



**CONNECTICUT
PARITY
COALITION**

The State of Mental Health in Connecticut 2025

Need is rising faster than access.

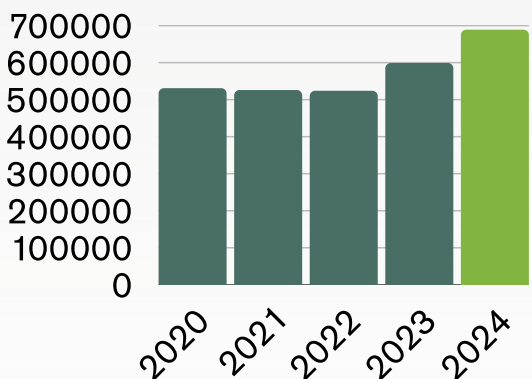
Recent data illustrate a consistent trend: **mental health needs in Connecticut are increasing faster than the state's capacity to meet them.** We've drawn on high-level data compiled by Mental Health America from federal datasets like the National Survey on Drug Use and Health and the CDC's National Health Interview Survey to demonstrate the current state of behavioral health care in Connecticut.

Without decisive action to expand access and enforce parity, Connecticut's mental health system will continue to fall short of meeting the needs of its residents.

689,000

adults had a mental illness in 2024.

That's **5x** the population of **Stamford.**



Roughly **one in five adults in Connecticut experience a mental illness** each year, slightly higher than the national average of 23%. Prevalence of mental illness has been slowly increasing since 2022. Of this population, 154,000 adults have a serious mental illness.

In 2024, **77,460 adults could not see a doctor due to costs**, despite needing mental health treatment. Affordable, in-network mental health care remains out-of-reach for too many. Individuals in Connecticut are four times more likely to be forced out-of-network for mental health care than for primary care, underscoring the persistence of parity violations.

Disparity in Care

Connecticut residents were

4x

more likely to be **forced out-of-network** for mental health care than for primary care.

3 in 4

adults in Connecticut needed Substance Use Disorder treatment but **did not receive it.**

22%

adults in Connecticut with a mental illness had an **unmet need** for treatment.

Youth Mental Health is Worsening.

Youth mental health indicators have worsened markedly since 2020, reflecting growing mental distress alongside stagnant access to care.

53,000

Youth had at least one major depressive episode in 2024

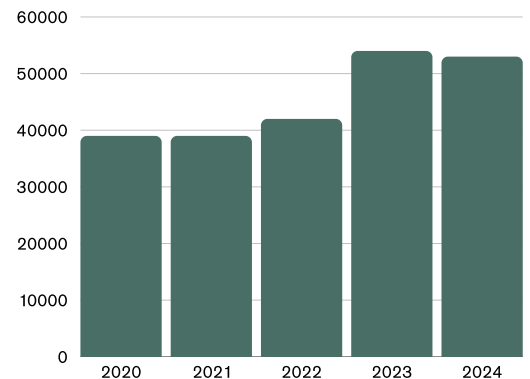
32,000

Youth had serious thoughts of suicide in 2024.

Nearly one in five adolescents in Connecticut experienced a major depressive episode in 2024, **higher than the national average** of 19%. Youth substance use disorder (9.7%) also exceeds the national rate (8.6%) and has increased modestly since 2021.

39%

Youth with At Least One Major Depressive Episode in the Past Year



In 2025, Connecticut was ranked **21st in the nation** for youth mental health. It **plummeted 22 slots** last year.

62%

 of youth with depression received no mental health services in 2024.

This statistic is **significantly higher than the national average**. The number of youth with depression who received no mental health services increased by 11 percent from 2023 to 2024. This widening gap highlights that while more young people are being identified as needing help, the system lacks the capacity and coordination to connect them to consistent, affordable treatment.

8k

 youth had private insurance that did not cover mental health in 2024.

Despite this, 77% of youth had access to a preventative doctor's visit in 2024. While preventive care is available, gaps in insurance coverage for mental health leave many families unable to secure needed treatment, underscoring the urgency of stronger parity protections and oversight.



Visit Our Data Dashboard

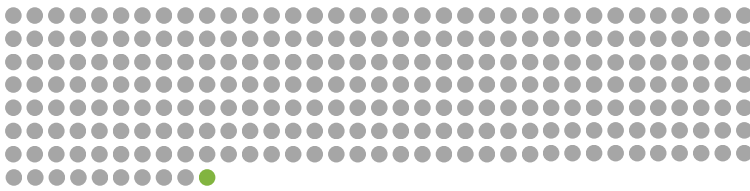
Our data dashboard provides an interactive view of these indicators, allowing policymakers and advocates to track progress on mental health need, access, and parity over time.



More than
870,000

adults had people in Connecticut live in a community without enough mental health professionals.

There are 220 People for every 1 mental health provider in Connecticut.



Closing the distance between coverage and care

Across both adults and youth, the 2025 findings lead to one conclusion: **Connecticut's behavioral health system has not expanded fast enough to meet rising need.** Adult prevalence is steady and comparable to the national average, yet treatment access remains insufficient. Youth data are more troubling, showing sustained increases in depression and substance use without corresponding gains in care. Despite broad insurance coverage, too many residents, especially young people, face barriers that prevent them from receiving timely, affordable, and appropriate treatment.

Over the past several years, Connecticut has made meaningful investments in prevention, crisis response, and public awareness. But these efforts have not translated into sufficient access to care. Workforce shortages, narrow insurance networks, and coverage exclusions continue to limit the system's ability to meet growing demand. While passage of Connecticut's new parity reform law was an important step toward accountability, stronger enforcement and investment are needed to make it real for families.

The Connecticut Parity Coalition views access as the state's most powerful lever for change: expanding the behavioral health workforce, enforcing true parity, and ensuring that every resident can get care when and where it's needed. The data make the path forward clear: Connecticut must build a behavioral health system where need leads to coverage and care.



Governor Lamont has now signed two landmark parity reform laws during his tenure.



A project of Mental Health Connecticut

Championing Access, Affordability, and Accountability.

Patients, providers, and advocates fighting for **fair behavioral health care.**



Improving Access to Care Together

The CT Parity Coalition **unites clinician and advocacy organizations to fight for patients** and check the power of the insurance industry. The coalition led passage of bipartisan health insurance reform legislation in 2019 and 2025.

Work with Us for a Better Behavioral Health Care System

We convene more than 25+ organizations in championing policy reforms affecting access to mental health care.

Our guiding principle is simple:

**Every Person
Every Condition.
Equal Access.**

Who We Are

- 01. Patients**
Hundreds of individuals with lived experience of mental illness
- 02. Clinicians**
Dozens of clinician organizations like the Psychiatric Society, Nurses Assn., and Social Workers Assn.
- 03. Advocates**
Advocacy nonprofits like Mental Health Connecticut and NAMI-CT



Learn More about Our Advocacy

paritycoalition.org

