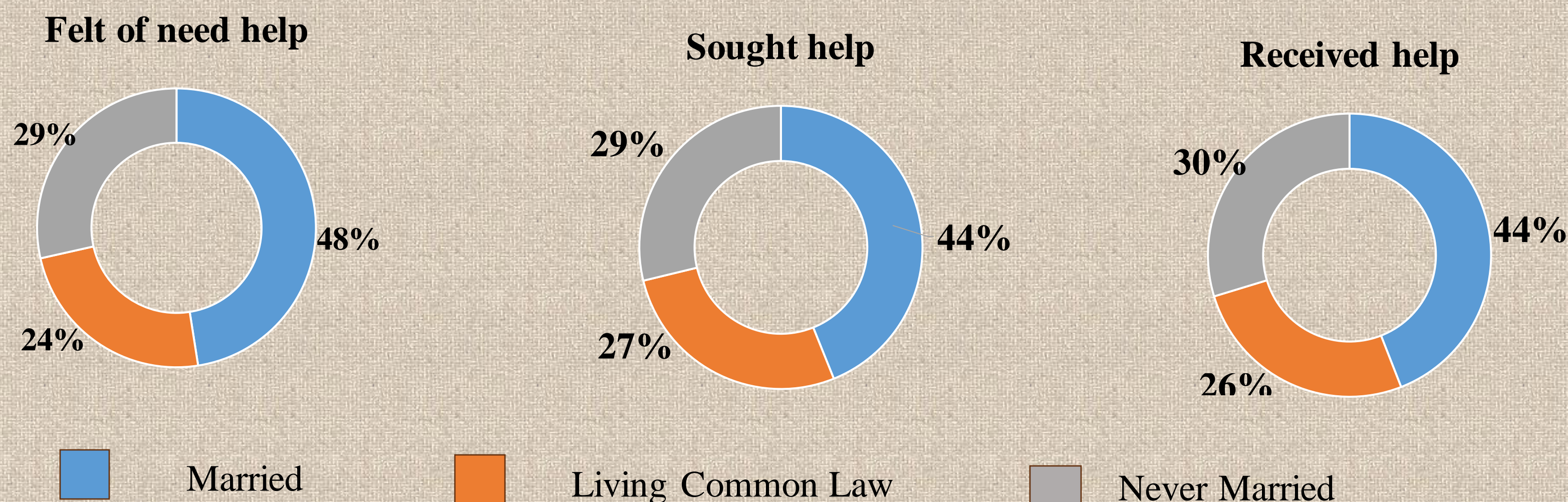


Impact of Demographic Variables on Individuals Accessing Professional Help for Alcohol and Drug Use

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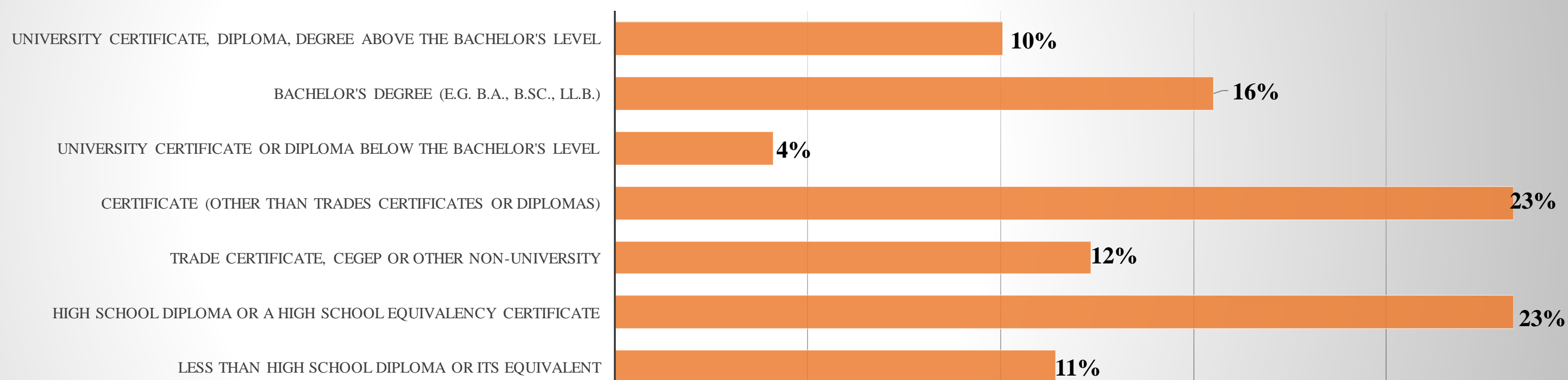
Variation in Help-Seeking by Marital Status

- Married individuals show higher need, seeking, and receiving rates.

Implication

- Marital status influences help-seeking.
- Gaps in understanding for separated, divorced, and widowed individuals.
- Societal, and cultural factors affecting behaviors.

Understanding the Relationship between Education Level and Professional Help Seeking



Education's Impact on Help-Seeking

- High school diploma holders show the highest need and seeking rates.
- University diploma holders show the lowest seeking and receiving rates.

Implication

- Education level affects seeking and receiving help.
- Varying patterns across different education levels.

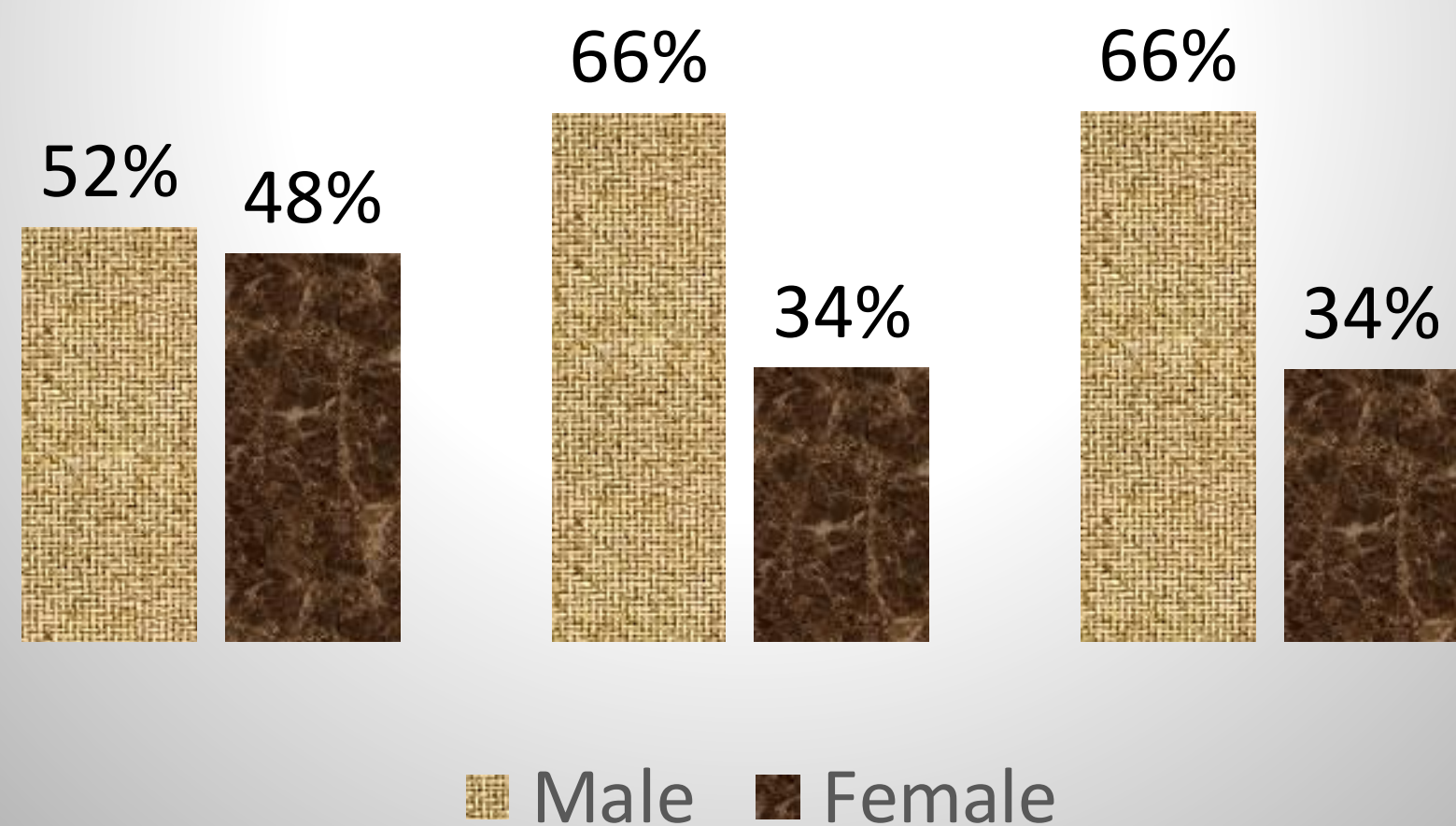
Understanding the Relationship between Sex by Birth and Professional Help Seeking

Disparities in Help-Seeking

- Males exhibit higher percentages across all stages.

Implication

- Disparities in access and utilization of help.
- Potential factors: social



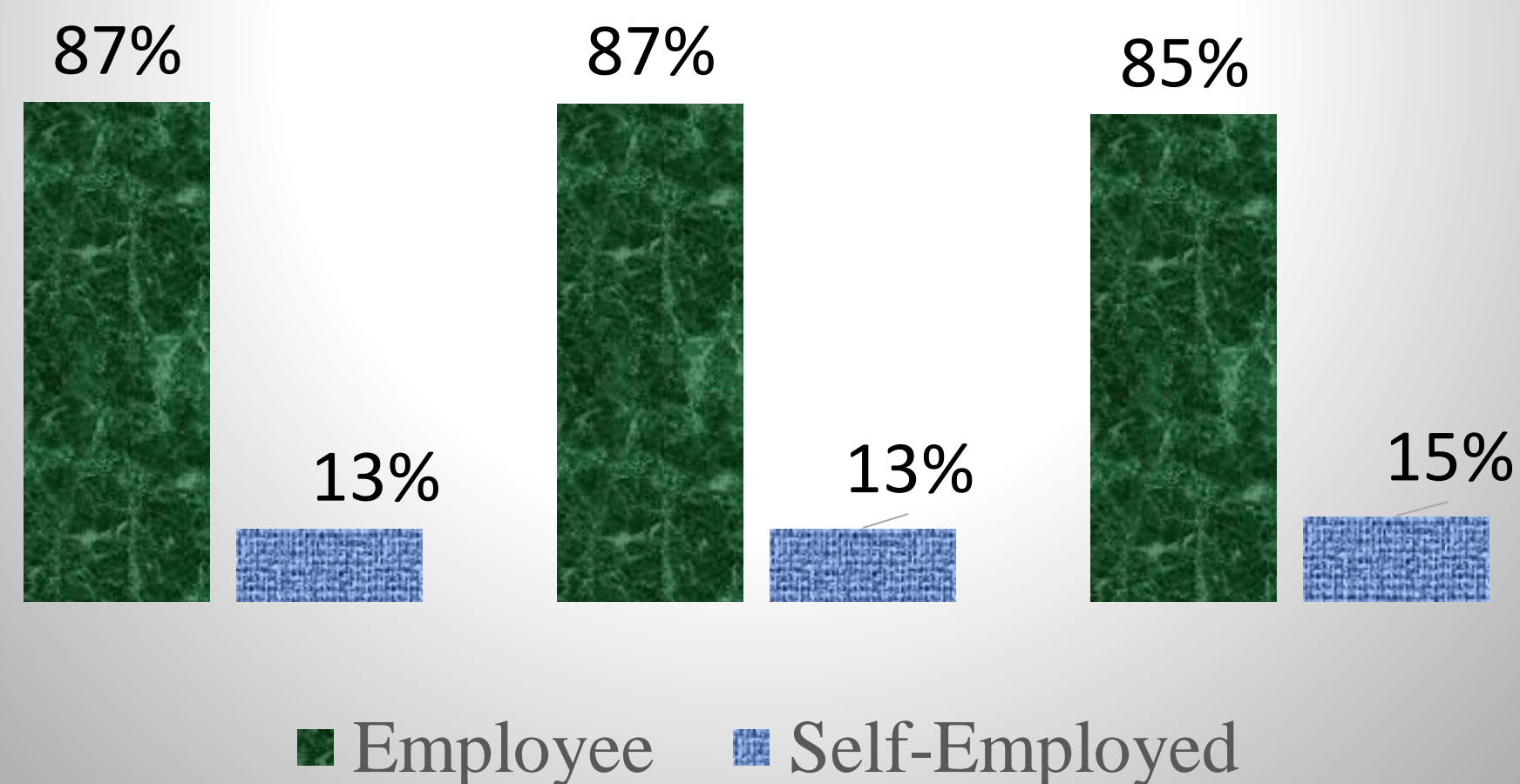
Understanding the Relationship between Employment Level and Professional Help

Employment's Influence on Help-Seeking

- Employees exhibit significantly higher need, seeking, and receiving rates.

Implication

- Work environment influences help-seeking.
- Access to healthcare and resources



Recommendation:

- Invest in telehealth infrastructure and mobile clinics to reach remote areas.
- Allocate resources for the continuous evaluation of targeted interventions. Use data-driven insights to refine strategies and maximize impact.
- Extend the research to rural and remote regions for a comprehensive understanding.
- Include marginalized populations to ensure equitable representation.

- Implement policies that address socioeconomic barriers to mental health and substance use services.
- Enforce cultural competence training for mental health and substance use professionals
- Collaborate with public health agencies to design awareness campaigns tailored to different age
- Establish targeted outreach programs for marginalized populations
- Collaborate with international partners to compare help-seeking behaviors across cultures.

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