

CalHOPE in 2023:

INCREASING CALIFORNIANS' ACCESS TO MENTAL HEALTH CARE

Delivering Help in Many Ways

Over **35,000** individual and family sessions

Over **35,000** individuals in group counseling sessions

Over **295,000** chat app sessions since March 2021

Nearly **5,000** outreach events

29% of sessions in person

71% by text, phone or app

75% of sessions resulted in at least 1 referral for additional services

Meeting Californians Where They Are

Reaching Out to Diverse Communities

Over **39,000** total sessions, including group counseling

Sessions delivered in **44** languages

For individuals representing ethnicities and races from around the world

**Data Through September 30, 2023*



CalHOPE | CalMHSA

www.CalHopeConnect.org

