



## IMPROVING ACCESS TO MENTAL HEALTH SUPPORT IN NORTH CAROLINA

Around the world, across the nation, and throughout every county in North Carolina, people are experiencing mental health issues.

### CASES OF ANXIETY OR DEPRESSION IN NORTH CAROLINA ARE HIGHER THAN THE NATIONAL AVERAGE

KFF.org

NORTH CAROLINA RANKS #3 IN THE COUNTRY FOR  
**SHORTAGES OF RURAL HOSPITALS**

Sidecar Health

NORTH CAROLINA RANKS  
#39 IN THE COUNTRY FOR ACCESS TO  
**MENTAL HEALTH CARE FOR YOUTH**

Mental Health America

### NORTH CAROLINIANS FACE MANY BARRIERS THAT PREVENT THEM FROM RECEIVING THE MENTAL HEALTH CARE THEY NEED.



#### PROVIDER SHORTAGES

Only 13.4% of North Carolina's mental health needs are being met due to **provider shortages**. Within a decade, the state could be **short more than 21,000 nurses**.



#### RURAL ACCESS

In North Carolina, 94 counties have a **shortage of mental health professionals**. Rural areas have **higher rates** of drug and alcohol abuse and suicide.



#### SOCIETAL STIGMAS

Mental health stigmas are **higher among Black and Latino communities**, who use available mental health services at half the rate of white communities.



#### EARLY CHILDHOOD INTERVENTION

With youth mental health crisis the **"next wave of the pandemic"**, North Carolina faces a shortage of providers — **43 counties** have no child psychiatrists, and North Carolina **ranks #42 in the nation** in terms of mental health support for youth.



### HOW BLUE CROSS NC IS HELPING

- **Providing children with more mental health services** in underserved areas through a collaboration with Headway in order to improve outcomes through early intervention.
- **Investing \$2 million in organizations across North Carolina** to improve access to mental health services in rural and marginalized communities by 25% in 5 years.
- **Expanding telehealth support** with round-the-clock access to mental health specialists.
- **Collaborating with Eleanor Health to expand access** to treatment for drug and opioid addiction through a whole-person approach.
- **Working with UNC-Chapel Hill to expand training for primary care providers** in rural areas.
- **Working with Mindoula to provide tech-enabled support** for members with serious mental illness to reduce ER visits through preventative care.

### WE'RE MAKING SURE ALL NORTH CAROLINIANS WHO ARE STRUGGLING HAVE ACCESS TO HIGH-QUALITY MENTAL HEALTH CARE

Blue Cross NC is committed to addressing North Carolina's mental health crisis through innovative tools, smart investments, and collaborative partnerships at every level of the health care system and in every county across the state.



**Learn more about our efforts to treat the causes of unaffordable care.**

