Mental health disorders are among the most common health conditions faced by Californians. In 2014, **15% of adults suffered from a mental illness**. The picture of mental health in California differs region to region.

### Prevalence of Serious Mental Illness (Adults)

![Graph showing prevalence of serious mental illness among adults in different regions of California.](image)

- **CA AVG. = 4.2%**
- **Bay Area**: 3.4%
- **Northern & Sierra**: 5.3%
- **San Joaquin Valley**: 5.4%

### Prevalence of Serious Emotional Disturbance (Children)

![Graph showing prevalence of serious emotional disturbance among children in different regions of California.](image)

- **CA AVG. = 7.6%**
- **Bay Area**: 7.1%
- **Northern & Sierra**: 7.8%
- **San Joaquin Valley**: 8.1%

The regions with the greatest demonstrated need have the fewest providers.

### Licensed Mental Health Professionals

(2016) Per 100,000 people

#### Psychologists

- **Bay Area**: 71
- **Northern & Sierra**: 25
- **San Joaquin Valley**: 16

#### Psychiatrists

- **Bay Area**: 25
- **Northern & Sierra**: 9
- **San Joaquin Valley**: 7

#### Marriage & Family Therapists

- **Mental Health in California**: For Too Many, Care Not There at [www.chcf.org/mentalhealth](http://www.chcf.org/mentalhealth)
- **California’s Current and Future Behavioral Health Workforce** at [https://healthforce.ucsf.edu/BHWorkforce](https://healthforce.ucsf.edu/BHWorkforce)

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