CalHOPE in 2023: Increasing Californians’ Access to Mental Health Care

Delivering Help in Many Ways

- Over **13,000** individual and family sessions
- Over **2,000** individuals in group counseling sessions
- Over **288,000** chat app sessions since March 2021
- Nearly **2,000** outreach events

38% of sessions in person

62% by text, phone or app

85% of sessions resulted in at least 1 referral for additional services

Meeting Californians Where They Are

- Over **15,000** total sessions, including group counseling
- Sessions delivered in **44** languages
- For individuals representing ethnicities and races from around the world

*Data Through June 30, 2023*