



BEHAVIORAL HEALTH



In North Carolina, there is significant inequity in access to behavioral health services.

But one in five adults will experience a behavioral health disorder, and they may not have access to adequate mental health care.¹

- 94 of the state’s 100 counties are considered mental health professional shortage areas, and 61 have no child and adolescent psychiatrist²
- Nationally, North Carolina ranks 38th in access to mental health care, and 52% of youth who experience a major depressive episode do not receive the treatment they need²

Goals

- Increase access to care in underserved communities
- Increase the percent of health care providers representing diverse backgrounds
- Increase the percent of providers serving underserved communities

Blue Cross and Blue Shield of North Carolina investment funding will support efforts that increase overall access to behavioral health care for adult and pediatric patients living in historically underserved rural areas; increase the percent of health care providers representing diverse backgrounds and increase the percent of providers serving historically underserved communities. Funding will support the enterprise goal to improve access to behavioral health care in rural and underserved communities by 25% in five years.



1. <https://www.nami.org/NAMI/media/NAMI-Media/StateFactSheets/NorthCarolinaStateFactSheet.pdf>

2. <https://nchealthworkforce.unc.edu/interactive/supply>

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