Visualization of Commonly Reported Barriers to Accessing Formal Mental Health Services

- **Cultural stigma**
  7/21 (3 PN, 4 NPN)

- **Financial Burden**
  11/21 (4 PN, 5 NPN)

- **Self-stigma**
  7/21 (3 PN, 4 NPN)

- **Anticipation of long wait-time**
  3/21 (2 PN, 1 NPN)

- **Low Self-actualisation**
  9/21 (5 PN, 4 NPN)

- **Limitation due to poor mental health/practitioners**
  9/21 (4 PN, 5 NPN)

- **Hyperindependence**
  11/21 (4 PN, 7 NPN)

- **Lack of problem awareness**
  9/21 (4 PN, 5 NPN)

- **Compromise**
  "don't know if bad enough?"
  9/21 (4 PN, 5 NPN)

- **Time pressure**
  "They don't want to go out and pay another $75 every session... Either..."
  12/21 (7 PN, 5 NPN)

- **Lack of resource awareness**
  9/21 (6 PN, 3 NPN)

- **It's so easy to feel disparaged by the scale of the system.**

Note. Numbers below each theme (n/21) reflect the number of interviews in which the theme was identified. Darker colours indicate more frequently reported barriers.

If you have any questions or need further assistance, feel free to ask! 😊