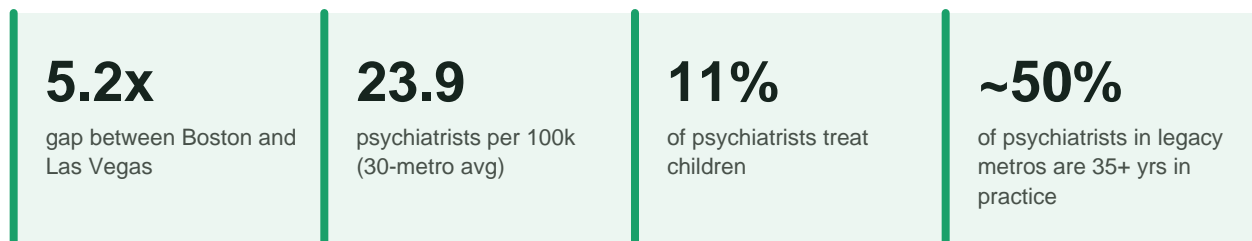


HEALTHCARE PROVIDER INSIGHT REPORT · PUBLISHED JUNE 2026

The Psychiatrist Gap

Mental-health care access across America's 30 largest metropolitan areas

Mental-health care access varies enormously across the United States. An analysis of psychiatrists and psychologists in the 30 largest U.S. metros reveals a **5.2x gap** in psychiatrist access between the best-supplied metro (Boston) and the worst (Las Vegas) — and the metros growing fastest have the fewest.



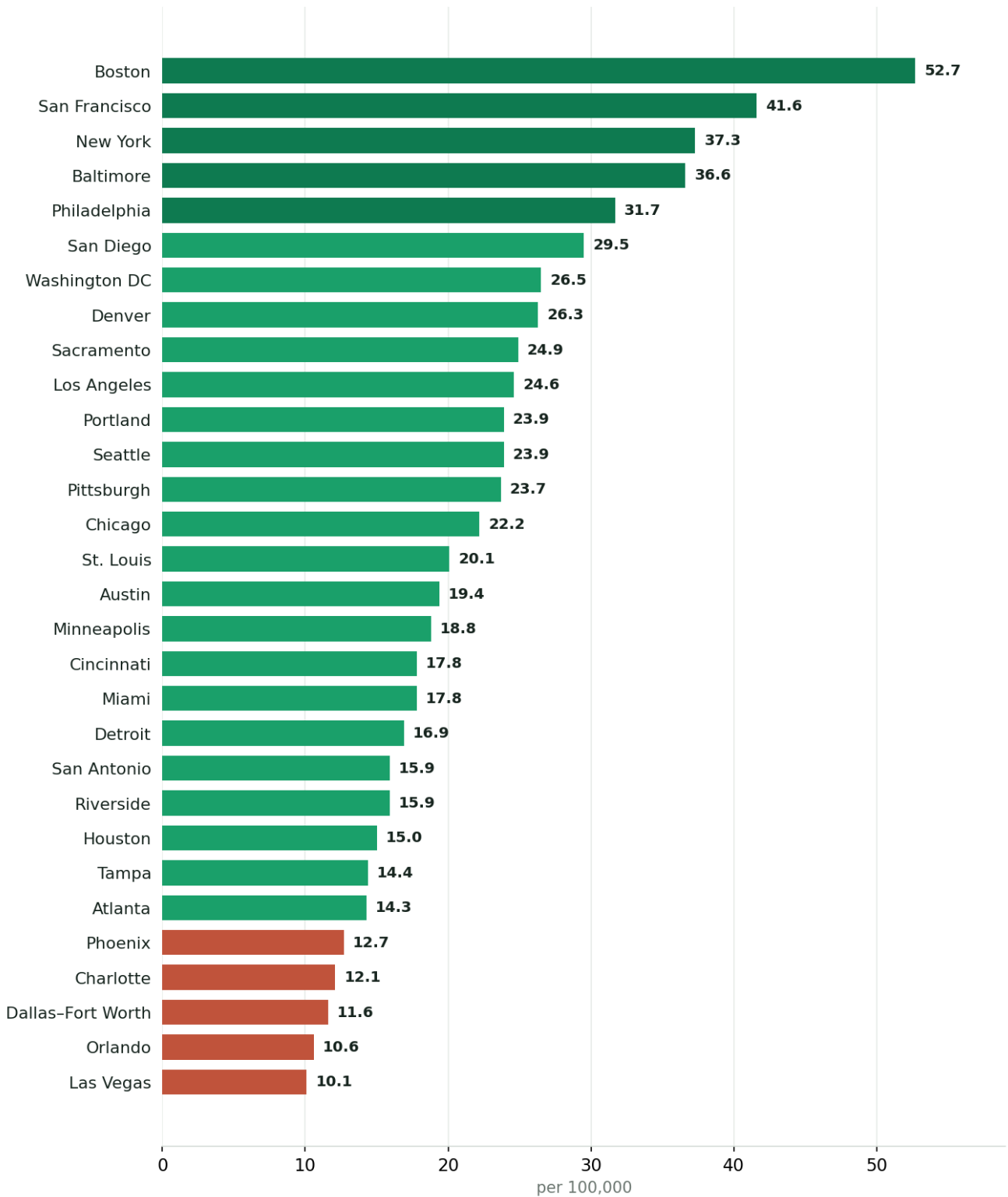
36,740 psychiatrists and 84,780 psychologists analyzed. Source: NPI registry data and proprietary insights from the Alpha Sophia healthcare provider database.

THE NATIONAL PICTURE

A fivefold gap in psychiatrist access

Across the 30 largest U.S. metros, the supply of psychiatrists ranges from **52.7 per 100,000 residents in Boston** to just **10.1 in Las Vegas**. The Northeast and established academic-medical hubs sit at the top; fast-growing Sun Belt metros dominate the bottom.

Psychiatrists per 100,000 residents, 30 largest U.S. metros



Psychiatrists per 100,000 residents. Green = highest; red = lowest (“psychiatrist deserts”).

THE GROWTH PARADOX

The fastest-growing metros have the fewest psychiatrists

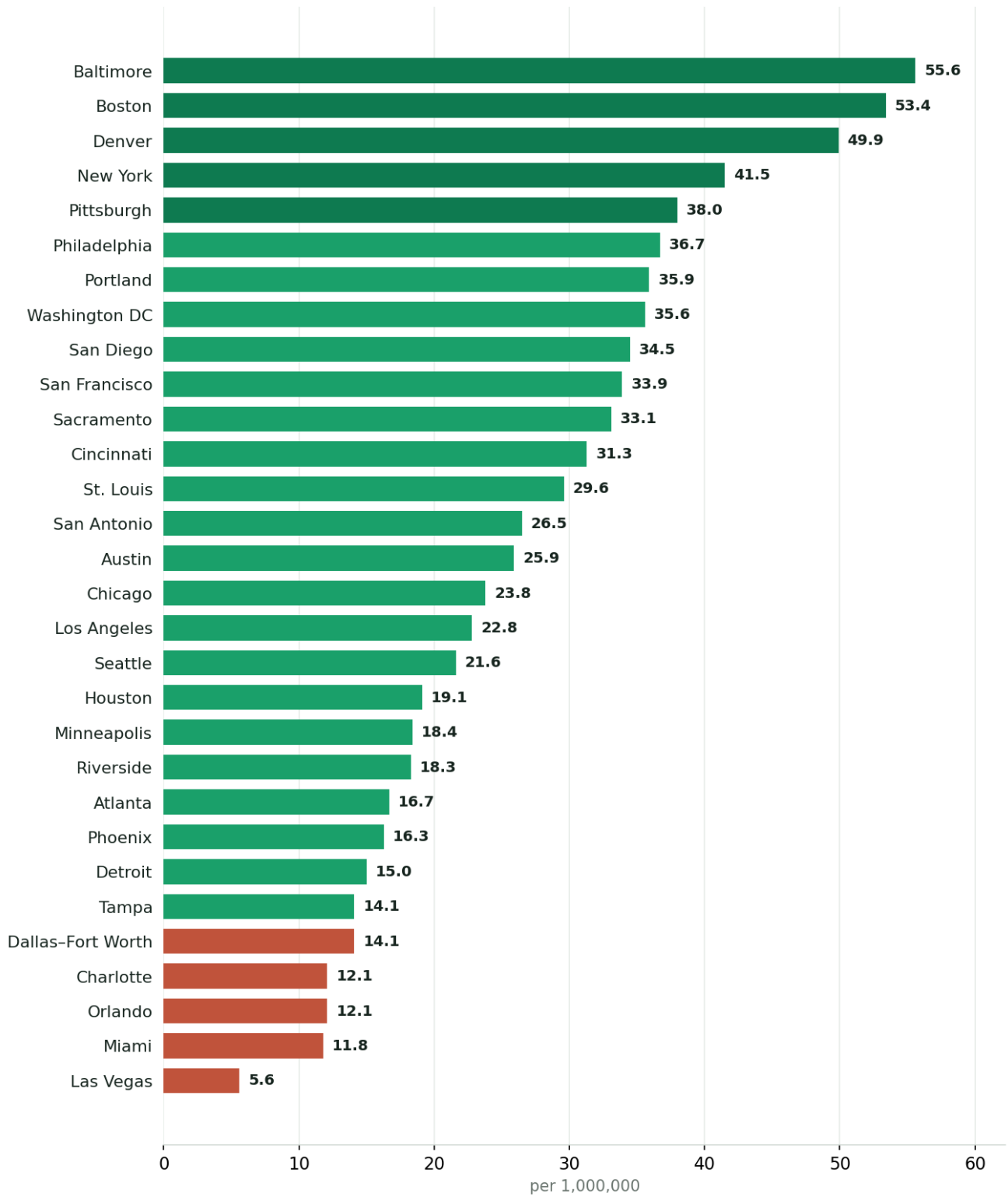
Among the lowest-supplied metros are some of the nation's fastest-growing: Las Vegas, Orlando, Dallas–Fort Worth, Charlotte, Phoenix, Atlanta, Tampa and Houston. Populations are surging precisely where psychiatric capacity is thinnest.

CHILDREN'S CARE

Where kids can't find a psychiatrist

Child & adolescent psychiatrists make up only about 11% of the workforce. Per million residents, **Las Vegas has just 5.6 — 13 child psychiatrists for the entire metro** — versus more than 55 per million in Baltimore.

Child & adolescent psychiatrists per 1,000,000 residents



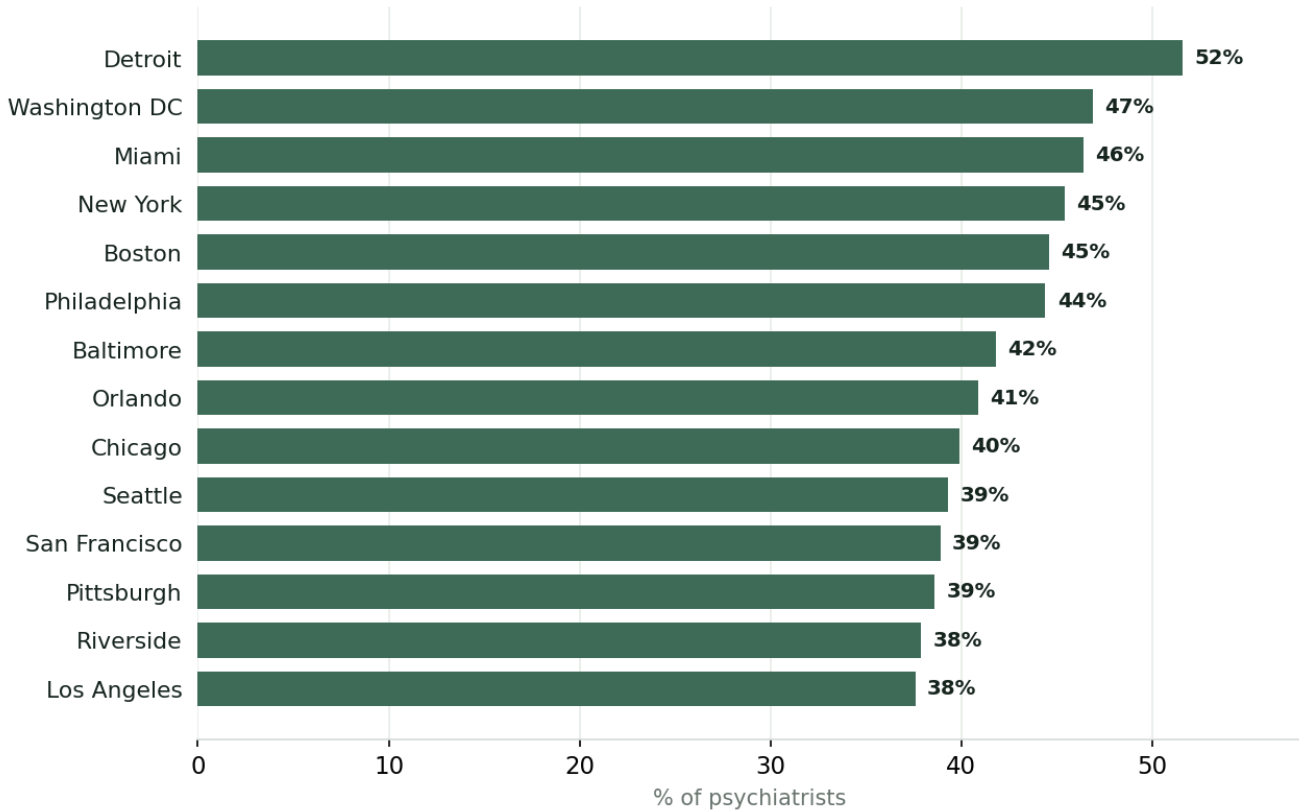
Child & adolescent psychiatrists per 1,000,000 residents.

THE RETIREMENT CLIFF

Half the psychiatrists in major metros are nearing career’s end

In several of the best-supplied metros, a large share of psychiatrists are decades into practice. In **Detroit, 52% are 35+ years past medical school**; Washington DC, Miami, New York and Boston are all near 45%. Markets that look well-supplied today face a wave of retirements.

Share of psychiatrists 35+ years past medical school



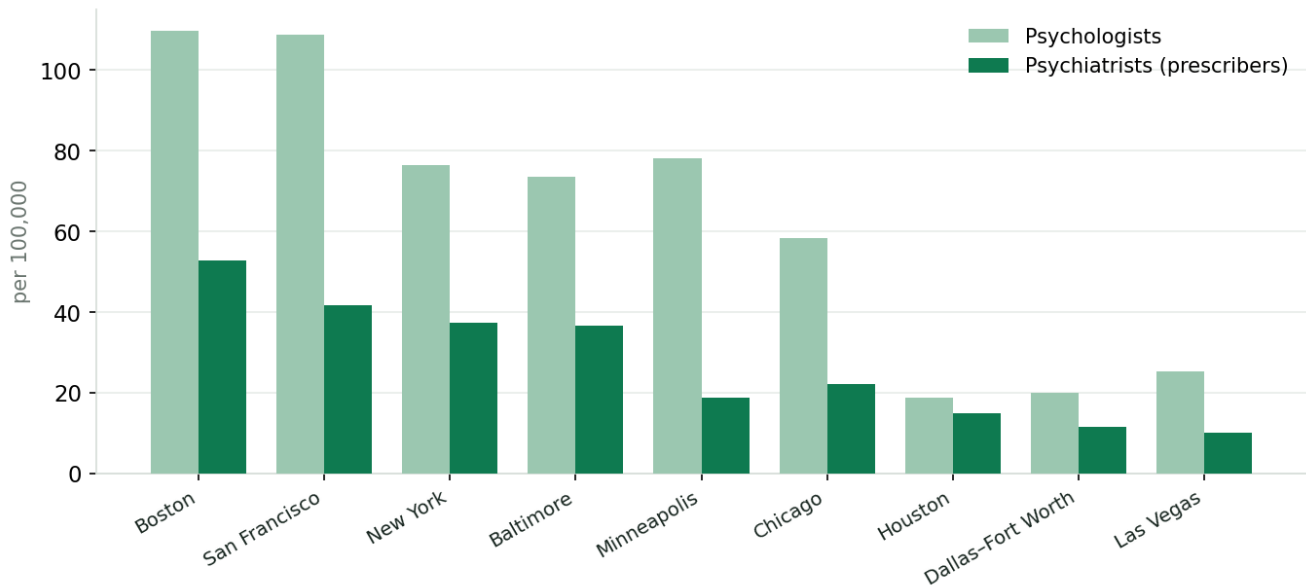
Share of a metro’s psychiatrists who graduated medical school 35+ years ago.

THE PRESCRIBER BOTTLENECK

Plenty of therapists, far fewer who can prescribe

Psychologists — who provide assessment and talk therapy but generally cannot prescribe — outnumber psychiatrists roughly two-to-three to one in most metros. Patients can often find a therapist, but face a far thinner supply of clinicians able to prescribe and manage psychiatric medication.

Talk therapy vs. prescribers: psychologists far outnumber psychiatrists



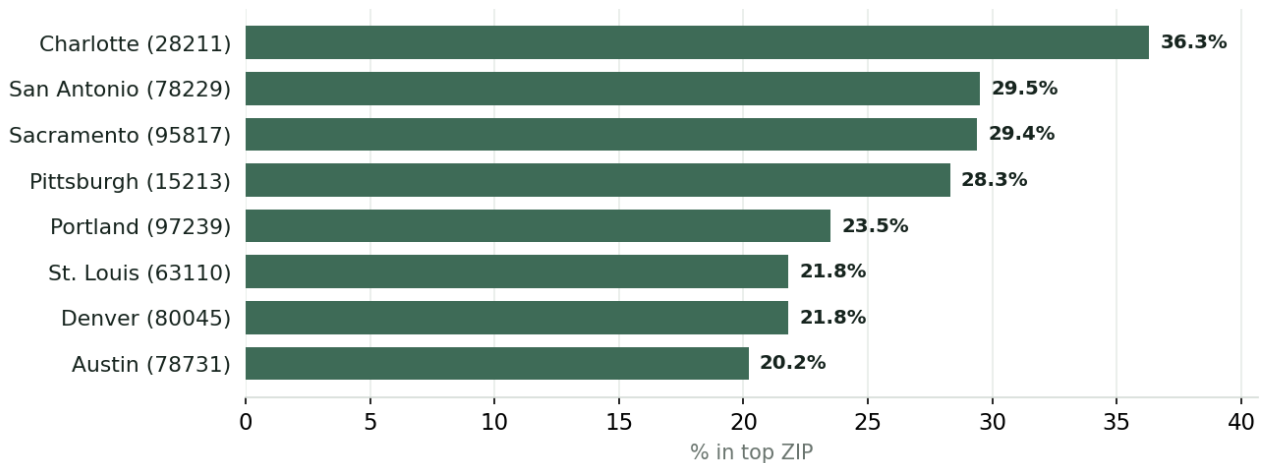
Psychologists vs. psychiatrists per 100,000 residents, selected metros.

ACCESS WITHIN METROS

Even where psychiatrists exist, they cluster

Supply is uneven inside metros, too. In several cities a single ZIP code — usually an academic medical center — holds a large share of all the metro’s psychiatrists, leaving outlying neighborhoods underserved.

Share of a metro’s psychiatrists in its single most-concentrated ZIP



Share of a metro’s psychiatrists in its single most-concentrated ZIP code.

FULL RANKING

All 30 metros

#	Metro	Psychiatrists / 100k	Child psych / million	% 35+ yrs
1	Boston	52.7	53.4	45%
2	San Francisco	41.6	33.9	39%
3	New York	37.3	41.5	45%
4	Baltimore	36.6	55.6	42%
5	Philadelphia	31.7	36.7	44%
6	San Diego	29.5	34.5	36%
7	Washington DC	26.5	35.6	47%
8	Denver	26.3	49.9	36%
9	Sacramento	24.9	33.1	29%
10	Los Angeles	24.6	22.8	38%
11	Seattle	23.9	21.6	39%
12	Portland	23.9	35.9	35%
13	Pittsburgh	23.7	38.0	39%
14	Chicago	22.2	23.8	40%
15	St. Louis	20.1	29.6	36%
16	Austin	19.4	25.9	30%
17	Minneapolis	18.8	18.4	28%
18	Miami	17.8	11.8	46%
19	Cincinnati	17.8	31.3	38%
20	Detroit	16.9	15.0	52%
21	Riverside	15.9	18.3	38%
22	San Antonio	15.9	26.5	36%
23	Houston	15.0	19.1	29%
24	Tampa	14.4	14.1	37%
25	Atlanta	14.3	16.7	37%
26	Phoenix	12.7	16.3	33%
27	Charlotte	12.1	12.1	31%
28	Dallas–Fort Worth	11.6	14.1	36%

#	Metro	Psychiatrists / 100k	Child psych / million	% 35+ yrs
29	Orlando	10.6	12.1	41%
30	Las Vegas	10.1	5.6	27%

HAVE A HEALTHCARE QUESTION? CALL ON ALPHA SOPHIA

Alpha Sophia maintains detailed data on virtually every physician and healthcare organization in the United States. Reporters are welcome to use us as a standing resource — for a fast custom analysis, background, or an on-the-record source — on almost any healthcare question, at no cost.

Contact Isabel, Founder — isabel@alphasophia.com · alphasophia.com

METHODOLOGY & ABOUT

About Alpha Sophia. Alpha Sophia is a healthcare commercial-intelligence platform that maps the U.S. healthcare provider market — physicians and other clinicians nationwide, with profiles spanning specialties, procedure billing and claims trends, financial relationships, publications and clinical-trial activity, credentials, and practice and contact details.

Methodology. Published June 2026. Source: NPI registry data and proprietary insights from the Alpha Sophia healthcare provider database. Psychiatrists are physicians with a psychiatry taxonomy (general, child & adolescent, geriatric, addiction, forensic and related); psychologists are shown separately. Providers are assigned to metros by primary-practice CBSA. Per-capita rates use U.S. Census Bureau July 2024 metropolitan-area population estimates. Suggested citation: “Alpha Sophia, The Psychiatrist Gap, 2026.” Media contact: isabel@alphasophia.com.