

"A GROUP SOLUTION"

THE USA IS IN A MENTAL HEALTH CRISIS, WITH TOO FEW PROVIDERS AND INCREASING DEMANDS FOR MENTAL HEALTH TREATMENT. (APA, 2022)



NEW RESEARCH* SHOWS THAT IF ONLY 10% OF THE UNMET NEED FOR MENTAL HEALTH IN PRIVATE PRACTICE TREATMENT WAS MET BY *GROUP THERAPY* AND NOT INDIVIDUAL THERAPY

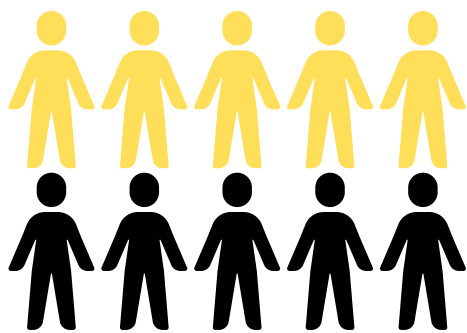
THE USA WOULD SAVE OVER

**\$5.6
billion**

REDUCE THE NEED FOR

34,473

NEW THERAPISTS TO BE INTRODUCED TO THE WORKFORCE



AND WOULD ALLOW

**3.3
MILLION**

MORE PEOPLE TO BE SEEN IN THERAPY



**ARTICLE BY: Whittingham, M., Marmarosh, C. L., Mallow, P., & Scherer, M. (2023). Mental health care equity and access: A group therapy solution. American Psychologist, 78(2), 119-133. <https://doi.org/10.1037/amp0001078>*