



Addressing Barriers to Care

what is it?

- Barriers to Care include any sort of obstacle that limits or prevents people from receiving health care.
- Barriers may include lack of health insurance, poor access to transportation, limited health care resources, culture, etc.¹

importance

- Barriers to care has been shown to increase the risk of poor health outcomes and health disparities.¹
- If left untreated, families may not achieve the wellness they desire.

goals

- Increase mental health outcomes.
- Receive adequate mental health care.
- Promote awareness of mental health.
- Help problem-solve potential barriers that you may or may not have anticipated, collaboratively with your provider.

?s to Ask

- How should I communicate any barriers that I have?
- What's the best way to communicate if I cannot attend treatment?
- If I am feeling uncertain about whether therapy is helping me, how should I communicate that?
- If my family is not in the same page that I am going to therapy, what should I do?