

CalHOPE in 2023:

INCREASING CALIFORNIANS' ACCESS TO MENTAL HEALTH CARE

Delivering Help in Many Ways

Over **58,000** individual and family sessions

Over **61,000** individuals in group counseling sessions

Over **302,000** chat app sessions since March 2021

Nearly **8,000** outreach events

27% of sessions in person

73% by text, phone or app

71% of sessions resulted in at least 1 referral for additional services

Meeting Californians Where They Are

Reaching Out to Diverse Communities

Over **63,000** total sessions, including group counseling

Sessions delivered in **49** languages

For individuals representing ethnicities and races from around the world

**Data Through December 31, 2023*

