

Millennial Mental Health Survey



How do mental health costs affect Millennials' financial decisions?

Overview

Demand for healthcare has increased since the start of the pandemic, particularly among Millennial and Gen Z Americans, along with a national shortage of mental health professionals. With demand increasing and access remaining short, Millennials seeking out-of-network mental health care is likely due to rise, as people who need help increasingly grasp for any care they can get.


Millennials are now at an age where they are making major life and financial decisions: whether and when to have a family, whether to buy a home, whether to start saving (or continue saving) for retirement. Greenwald is diving into how spending on mental health care not covered by health plans may be affecting these financial decisions.

Topics Explored

 Use of/access to mental health services

 What Millennials look for in a provider and satisfaction with current provider

 Cost of using mental health services, including prescriptions

 Comparison of current overall and financial wellbeing between those who work with a mental health professional and those who do not

Methodology

This research surveyed American Millennials with private health insurance coverage.

15-Minute Consumer Online Survey (n=543)

Fielded from June 23 to June 30, 2022

Screening Criteria

- Millennials Age 26-41
- Has private health insurance through work, spouse's work, or through exchange
- 427 who work with a mental health professional (such as a therapist, psychologist, or psychiatrist), 116 who do not
- Weighted to be representative of US demographics

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Let's get started!

Please contact Lisa Wishinsky at lisawishinsky@greenwaldresearch.com for any questions about this study or purchasing the results.

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