Housing & Mental Health

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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**