

## **Rural disability, self-reliance, and the utilization of mental health services**

### **Summary**

#### **Abstract**

Mental healthcare is important. Some people don't get the healthcare they need because of things like no insurance, or doctors being far away. Others think they do not need mental healthcare, even if it would help them.

#### **Here is what we did**

We asked people with disabilities in rural and city areas how they felt about getting mental healthcare. We then looked at differences between different categories of rural and city people with disabilities.

#### **Here is what we found**

1. We used math to figure out that some traits make it less likely for someone to think mental healthcare could help them. People with disabilities who are rural, male, older, or less educated are each less likely to think they need mental healthcare.
2. There are also some people with disabilities who want mental healthcare but cannot get it. People with disabilities with no transportation, or with cognitive disabilities are more likely to want mental healthcare, but not be able to get it.

This tells us that we need to do a better job helping some groups of people get mental healthcare. With other groups of people, we need to do a better job communicating how important mental healthcare is, so people who need mental healthcare decide to get it.

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