

**#NeedAHome
2StayAtHome**



Housing & Mental Health

Gina Newsome Duncan, MD, FAPA

Psychiatrist in Private Practice

Charlotte, NC

Structural Barriers to Mental Health Care in the United States

- **Cost of care**
- **Lack of medical insurance coverage**
- **Geographic accessibility to mental health professionals**

Mental Health Disparities

- People of color and low income populations experience significant disparities in mental health care in the United States

Poor Access to Mental Health Care in North Carolina

- MHA 2020 Access Ranking
 - Includes access to insurance, treatment, and quality and cost of insurance, access to special education, and workforce availability.
- **North Carolina ranks 44th in the nation in access to these critical services**
- ***Over half of North Carolinians with mental illness do not receive ANY treatment***

<https://www.mhanational.org/issues/mental-health-america-access-care-data>

COVID-19 & Mental Health Fallout

- Likely to see increases in
 - Depression
 - Anxiety
 - Post-Traumatic Stress Disorder (PTSD)
 - Substance Use
 - Suicide

Mental Health & Housing

- Disability due to mental illness and substance use → disruption of personal relationships and poverty → loss of housing
- Between 20 and 33% of homeless people have serious mental illnesses
- ***Insecure Housing and Homelessness increase risk of/exacerbate mental health conditions***