



'Stressflation' is Here: 83% of Americans Say Today's Economic Climate is Taking a Toll on Their Mental Health

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LifeStance Survey Finds Money Stress Significantly Impacts Americans' Mental Health and Ability to Seek Care

SCOTTSDALE, Ariz., July 22, 2025 /PRNewswire/ -- A [LifeStance Health survey](#) released today reveals "stressflation" is affecting most Americans, with 83% reporting financial stress driven by inflation, mass layoffs, the rising cost of living and recession fears. Millennials and Gen Z report the most significant mental health impacts.

The number of respondents who have been deterred from seeking mental health care due to financial constraints remains consistently high (60%), increasing two percentage points from 2024. Those experiencing high financial stress levels are more than twice as likely to forgo mental health treatment due to cost, highlighting a mental health gap where financial strain exacerbates mental health challenges while limiting access to care.

While an overwhelming majority of Americans believe mental health care is just as important as physical health care (93%), financial barriers are disrupting treatment, with nearly half (47%) of respondents reporting that they skipped a therapy session due to cost. However, many are returning to therapy sooner after a cost-related break compared to last year (33% resumed within a week, up from 8% in 2024).

"People are prioritizing their mental health like never before, but economic challenges — from increased grocery bills to housing costs — are making it harder for many to get the care they need," said Dr. Rachel Dalthorp, Executive Medical Director, LifeStance Health. "As demand for mental health care continues to grow, our health care system must rise to meet that need by improving access to high-quality, affordable mental health care."

Key findings include:

1. Most Americans are experiencing financial stress driven by factors like inflation, the rising cost of living and recession fears, pointing to a heightened need for mental health care.

- The majority (83%) of respondents said the current economic climate has at least slightly affected their stress levels.
- Millennial (67%) and Gen Z (58%) respondents report being more affected by economic-related stress than baby boomer (41%) and Gen X (49%) respondents.

2. Those experiencing high financial stress levels are more than twice as likely to forgo mental health treatment due to cost.

- Forty-one percent of respondents who are very or extremely affected by economic stress said cost has deterred them from seeking care, compared to just 17% of equally stressed respondents who aren't facing that financial barrier.
- This highlights a troubling cycle where financial strain exacerbates mental health challenges while limiting access to the support needed.

3. Mental health care is widely viewed as equally important – or even more important – than physical health care, especially among younger generations.

- An overwhelming 93% of respondents view mental health care as at least as important as physical health care.
- Nearly one-third (30%) consider mental health care to be more important than physical health care, with millennial (41%) and Gen Z (37%) respondents leading this perception – signaling a generational shift in how overall health is defined and prioritized.

4. Overall, cost is deterring more people from starting therapy.

- The percentage of respondents saying cost deterred them from seeking mental health care increased from 58% in 2024 to 60% in 2025.
- Younger generations remain disproportionately affected, with 61% of millennial and 60% of Gen Z respondents reporting cost as a barrier, compared to baby boomer (17%) and Gen X (40%) respondents.

5. Financial barriers are disrupting consistent treatment, with increased grocery prices being a key deterrent in accessing care.

- Nearly half (47%) of respondents said they skipped a therapy session due to cost.
- Respondents say the rising costs of everyday expenses – such as groceries (60%), gas/transportation (43%), housing (42%) and utility bills (41%) – are making it more challenging to pay for mental health care.

6. Respondents are returning to therapy more quickly in 2025 than last year despite cost, suggesting a growing prioritization of mental health.

- More than four in ten (44%) of respondents have had to choose between paying for mental health care and other critical life expenses.
- Compared to 2024, respondents are returning to therapy sooner after cost-related breaks.
 - In 2025, 33% resumed within a week—up from just 8% in 2024—and 44% returned within a month
 - Meanwhile, the share of respondents going without therapy for at least a month dropped from 71% in 2024 to 56% in 2025, suggesting a shift toward maintaining continuity of care even when cost remains a challenge.

Methodology

On behalf of LifeStance Health, Researchscape International conducted an online survey of 1,026 U.S. adults aged 18 and older. The survey was fielded from June 4 to June 5, 2025. The credibility interval is plus or minus four percentage points for questions answered by all respondents. The data was weighted to the U.S. population by nine demographic questions.

ABOUT LIFESTANCE HEALTH

Founded in 2017, [LifeStance](https://www.lifestance.com) (NASDAQ: LFST) is reimagining mental health. We are one of the nation's largest providers of virtual and in-person outpatient mental healthcare for children, adolescents and adults experiencing a variety of mental health conditions. Our mission is to help people lead healthier, more fulfilling lives by improving access to trusted, affordable and personalized mental healthcare. LifeStance and its supported practices employ approximately 7,500 psychiatrists, advanced practice nurses, psychologists and therapists and operate across 33 states and more than 550 centers. To learn more, please visit www.LifeStance.com.

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