

California is due for its annual health checkup and you can help.

In 2019-2020, over 9,000 Californians participated in this survey. Here are two key findings:



Of the XXX youth (ages 12 to 17)
in California who had a Major
Depressive Episode,

36%
received care.



9%

of adults in California had a
substance use disorder.

This includes alcohol, opioids, and illicit drugs.

NHSBH is conducted by RTI International, a nonprofit research organization, on behalf of the U.S. Department of Health & Human Services.

Your participation has an impact.

You can help students and teachers

The U.S. Department of Education uses NHSBH data to strengthen drug use prevention and education programs and provide educational materials for teachers and administrators.

You can support better health outcomes

Local and state agencies use NHSBH data to determine the need for treatment services and to design programs that fit the needs of communities across the US.

SAMHSA* uses survey results to help determine California's funding to promote mental health and prevent unsafe substance use.



\$350
million



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* SAMHSA is the Substance Abuse and Mental Health Services Administration, an agency in the U.S. Department of Health and Human Services