

SHRINKIATRY REPORT

The State of Psychiatry Access, 2026

A short summary of the country's mental-health access gap, from public federal data, with the numbers to cite and where to find the full dataset.

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Current as of July 29, 2026. Figures are from HRSA as of December 31, 2025 and change over time. Confirm the current numbers at data.hrsa.gov before you rely on them.

Headline findings

- About 137 million people live in a designated mental-health shortage area.
- About 27 percent of the mental-health workforce need in those areas is met.
- About 6,800 more practitioners are needed to remove all designations.

Source

U.S. Health Resources and Services Administration (HRSA), designated mental-health Health Professional Shortage Area statistics, as of December 31, 2025. Precise figures: 137,133,953 people, 6,807 designations, 6,800 practitioners needed, 27.29 percent of need met.

The spread across states

The share of mental-health need met ranges from the single digits to just over half. Lowest include West Virginia, Delaware, and Arizona; highest include New Jersey, Utah, and Rhode Island. The largest absolute shortfalls are in Florida, Texas, and California.

Methodology

National figures and state shares of need met are from HRSA, dated as of December 31, 2025, covering the broad mental-health workforce rather than psychiatrists alone. The full state data table on the web version is a directional editorial read, not a hard per-state statistic. Public data only, not a survey, not a ranking. Full per-state numbers: HRSA data portal, data.hrsa.gov.

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