

Study: Alaska Is the Most Expensive State to Access Mental Health Support

North Dakota and Minnesota also have extremely unaffordable therapy services

New York – January 26th 2022 – Find A Therapist, a leading service that helps connect people with mental health professionals, today released the results of a study into the average cost of therapy in each US state. The study assessed the cost of a typical 30-45 minute therapy session with more than 1000 different therapists in the United States. The research found that Alaska, North Dakota, and Minnesota have the least affordable therapy in the country.

The average cost of a therapy session in the United States was found to be \$139.43. However, in Alaska, the same therapy session would cost you \$199.11, on average.

"Prior to doing this research, we knew that therapy was unaffordable in some states, due to a lack of available therapists," said Eileen Conroy MSc, Chief Operating Officer at Find A Therapist. "But it was still a massive surprise to learn that therapy costs 43% more in Alaska, compared to the national average."

Therapy is also very expensive in mid-western states. In North Dakota it costs \$171.88 to see a therapist, making it the second most-expensive US state to access mental health support. Similarly, therapy sessions cost \$167.13 on average in Minnesota, helping it to third place in our rankings.

"The main reason why therapy is more expensive in certain states is therapist shortages," said Eileen. "However, therapy also costs more in areas with a high cost of living, because the expenses that therapy practices incur, like rent, must be passed on to patients. This is why therapy services are so expensive California, New Jersey, and New York."

The ten states with the least affordable therapy services are:

1. Alaska - \$199.11 per session
2. North Dakota - \$171.88 per session
3. Minnesota - \$167.13 per session
4. Maryland - \$166.50 per session
5. California - \$161.20 per session
6. New Jersey - \$159.13 per session
7. Wyoming - \$158.11 per session
8. New York - \$156.70 per session
9. Montana - \$155.20 per session
10. West Virginia - \$154.25 per session

The ten states with the most affordable therapy services are:

38. New Mexico - \$126.58 per session
39. Oklahoma - \$125.68 per session
40. Michigan - \$125.06 per session
41. Kentucky - \$123.95 per session
42. Virginia - \$123.75 per session
43. North Carolina - \$121.88 per session
44. Louisiana - \$121.50 per session
45. Indiana - \$120.00 per session
46. Rhode Island - \$116.98 per session
47. Missouri - \$115.63 per session

While therapy sessions are often very expensive in certain states in the West and Midwest, mental health support is much cheaper to access in the South and Southeast. However, the cheapest state to see a therapist is Missouri, at just \$115.63 per session, or 17% below the national average.

"Given that therapy is relatively affordable in Missouri and Indiana, and extremely unaffordable in other Midwestern states, it's clear that therapy affordability is a state-specific issue, and not a regional problem," according to Eileen. "States such as Alaska and North Dakota need to do more to attract therapists to work there, to address the immediate affordability crisis. In the longer term, these states should also help incentivize more young people to study for a career in the mental health industry."

The research was conducted in January 2022, and assessed the cost of a therapy session with Marriage and Family Therapists, Clinical Social Workers, Licensed Professional Counselors, Drug and Alcohol Counselors, and Psychologists, using publicly-available listed prices. The cost of each session was normalized based on the experience of each therapist. For more information, visit: <https://www.find-a-therapist.com/cost-of-therapy-study/>

About Find A Therapist

At Find A Therapist, our mission is to help you find the help you need. Whether you're looking for a cognitive behavioral therapist, a relationship counselor, or sessions with a psychologist, our goal is to assist you in finding the right person to help out. To learn more please visit <https://www.find-a-therapist.com/>

Notes for editors

- If you have any questions about this research, please reach out to Tom McNamara - tom@find-a-therapist.com.
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