

# Mental Health in Rural America

## The Challenge

Healthy rural communities include access to behavioral health care and promote community support for mental health. Rural Americans sometimes face logistical and other challenges that impact access and increase their risk of experiencing adverse mental health events. For example, last year, the Centers for Disease Control and Prevention reported that between 2000 – 2020, the rates of suicide in nonmetropolitan areas increased at almost twice the rate in metropolitan areas.



Turtle Mountain Recovery Center during construction.

## Success Stories

### Turtle Mountain Recovery Center

In 2022, the USDA Rural Development (RD) Community Facilities Guaranteed Loan Program provided a \$10 million guarantee supporting construction of a nearly \$19 million, culturally-based substance use disorder treatment center for the Turtle Mountain Band of Chippewa in Belcourt, North Dakota. The Turtle Mountain Recovery Center eventually will expand to offer comprehensive behavioral health care services to the Turtle Mountain Reservation. The Center is expected to open this fall.

### Gunnison Valley Hospital and the Utah Department of Corrections

In FY23, USDA RD invested \$1.7 million to expand telehealth services – specifically, behavioral and mental health – in rural Utah. The funding helped purchase telehealth carts and related equipment to deliver mental health care – including substance and opioid use disorder – in 10 locations serving 20 Utah counties using a hub-and-spoke model. Telehealth allows residents to travel shorter distances to access care, and connects medical specialists to patients who otherwise wouldn't have access.

Our Programs  
That Support  
Behavioral  
Health Care and  
Community  
Mental Health



**Community Facilities  
Grants, Loans, and  
Loan Guarantees**



**Distance Learning  
and Telemedicine  
Grant Program**



**Rural Economic  
Development  
Loan and Grant  
Program**



**Business and  
Industry Loan  
Guarantees**

# RURAL DEVELOPMENT MENTAL HEALTH PROJECTS BY THE NUMBERS

**\$50.7 million**

invested in mental health related programs in \*FY23

**61**

number of mental health related projects funded in FY23

**32**

number of states and territories that received mental health related program funding in FY23

**5**

number of USDA RD programs that provided mental health related funding in FY23

\* All numbers accurate as of May 17, 2024.

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## Rural Health Contact Information

Webpage: [rd.usda.gov/resources/usda-rural-health](https://rd.usda.gov/resources/usda-rural-health)

Email: [Rural.health@usda.gov](mailto:Rural.health@usda.gov)

Sign up for Rural Health emails at this link: [tinyurl.com/GovDRuralHealth](https://tinyurl.com/GovDRuralHealth)

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## About the USDA

USDA touches the lives of all Americans each day in so many positive ways. The USDA is transforming America's food system with a greater focus on more resilient local and regional food production, fairer markets for all producers, ensuring access to safe, healthy and nutritious food in all communities, building new markets and streams of income for farmers and producers using climate-smart food and forestry practices, making historic investments in infrastructure and clean energy capabilities in rural America, and committing to equity across the Department by removing systemic barriers and building a workforce more representative of America. To learn more, visit [www.usda.gov](https://www.usda.gov).

You can learn more about the history of USDA Rural Development at this link: [rd.usda.gov/history-rural-development](https://rd.usda.gov/history-rural-development).

USDA is an equal opportunity provider, employer, and lender.



**Rural Energy for America Program**



**Delta Health Care Services**



**Rural Business Development Grants**

If you are experiencing a mental health crisis and need immediate help, call the National Crisis Lifeline by dialing "988."



The U.S. Health and Human Services Substance Abuse and Mental Health Services Administration offers a confidential, anonymous resource for people seeking help for mental health, disaster distress, and substance use disorders. You can learn more at this link: [findtreatment.gov/](https://findtreatment.gov/).