75 (E)	Silent 76-93 (F)
Total	N=55 *	N=8 **	N=22 **	N=15 **	N=11 **	N=0 **
Total (Unweighted)	N=52 *	N=10 **	N=22 **	N=12 **	N=8 **	N=0 **
Increasing level of anxiety	51%	34%	46%	70%	45%	0%
Increasing level of depression	39%	35%	53%	35%	17%	0%
Another medical professional or my primary care physician recommended it	36%	21%	32%	44%	44%	0%
Work-related stress or problems	34%	18%	33%	67% E	0%	0%
Relationship-related stress or problems	21%	35%	38%	4%	0%	0%
I planned to start before the pandemic, but finally got around to it during the pandemic	16%	37%	27%	0%	0%	0%

Change in my financial situation allowed me to afford mental healthcare	15%	31%	9%	28%	0%	0%
Stress or problems related to a change in my financial situation	14%	18%	28%	4%	0%	0%
Change in my personal schedule that allowed me to start making appointments	12%	6%	9%	28%	0%	0%
A friend of family member recommended it	12%	12%	11%	22%	0%	0%
Availability of teletherapy	8%	12%	7%	4%	10%	0%
Other	3%	8%	0%	6%	0%	0%
Count	2.60	2.66	2.92	3.11	1.16	0.00

* Table Base: RECEIVED MENTAL HEALTHCARE FROM A PROFESSIONAL DURING THE PANDEMIC ONLY

QS2Q5: In which of the following ways have you met with a mental healthcare professional during the COVID-19 pandemic? Please select all that apply.

	Total (A)	Gen Z 18-24 (B)	Millennials 25-40 (C)	Gen X 41-56 (D)	Boomers 57-75 (E)	Silent 76-93 (F)
Total	N=234	N=27 **	N=95 *	N=70 *	N=41 *	N=2 **
Total (Unweighted)	N=239	N=26 **	N=106	N=66 *	N=37 *	N=4 **
Over a video call (on any device)	58%	57%	67% d	49%	53%	40%
In person	53%	45%	49%	63%	49%	80%
Over an audio call (e.g., over the phone)	40%	58% df	46% d	29%	34%	0%
Other	1%	0%	0%	0%	3%	0%
Count	1.51	1.60	1.62	1.41	1.39	1.20

* Table Base: RECEIVED MENTAL HEALTHCARE FROM A PROFESSIONAL DURING THE PANDEMIC

QS2Q6: Which of the following best describes how the mental healthcare you received during the COVID-19 pandemic was paid for? If you paid using more than one of the following means, please select the one you used most often.

	Total (A)	Gen Z 18-24 (B)	Millennials 25-40 (C)	Gen X 41-56 (D)	Boomers 57-75 (E)	Silent 76-93 (F)
Total	N=234	N=27 **	N=95 *	N=70 *	N=41 *	N=2 **
Total (Unweighted)	N=239	N=26 **	N=106	N=66 *	N=37 *	N=4 **
Insurance covered the cost in full	44%	36%	35%	50%	59% C	20%
Insurance covered some or most of the cost, and I had to pay a copay/coinsurance	28%	28%	35%	19%	29%	49%
Completely out of pocket (insurance covered nothing)	10%	11%	12%	11%	3%	0%
Sliding scale fee (i.e., pay what you can afford)	9%	11% e	11% e	10%	0%	0%
Nothing, it was free	8%	12%	7%	10%	6%	31%
Other	1%	2%	0%	0%	3%	0%

* Table Base: RECEIVED MENTAL HEALTHCARE FROM A PROFESSIONAL DURING THE PANDEMIC

QS2Q7: Do you plan to continue receiving mental healthcare from a professional after the COVID-19 pandemic has ended?

	Total (A)	Gen Z 18-24 (B)	Millennials 25-40 (C)	Gen X 41-56 (D)	Boomers 57-75 (E)	Silent 76-93 (F)
Total	N=234	N=27 **	N=95 *	N=70 *	N=41 *	N=2 **
Total (Unweighted)	N=239	N=26 **	N=106	N=66 *	N=37 *	N=4 **
Yes	80%	75%	82%	82%	73%	100%
No	14%	23%	15%	11%	15%	0%
Not sure	6%	2%	3%	7%	12% c	0%

* Table Base: RECEIVED MENTAL HEALTHCARE FROM A PROFESSIONAL DURING THE PANDEMIC

Mental Health & Delayed Services

QS2S1: Which of the following type(s) of health insurance do you currently have? Please select all that apply.

	Total (A)	Gen Z 18-24 (B)	Millennials 25-40 (C)	Gen X 41-56 (D)	Boomers 57-75 (E)	Silent 76-93 (F)
Total	1,060	121	305	252	309	73 *
Total (Unweighted)	1,060	97 *	318	233	333	79 *
Medicare/Medicaid	403	28	76	51	185	64
Employer-sponsored (e.g., health insurance provided by an employer, COBRA)	349	11	123	107	104	5
Private (i.e., health insurance purchased on my own)	148	14	49	41	29	14
Public marketplace (i.e., health insurance provided by federal or state government)	69	12	28	20	7	0
Veterans insurance	54	1	14	17	14	9
School-sponsored (i.e., health insurance for students provided by a university)	39	13	22	2	2	0
I am covered by a parent's or guardian's insurance in addition to another insurance account	22	15	7	0	0	0
I am only covered by a parent's or guardian's insurance account	13	10	2	0	0	0
Other	10	0	0	0	4	6
Not sure	30	16	9	1	3	0
N/A - I do not have health insurance.	108	24	46	27	11	0
Count	1.17	1.19	1.24	1.06	1.16	1.33

* Table Base: US RESPONDENTS

QS2Q1: Which of the following medical services have you put off in the last 3 months due to the COVID-19 pandemic? Please select all that apply.

	Total (A)	Gen Z 18-24 (B)	Millennials 25-40 (C)	Gen X 41-56 (D)	Boomers 57-75 (E)	Silent 76-93 (F)
Total	1,060	121	305	252	309	73 *
Total (Unweighted)	1,060	97 *	318	233	333	79 *
Dental exam/cleaning	317	43	114	88	65	8
NET: NON-ROUTINE APPOINTMENTS	301	46	135	67	51	2
Specialist doctor appointment (e.g., dermatologist, orthopedic doctor, cardiologist)	191	26	90	40	34	1
Mental health appointment (e.g., counseling or therapy)	145	28	67	33	17	0
Non-life-threatening surgery	64	4	33	20	6	1
Annual check-up/physical	267	28	111	68	52	6
Eye exam	253	16	93	68	71	5
Other	34	4	5	14	9	2
None	264	23	40	49	114	38
N/A - I have not needed any medical services in the past 3 months	226	22	56	47	79	20
Count	1.66	1.60	2.00	1.70	1.45	1.13

* Table Base: US RESPONDENTS

QS2Q2: Have you ever used telehealth services (i.e., health-related services or appointments over a phone, tablet, or computer) during each of the following timeframes?

Any time before the COVID-19 pandemic

	Total (A)	Gen Z 18-24 (B)	Millennials 25-40 (C)	Gen X 41-56 (D)	Boomers 57-75 (E)	Silent 76-93 (F)
Total	1,060	121	305	252	309	73 *
Total (Unweighted)	1,060	97 *	318	233	333	79 *
Yes	247	24	120	49	41	13
No	813	97	185	203	268	60

* Table Base: US RESPONDENTS
 Since the COVID-19 pandemic began

	Total (A)	Gen Z 18-24 (B)	Millennials 25-40 (C)	Gen X 41-56 (D)	Boomers 57-75 (E)	Silent 76-93 (F)
Total	1,060	121	305	252	309	73 *
Total (Unweighted)	1,060	97 *	318	233	333	79 *
Yes	520	57	187	117	126	33
No	540	64	118	135	183	39

* Table Base: US RESPONDENTS

QS2Q3: Have you ever received mental healthcare from a professional (e.g., counselor, therapist, psychiatrist) during each of the following time frames?

Any time before the COVID-19 pandemic

	Total (A)	Gen Z 18-24 (B)	Millennials 25-40 (C)	Gen X 41-56 (D)	Boomers 57-75 (E)	Silent 76-93 (F)
Total	1,060	121	305	252	309	73 *
Total (Unweighted)	1,060	97 *	318	233	333	79 *
Yes	304	35	117	86	56	10
No	733	79	178	163	250	63
Decline to answer	22	6	10	4	3	0

* Table Base: US RESPONDENTS
 Since the COVID-19 pandemic began

	Total (A)	Gen Z 18-24 (B)	Millennials 25-40 (C)	Gen X 41-56 (D)	Boomers 57-75 (E)	Silent 76-93 (F)
Total	1,060	121	305	252	309	73 *
Total (Unweighted)	1,060	97 *	318	233	333	79 *
Yes	234	27	95	70	41	2
No	806	89	205	176	265	71
Decline to answer	20	5	5	7	3	0

* Table Base: US RESPONDENTS

QS2Q4: Which of the following are reasons why you chose to seek mental healthcare from a professional for the first time during the COVID-19 pandemic? Please select all that apply.

	Total (A)	Gen Z 18-24 (B)	Millennials 25-40 (C)	Gen X 41-56 (D)	Boomers 57-75 (E)	Silent 76-93 (F)
Total	55 *	8 **	22 **	15 **	11 **	0 **
Total (Unweighted)	52 *	10 **	22 **	12 **	8 **	0 **
Increasing level of anxiety	28	3	10	10	5	0
Increasing level of depression	21	3	12	5	2	0
Another medical professional or my primary care physician recommended it	20	2	7	6	5	0
Work-related stress or problems	19	1	7	10	0	0
Relationship-related stress or problems	12	3	8	1	0	0
I planned to start before the pandemic, but finally got around to it during the pandemic	9	3	6	0	0	0

Change in my financial situation allowed me to afford mental healthcare	9	2	2	4	0	0
Stress or problems related to a change in my financial situation	8	1	6	1	0	0
Change in my personal schedule that allowed me to start making appointments	7	0	2	4	0	0
A friend of family member recommended it	6	1	2	3	0	0
Availability of teletherapy	4	1	2	1	1	0
Other	1	1	0	1	0	0
Count	2.60	2.66	2.92	3.11	1.16	0.00

* Table Base: RECEIVED MENTAL HEALTHCARE FROM A PROFESSIONAL DURING THE PANDEMIC ONLY

QS2Q5: In which of the following ways have you met with a mental healthcare professional during the COVID-19 pandemic? Please select all that apply.

	Total (A)	Gen Z 18-24 (B)	Millennials 25-40 (C)	Gen X 41-56 (D)	Boomers 57-75 (E)	Silent 76-93 (F)
Total	234	27 **	95 *	70 *	41 *	2 **
Total (Unweighted)	239	26 **	106	66 *	37 *	4 **
Over a video call (on any device)	135	15	63	34	22	1
In person	123	12	46	44	20	1
Over an audio call (e.g., over the phone)	94	16	44	21	14	0
Other	1	0	0	0	1	0
Count	1.51	1.60	1.62	1.41	1.39	1.20

* Table Base: RECEIVED MENTAL HEALTHCARE FROM A PROFESSIONAL DURING THE PANDEMIC

QS2Q6: Which of the following best describes how the mental healthcare you received during the COVID-19 pandemic was paid for? If you paid using more than one of the following means, please select the one you used most often.

	Total (A)	Gen Z 18-24 (B)	Millennials 25-40 (C)	Gen X 41-56 (D)	Boomers 57-75 (E)	Silent 76-93 (F)
Total	234	27 **	95 *	70 *	41 *	2 **
Total (Unweighted)	239	26 **	106	66 *	37 *	4 **
Insurance covered the cost in full	102	10	33	35	24	0
Insurance covered some or most of the cost, and I had to pay a copay/coinsurance	66	7	33	13	12	1
Completely out of pocket (insurance covered nothing)	23	3	11	8	1	0
Sliding scale fee (i.e., pay what you can afford)	21	3	11	7	0	0
Nothing, it was free	20	3	7	7	3	1
Other	2	1	0	0	1	0

* Table Base: RECEIVED MENTAL HEALTHCARE FROM A PROFESSIONAL DURING THE PANDEMIC

QS2Q7: Do you plan to continue receiving mental healthcare from a professional after the COVID-19 pandemic has ended?

	Total (A)	Gen Z 18-24 (B)	Millennials 25-40 (C)	Gen X 41-56 (D)	Boomers 57-75 (E)	Silent 76-93 (F)
Total	234	27 **	95 *	70 *	41 *	2 **
Total (Unweighted)	239	26 **	106	66 *	37 *	4 **
Yes	186	20	78	57	30	2
No	34	6	14	8	6	0
Not sure	14	1	3	5	5	0

* Table Base: RECEIVED MENTAL HEALTHCARE FROM A PROFESSIONAL DURING THE PANDEMIC

Mental Health & Delayed Services

QS2S1: Which of the following type(s) of health insurance do you currently have? Please select all that apply.

	Total (A)	Employer-sponsored Private (C)		Public marketplace (I Private or Public Marketplace) (D)			Medicare/Medicaid (Multiple) (G)						
Total	N=1060	N=349	N=148	N=69	*	N=203	N=403	N=130					
Total (Unweighted)	N=1060	N=304	N=125	N=71	*	N=184	N=485	N=128					
Medicare/Medicaid	38%	12%	25%	B	20%	21%	B	100%	BCDEG	67%	BCDE		
Employer-sponsored (e.g., health insurance provided by an employer, COBRA)	33%	100%	CDEFG	14%		25%	F	15%		11%		53%	CDEF
Private (i.e., health insurance purchased on my own)	14%	6%	100%	BDEFG	19%	Bf	73%	BDFG	9%		42%	BDF	
Public marketplace (i.e., health insurance provided by federal or state government)	6%	5%	9%	F	100%	BCEFG	34%	BCF	3%		25%	BCF	
Veterans insurance	5%	4%	9%		12%	bF	7%		4%		23%	BCEF	
School-sponsored (i.e., health insurance for students provided by a university)	4%	4%	8%	f	16%	BF	8%	f	3%		20%	BCEF	
I am covered by a parent's or guardian's insurance in addition to another insurance account	2%	1%	1%		2%		1%		0%		6%	BcEF	
I am only covered by a parent's or guardian's insurance account	1%	0%	0%		0%		0%		0%		0%		
Other	1%	0%	0%		0%		0%		2%	b	0%		
Not sure	3%	0%	0%		0%		0%		0%		0%		
N/A - I do not have health insurance.	10%	0%	0%		0%		0%		0%		0%		
Count	1.17	1.32	1.65		1.94		1.58		1.33		2.37		

* Table Base: US RESPONDENTS

QS2Q1: Which of the following medical services have you put off in the last 3 months due to the COVID-19 pandemic? Please select all that apply.

	Total (A)	Employer-sponsored Private (C)		Public marketplace (I Private or Public Marketplace) (D)			Medicare/Medicaid (Multiple) (G)					
Total	N=1060	N=349	N=148	N=69	*	N=203	N=403	N=130				
Total (Unweighted)	N=1060	N=304	N=125	N=71	*	N=184	N=485	N=128				
Dental exam/cleaning	30%	30%	41%	bF	45%	bF	40%	F	29%		37%	
NET: NON-ROUTINE APPOINTMENTS	28%	30%	35%		66%	BCEF	41%	bF	28%		50%	BcF
Specialist doctor appointment (e.g., dermatologist, orthopedic doctor, cardiologist)	18%	20%	26%		36%	BF	26%	f	18%		31%	bF
Mental health appointment (e.g., counseling or therapy)	14%	14%	18%		42%	BCEF	23%	bF	14%		29%	BF
Non-life-threatening surgery	6%	7%	15%	bF	27%	BFg	16%	BF	6%		13%	F
Annual check-up/physical	25%	29%	36%	F	39%	f	36%	F	25%		35%	f
Eye exam	24%	29%	35%	f	38%		33%	f	25%		36%	f
Other	3%	0%	3%	B	2%		3%	b	4%	B	3%	
None	25%	21%	22%		12%		20%		31%	BcDEg	21%	
N/A - I have not needed any medical services in the past 3 months	21%	23%	12%	CDEG	6%		11%		17%	g	9%	
Count	1.66	1.74	2.08		2.46		2.07		1.69		2.15	

* Table Base: US RESPONDENTS

QS2Q2: Have you ever used telehealth services (i.e., health-related services or appointments over a phone, tablet, or computer) during each of the following timeframes?

Any time before the COVID-19 pandemic

	Total (A)	Employer-sponsored Private (C)		Public marketplace (I Private or Public Marketplace) Medicare/Medicaid (Multiple (G))								
Total	N=1060	N=349	N=148	N=69	*	N=203	N=403	N=130				
Total (Unweighted)	N=1060	N=304	N=125	N=71	*	N=184	N=485	N=128				
Yes	23%	22%	25%	62%	BCEFG	34%	Bf	25%	32%	b		
No	77%	78%	DEg	75%	D	38%	66%	D	75%	De	68%	D

* Table Base: US RESPONDENTS
Since the COVID-19 pandemic began

	Total (A)	Employer-sponsored Private (C)		Public marketplace (I Private or Public Marketplace) Medicare/Medicaid (Multiple (G))						
Total	N=1060	N=349	N=148	N=69	*	N=203	N=403	N=130		
Total (Unweighted)	N=1060	N=304	N=125	N=71	*	N=184	N=485	N=128		
Yes	49%	47%	56%	68%	B	58%	b	54%	67%	BF
No	51%	53%	DeG	44%	32%	42%	46%	G	33%	

* Table Base: US RESPONDENTS

QS2Q3: Have you ever received mental healthcare from a professional (e.g., counselor, therapist, psychiatrist) during each of the following time frames?

Any time before the COVID-19 pandemic

	Total (A)	Employer-sponsored Private (C)		Public marketplace (I Private or Public Marketplace) Medicare/Medicaid (Multiple (G))							
Total	N=1060	N=349	N=148	N=69	*	N=203	N=403	N=130			
Total (Unweighted)	N=1060	N=304	N=125	N=71	*	N=184	N=485	N=128			
Yes	29%	31%	28%	68%	BCEFG	39%	f	30%	37%		
No	69%	69%	D	72%	D	32%	60%	D	69%	D	D
Decline to answer	2%	0%	1%	0%	0%	0%	1%	0%	0%		

* Table Base: US RESPONDENTS
Since the COVID-19 pandemic began

	Total (A)	Employer-sponsored Private (C)		Public marketplace (I Private or Public Marketplace) Medicare/Medicaid (Multiple (G))					
Total	N=1060	N=349	N=148	N=69	*	N=203	N=403	N=130	
Total (Unweighted)	N=1060	N=304	N=125	N=71	*	N=184	N=485	N=128	
Yes	22%	24%	29%	39%	bF	30%	23%	29%	
No	76%	76%	D	70%	60%	69%	75%	d	70%
Decline to answer	2%	0%	1%	1%	1%	1%	1%	1%	

* Table Base: US RESPONDENTS

QS2Q4: Which of the following are reasons why you chose to seek mental healthcare from a professional for the first time during the COVID-19 pandemic? Please select all that apply.

	Total (A)	Employer-sponsored Private (C)		Public marketplace (I Private or Public Marketplace) Medicare/Medicaid (Multiple (G))										
Total	N=55	*	N=18	**	N=13	**	N=3	**	N=15	**	N=19	**	N=7	**
Total (Unweighted)	N=52	*	N=13	**	N=10	**	N=4	**	N=13	**	N=22	**	N=7	**
Increasing level of anxiety	51%	37%	74%	49%	67%	55%								
Increasing level of depression	39%	58%	19%	49%	19%	28%	29%							
Another medical professional or my primary care physician recommended it	36%	27%	45%	80%	48%	45%	29%							
Work-related stress or problems	34%	44%	54%	31%	54%	f	18%	29%						
Relationship-related stress or problems	21%	34%	4%	11%	6%	20%	12%							
I planned to start before the pandemic, but finally got around to it during the pandemic	16%	8%	22%	0%	19%	13%	27%							

Change in my financial situation allowed me to afford mental healthcare	15%	1%	41%	bF	0%	36%	bF	3%	0%	
Stress or problems related to a change in my financial situation	14%	3%	22%		49%	b	21%	15%	49%	b
Change in my personal schedule that allowed me to start making appointments	12%	3%	36%	f	11%	34%	f	3%	11%	
A friend or family member recommended it	12%	12%	3%		31%	9%		13%	5%	
Availability of teletherapy	8%	2%	13%		38%	11%		12%	24%	
Other	3%	0%	0%		0%	0%		7%	0%	
Count	2.60	2.30	3.32		3.51	3.23		2.40	2.69	

* Table Base: RECEIVED MENTAL HEALTHCARE FROM A PROFESSIONAL DURING THE PANDEMIC ONLY

QS2Q5: In which of the following ways have you met with a mental healthcare professional during the COVID-19 pandemic? Please select all that apply.

	Total (A)	Employer-sponsored Private (C)		Public marketplace (I Private or Public Marketplace)		Medicare/Medicaid (Multiple (G))					
Total	N=234	N=83 *	N=43 *	N=27 **	N=62 *	N=93 *	N=38 *				
Total (Unweighted)	N=239	N=81 *	N=34 *	N=28 **	N=53 *	N=106	N=40 *				
Over a video call (on any device)	58%	60%	67%	79%	70%	58%	73%				
In person	53%	54%	49%	55%	50%	52%	49%				
Over an audio call (e.g., over the phone)	40%	35%	61%	B	65%	b	57%	b	43%	61%	B
Other	1%	0%	0%	0%	0%	1%	0%				
Count	1.51	1.49	1.77	1.99	1.77	1.55	1.83				

* Table Base: RECEIVED MENTAL HEALTHCARE FROM A PROFESSIONAL DURING THE PANDEMIC

QS2Q6: Which of the following best describes how the mental healthcare you received during the COVID-19 pandemic was paid for? If you paid using more than one of the following means, please select the one you used most often.

	Total (A)	Employer-sponsored Private (C)		Public marketplace (I Private or Public Marketplace)		Medicare/Medicaid (Multiple (G))		
Total	N=234	N=83 *	N=43 *	N=27 **	N=62 *	N=93 *	N=38 *	
Total (Unweighted)	N=239	N=81 *	N=34 *	N=28 **	N=53 *	N=106	N=40 *	
Insurance covered the cost in full	44%	40%	39%	38%	42%	52%	47%	
Insurance covered some or most of the cost, and I had to pay a copay/coinsurance	28%	40%	cfg	19%	31%	24%	24%	20%
Completely out of pocket (insurance covered nothing)	10%	8%	19%	f	12%	16%	6%	9%
Sliding scale fee (i.e., pay what you can afford)	9%	12%	21%	13%	15%	9%	21%	
Nothing, it was free	8%	1%	2%	6%	3%	8%	b	3%
Other	1%	0%	0%	0%	0%	2%	0%	

* Table Base: RECEIVED MENTAL HEALTHCARE FROM A PROFESSIONAL DURING THE PANDEMIC

QS2Q7: Do you plan to continue receiving mental healthcare from a professional after the COVID-19 pandemic has ended?

	Total (A)	Employer-sponsored Private (C)		Public marketplace (I Private or Public Marketplace)		Medicare/Medicaid (Multiple (G))		
Total	N=234	N=83 *	N=43 *	N=27 **	N=62 *	N=93 *	N=38 *	
Total (Unweighted)	N=239	N=81 *	N=34 *	N=28 **	N=53 *	N=106	N=40 *	
Yes	80%	86%	96%	F	79%	89%	77%	91%
No	14%	13%	3%	21%	c	9%	12%	8%
Not sure	6%	1%	2%	0%	1%	11%	B	1%

* Table Base: RECEIVED MENTAL HEALTHCARE FROM A PROFESSIONAL DURING THE PANDEMIC

Mental Health & Delayed Services

QS2S1: Which of the following type(s) of health insurance do you currently have? Please select all that apply.

	Total (A)	Employer-sponsored Private (C)		Public marketplace (I Private or Public Marketplace) (D)		Medicare/Medicaid (Multiple) (G)		
Total	1,060	349	148	69	*	203	403	130
Total (Unweighted)	1,060	304	125	71	*	184	485	128
Medicare/Medicaid	403	43	37	13		44	403	86
Employer-sponsored (e.g., health insurance provided by an employer, COBRA)	349	349	21	17		30	43	69
Private (i.e., health insurance purchased on my own)	148	21	148	13		148	37	55
Public marketplace (i.e., health insurance provided by federal or state government)	69	17	13	69		69	13	33
Veterans insurance	54	15	13	8		14	17	29
School-sponsored (i.e., health insurance for students provided by a university)	39	14	12	11		15	14	26
I am covered by a parent's or guardian's insurance in addition to another insurance account	22	2	1	1		2	2	8
I am only covered by a parent's or guardian's insurance account	13	0	0	0		0	0	0
Other	10	0	0	0		0	7	1
Not sure	30	0	0	0		0	0	0
N/A - I do not have health insurance.	108	0	0	0		0	0	0
Count	1.17	1.32	1.65	1.94		1.58	1.33	2.37

* Table Base: US RESPONDENTS

QS2Q1: Which of the following medical services have you put off in the last 3 months due to the COVID-19 pandemic? Please select all that apply.

	Total (A)	Employer-sponsored Private (C)		Public marketplace (I Private or Public Marketplace) (D)		Medicare/Medicaid (Multiple) (G)		
Total	1,060	349	148	69	*	203	403	130
Total (Unweighted)	1,060	304	125	71	*	184	485	128
Dental exam/cleaning	317	106	61	31		81	117	48
NET: NON-ROUTINE APPOINTMENTS	301	106	51	45		83	112	65
Specialist doctor appointment (e.g., dermatologist, orthopedic doctor, cardiologist)	191	69	38	25		53	73	40
Mental health appointment (e.g., counseling or therapy)	145	51	27	29		46	55	38
Non-life-threatening surgery	64	26	22	18		33	24	17
Annual check-up/physical	267	100	54	27		73	100	46
Eye exam	253	103	51	26		68	99	46
Other	34	1	5	1		6	17	3
None	264	75	32	8		40	127	28
N/A - I have not needed any medical services in the past 3 months	226	79	18	4		22	69	12
Count	1.66	1.74	2.08	2.46		2.07	1.69	2.15

* Table Base: US RESPONDENTS

QS2Q2: Have you ever used telehealth services (i.e., health-related services or appointments over a phone, tablet, or computer) during each of the following timeframes?

Any time before the COVID-19 pandemic

	Total (A)	Employer-sponsored Private (C)		Public marketplace (I Private or Public Marketplace) Medicare/Medicaid (Multiple (G))				
Total	1,060	349	148	69	*	203	403	130
Total (Unweighted)	1,060	304	125	71	*	184	485	128
Yes	247	76	37	43		70	100	42
No	813	274	112	26		134	304	88

* Table Base: US RESPONDENTS
Since the COVID-19 pandemic began

	Total (A)	Employer-sponsored Private (C)		Public marketplace (I Private or Public Marketplace) Medicare/Medicaid (Multiple (G))				
Total	1,060	349	148	69	*	203	403	130
Total (Unweighted)	1,060	304	125	71	*	184	485	128
Yes	520	163	83	47		119	218	87
No	540	186	65	22		85	185	43

* Table Base: US RESPONDENTS

QS2Q3: Have you ever received mental healthcare from a professional (e.g., counselor, therapist, psychiatrist) during each of the following time frames?

Any time before the COVID-19 pandemic

	Total (A)	Employer-sponsored Private (C)		Public marketplace (I Private or Public Marketplace) Medicare/Medicaid (Multiple (G))				
Total	1,060	349	148	69	*	203	403	130
Total (Unweighted)	1,060	304	125	71	*	184	485	128
Yes	304	108	41	47		80	119	47
No	733	241	106	22		123	278	82
Decline to answer	22	0	1	0		1	6	0

* Table Base: US RESPONDENTS
Since the COVID-19 pandemic began

	Total (A)	Employer-sponsored Private (C)		Public marketplace (I Private or Public Marketplace) Medicare/Medicaid (Multiple (G))				
Total	1,060	349	148	69	*	203	403	130
Total (Unweighted)	1,060	304	125	71	*	184	485	128
Yes	234	83	43	27		62	93	38
No	806	266	104	41		140	304	91
Decline to answer	20	1	1	1		2	6	1

* Table Base: US RESPONDENTS

QS2Q4: Which of the following are reasons why you chose to seek mental healthcare from a professional for the first time during the COVID-19 pandemic? Please select all that apply.

	Total (A)	Employer-sponsored Private (C)		Public marketplace (I Private or Public Marketplace) Medicare/Medicaid (Multiple (G))										
Total	55	*	18	**	13	**	3	**	15	**	19	**	7	**
Total (Unweighted)	52	*	13	**	10	**	4	**	13	**	22	**	7	**
Increasing level of anxiety	28		7		10		1		10		12		4	
Increasing level of depression	21		11		2		1		3		5		2	
Another medical professional or my primary care physician recommended it	20		5		6		2		7		9		2	
Work-related stress or problems	19		8		7		1		8		3		2	
Relationship-related stress or problems	12		6		1		0		1		4		1	
I planned to start before the pandemic, but finally got around to it during the pandemic	9		2		3		0		3		2		2	

Change in my financial situation allowed me to afford mental healthcare	9	0	5	0	5	1	0
Stress or problems related to a change in my financial situation	8	1	3	1	3	3	3
Change in my personal schedule that allowed me to start making appointments	7	1	5	0	5	1	1
A friend or family member recommended it	6	2	0	1	1	3	0
Availability of teletherapy	4	0	2	1	2	2	2
Other	1	0	0	0	0	1	0
Count	2.60	2.30	3.32	3.51	3.23	2.40	2.69

* Table Base: RECEIVED MENTAL HEALTHCARE FROM A PROFESSIONAL DURING THE PANDEMIC ONLY

QS2Q5: In which of the following ways have you met with a mental healthcare professional during the COVID-19 pandemic? Please select all that apply.

	Total (A)	Employer-sponsored Private (C)	Public marketplace (I Private or Public Marketplace) (D)	Medicare/Medicaid (E)	Multiple (G)
Total	234	83 *	43 *	27 **	62 * 93 * 38 *
Total (Unweighted)	239	81 *	34 *	28 **	53 * 106 * 40 *
Over a video call (on any device)	135	50	29	21	43 54 28
In person	123	45	21	15	31 49 19
Over an audio call (e.g., over the phone)	94	29	26	17	35 40 23
Other	1	0	0	0	0 1 0
Count	1.51	1.49	1.77	1.99	1.77 1.55 1.83

* Table Base: RECEIVED MENTAL HEALTHCARE FROM A PROFESSIONAL DURING THE PANDEMIC

QS2Q6: Which of the following best describes how the mental healthcare you received during the COVID-19 pandemic was paid for? If you paid using more than one of the following means, please select the one you used most often.

	Total (A)	Employer-sponsored Private (C)	Public marketplace (I Private or Public Marketplace) (D)	Medicare/Medicaid (E)	Multiple (G)
Total	234	83 *	43 *	27 **	62 * 93 * 38 *
Total (Unweighted)	239	81 *	34 *	28 **	53 * 106 * 40 *
Insurance covered the cost in full	102	33	17	10	26 48 18
Insurance covered some or most of the cost, and I had to pay a copay/coinsurance	66	33	8	8	15 22 8
Completely out of pocket (insurance covered nothing)	23	7	8	3	10 6 3
Sliding scale fee (i.e., pay what you can afford)	21	10	9	4	9 8 8
Nothing, it was free	20	1	1	2	2 7 1
Other	2	0	0	0	0 2 0

* Table Base: RECEIVED MENTAL HEALTHCARE FROM A PROFESSIONAL DURING THE PANDEMIC

QS2Q7: Do you plan to continue receiving mental healthcare from a professional after the COVID-19 pandemic has ended?

	Total (A)	Employer-sponsored Private (C)	Public marketplace (I Private or Public Marketplace) (D)	Medicare/Medicaid (E)	Multiple (G)
Total	234	83 *	43 *	27 **	62 * 93 * 38 *
Total (Unweighted)	239	81 *	34 *	28 **	53 * 106 * 40 *
Yes	186	72	41	21	55 72 35
No	34	10	1	6	6 11 3
Not sure	14	1	1	0	1 11 0

* Table Base: RECEIVED MENTAL HEALTHCARE FROM A PROFESSIONAL DURING THE PANDEMIC