

ANNUAL REPORT

# State of Mental Health in Texas 2026

A primary-source review of mental-health care access across all 254 Texas counties. Built from the CDC PLACES dataset and the NPPES Provider Registry.

<b>254</b>	<b>22,141</b>	<b>18.0%</b>
Counties analyzed	Active providers	Avg adult distress
<b>20.8%</b>	<b>34</b>	<b>2026</b>
Avg adult uninsured	Counties with 0 providers	Year

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## Key findings

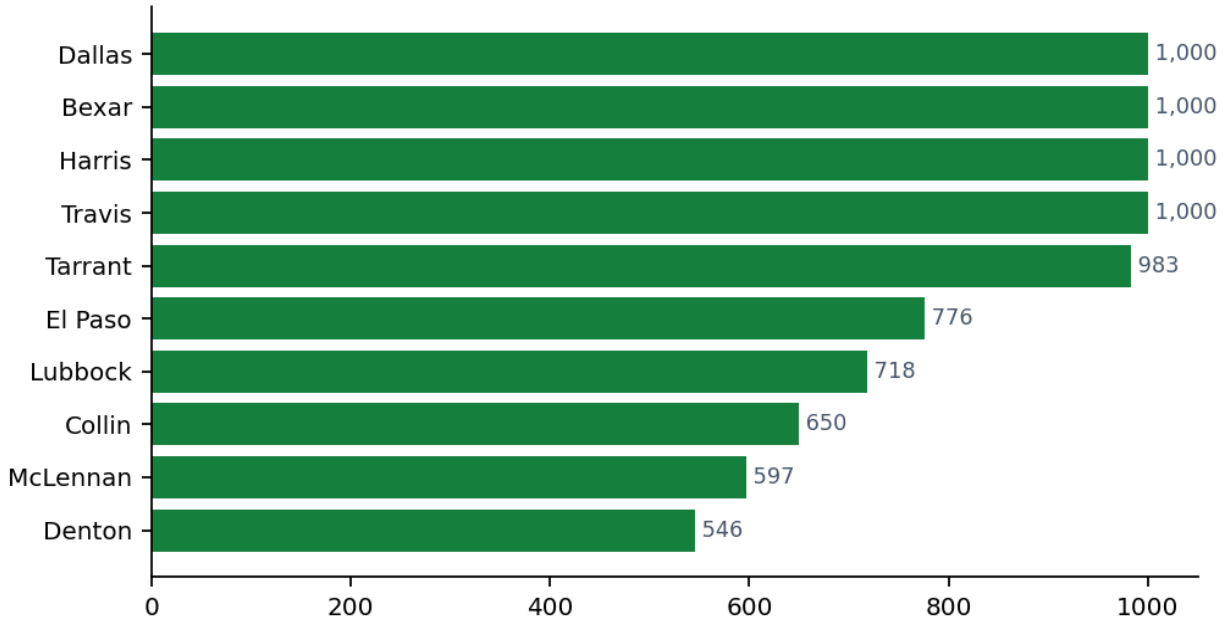
- **Provider supply is concentrated.** A small number of urban counties (Travis, Dallas, Bexar, Harris) account for the bulk of Texas's outpatient mental-health workforce — 22,141 active providers statewide are not evenly distributed.
- **34 counties have zero local providers** across all five outpatient taxonomies, leaving telehealth and primary-care referrals as the only realistic care pathway.
- **The Rio Grande Valley carries the highest uninsured burden**, with an average adult uninsured rate roughly double the state mean — compounding access barriers.
- **Distress is more uniform than supply.** Adult mental-distress prevalence (avg 18.0%) varies far less across counties than provider density does, meaning under-served counties are not lower-need counties.

## Regional breakdown

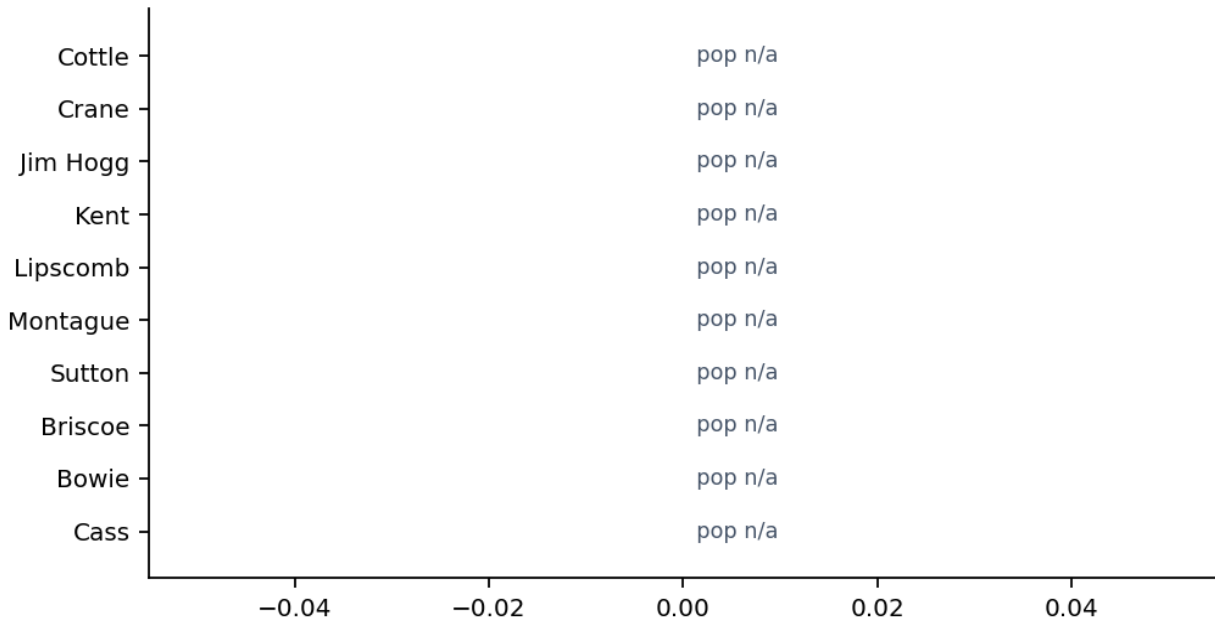
Region	Counties	Providers	per 100k	Distress	Uninsured
Big Bend	3	30	50.0	17.1%	23.7%
Central Texas	29	3,570	615.5	18.1%	17.2%
East Texas	37	2,134	288.4	19.1%	16.7%
Gulf Coast	23	3,592	780.9	17.5%	19.5%
Hill Country	15	1,101	367.0	16.1%	17.5%
North Texas	33	5,495	832.6	18.1%	15.6%
Panhandle	38	1,458	191.8	18.2%	22.1%
Rio Grande Valley	4	731	913.8	18.1%	39.5%
South Texas	27	1,772	328.1	17.7%	30.9%
West Texas	45	2,258	250.9	17.8%	23.1%

## Provider density & access

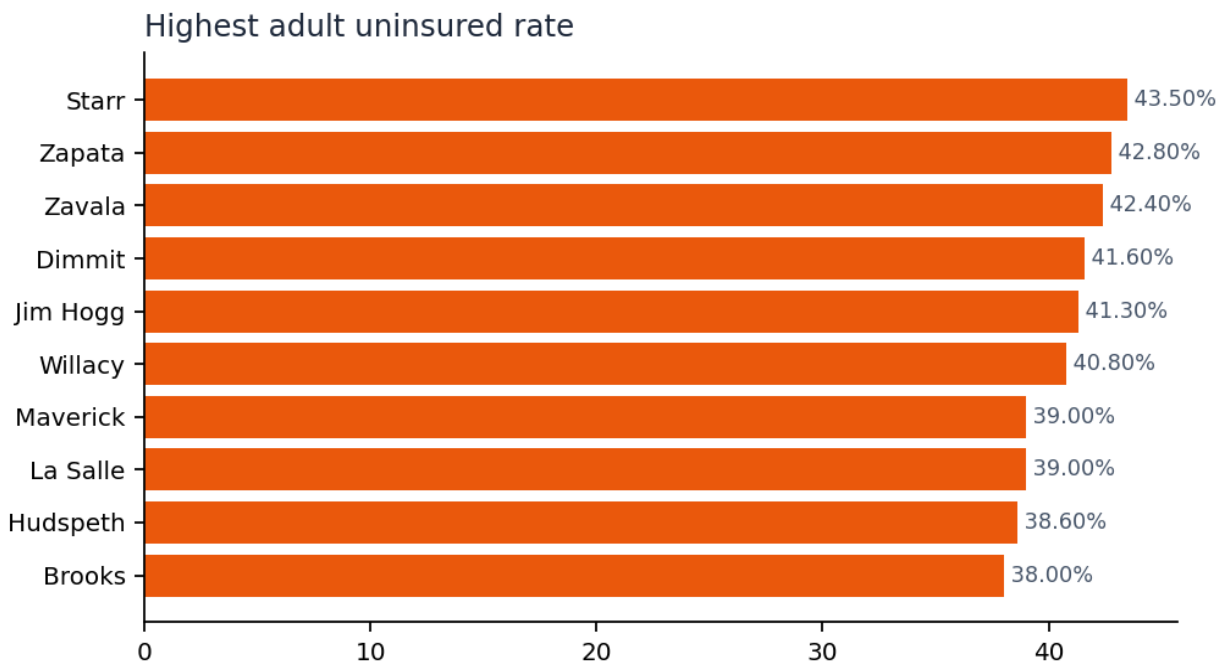
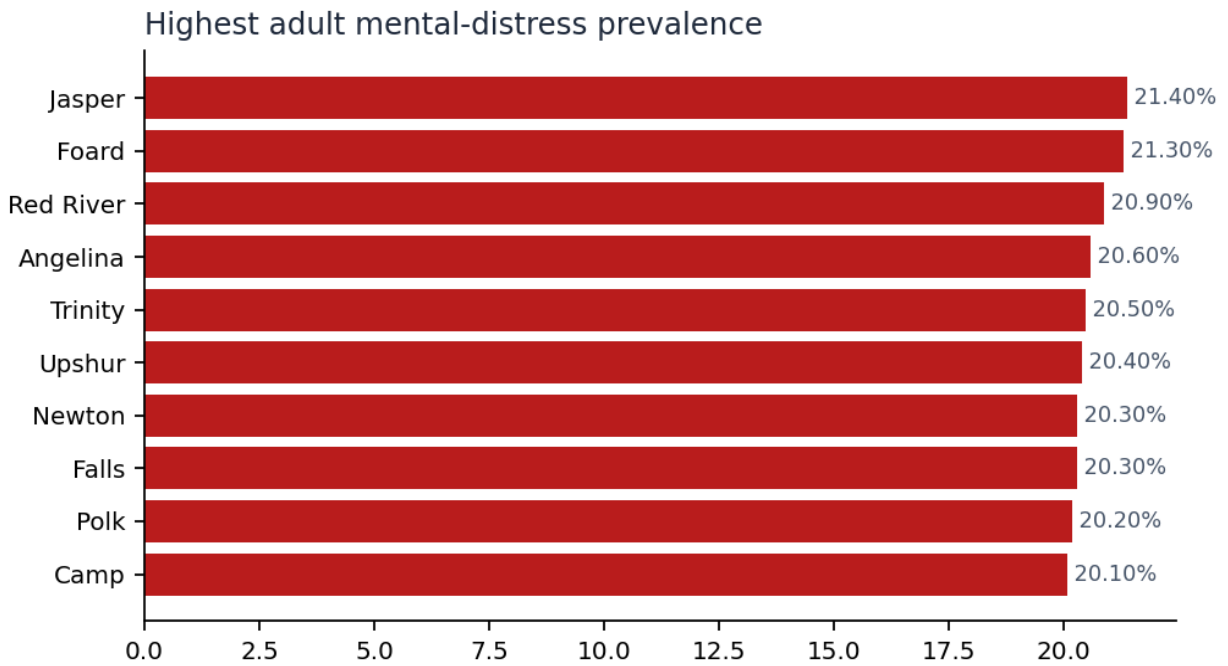
Top 10 counties by active provider count



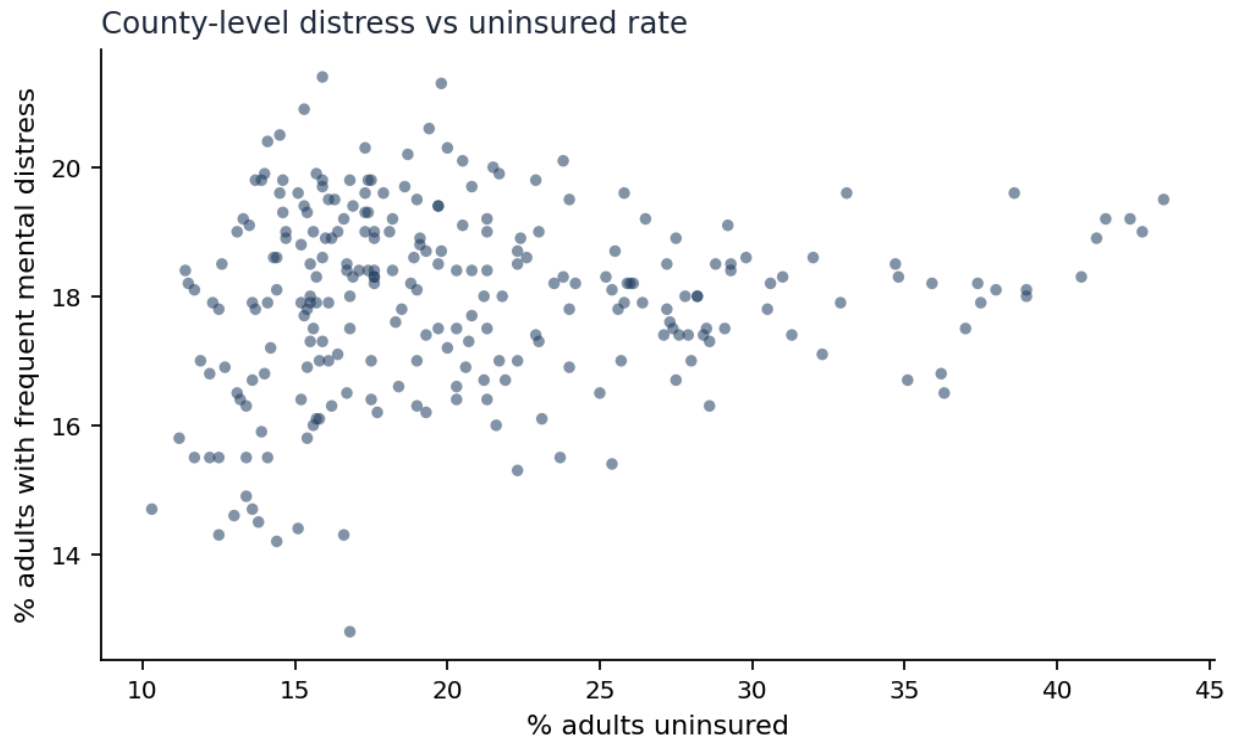
Most-populous counties with zero local providers



## Burden & coverage



## Distress vs uninsured (all counties)



Counties in the upper-right combine elevated distress with elevated uninsured rates — the populations with the greatest unmet need.

## Methodology

Provider counts come from the CMS NPPES Registry, queried for active NPIs in each county-seat city across five outpatient taxonomies: psychiatrists, psychologists, licensed clinical social workers, professional counselors, and marriage & family therapists. Distress and insurance figures come from the CDC PLACES dataset (measures MHLTH and ACCESS2). Composite county scores follow the formula published in our Mental Health Access Index methodology at [texas-therapist.com/access-index](https://texas-therapist.com/access-index).

## Limitations

- NPPES counts use the county-seat city — cross-county practices can inflate border-county counts.
- CDC PLACES is a small-area model estimate; rural counties have wider confidence intervals.
- Medicaid acceptance rates, LMHA wait times, and language-specific availability are not yet incorporated.

## How to cite

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