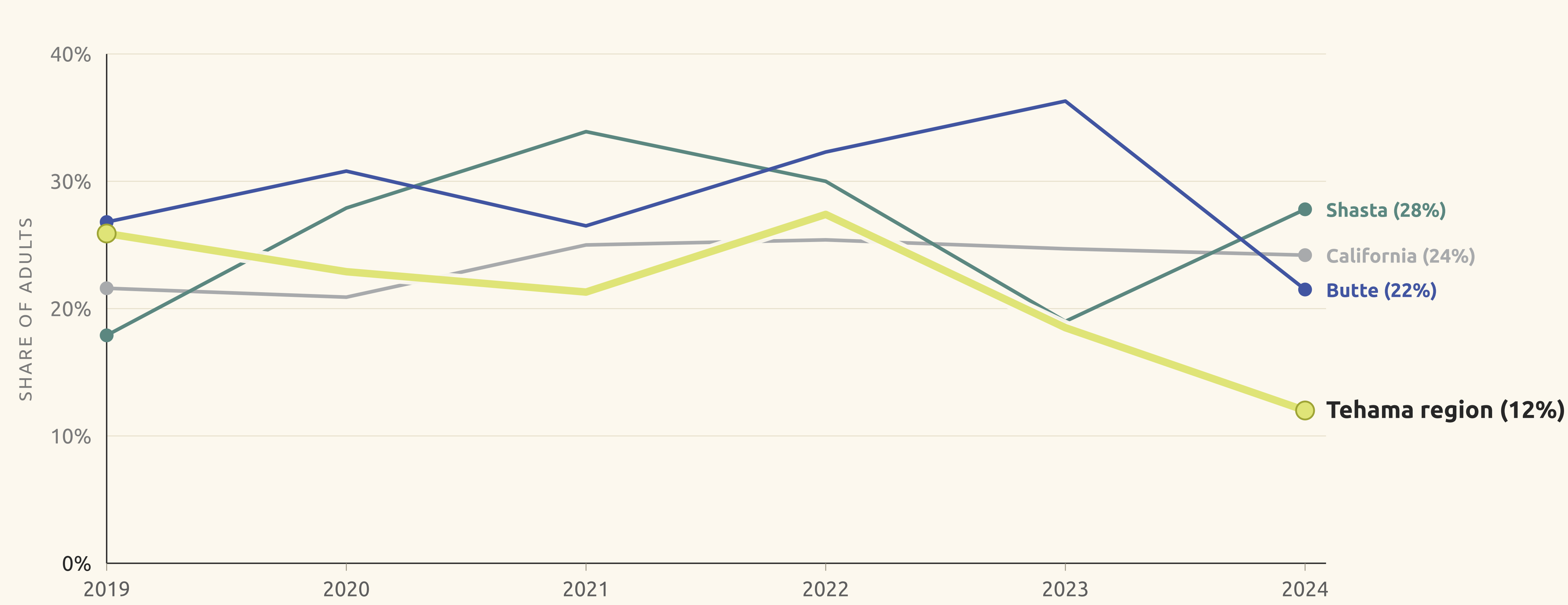


Behavioral & Mental Health

Four measures of behavioral and mental health in the region: a six-year trend in adults who say they needed help for mental health problems; how thinly providers are spread; the share of adults who carry four or more childhood adversities; and how much adults binge drink.

- Tehama
- Glenn
- Butte
- Shasta
- California

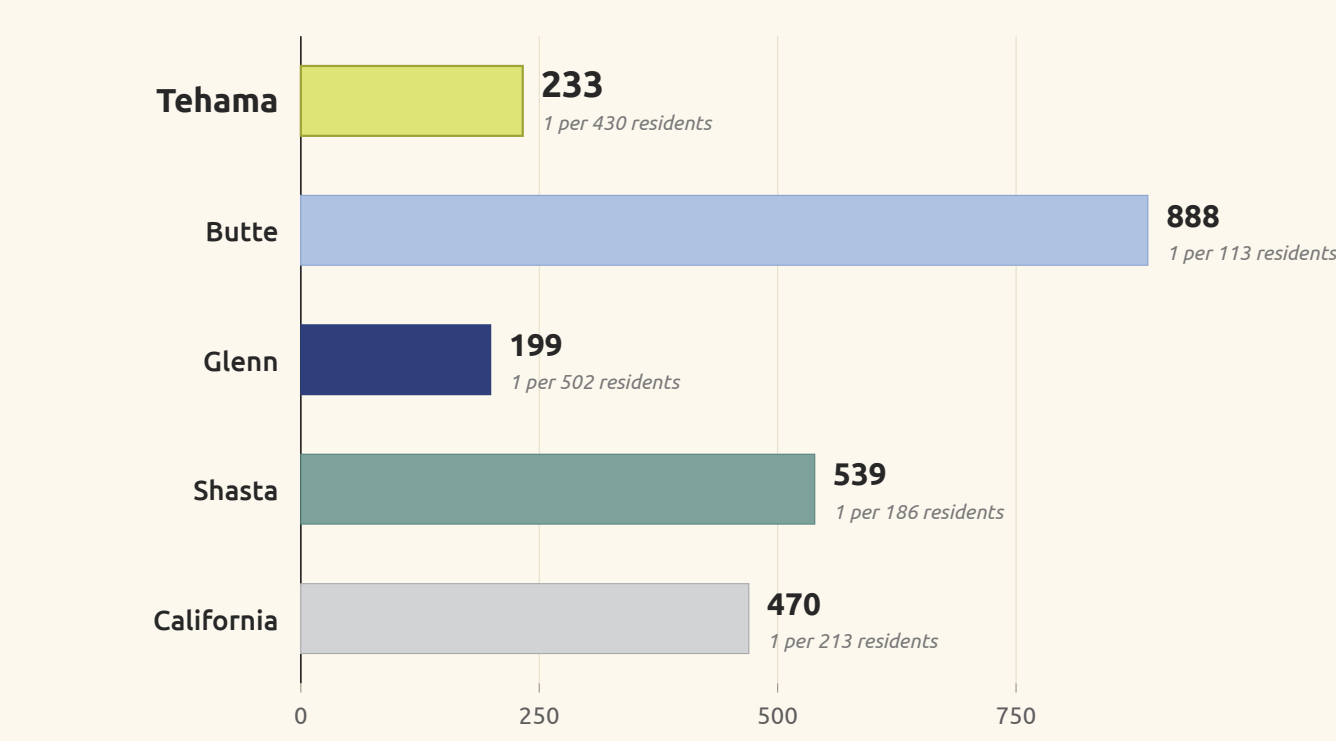
Adults reporting that they needed help for mental health problems



WHY THIS MATTERS
"Needed help" tracks the gap between distress and access, rising and falling with awareness, stigma, and how easy it is to ask for support. A lower rate isn't automatically good news: It can mean fewer people recognized a need, or fewer felt safe expressing a need. So it's worth reading alongside other behavioral health indicators on this poster.

Source: California Health Interview Survey (AskCHIS), adults 18+, percentage who reported needing help for emotional or mental-health problems. Tehama region = Colusa / Glenn / Tehama, pooled.

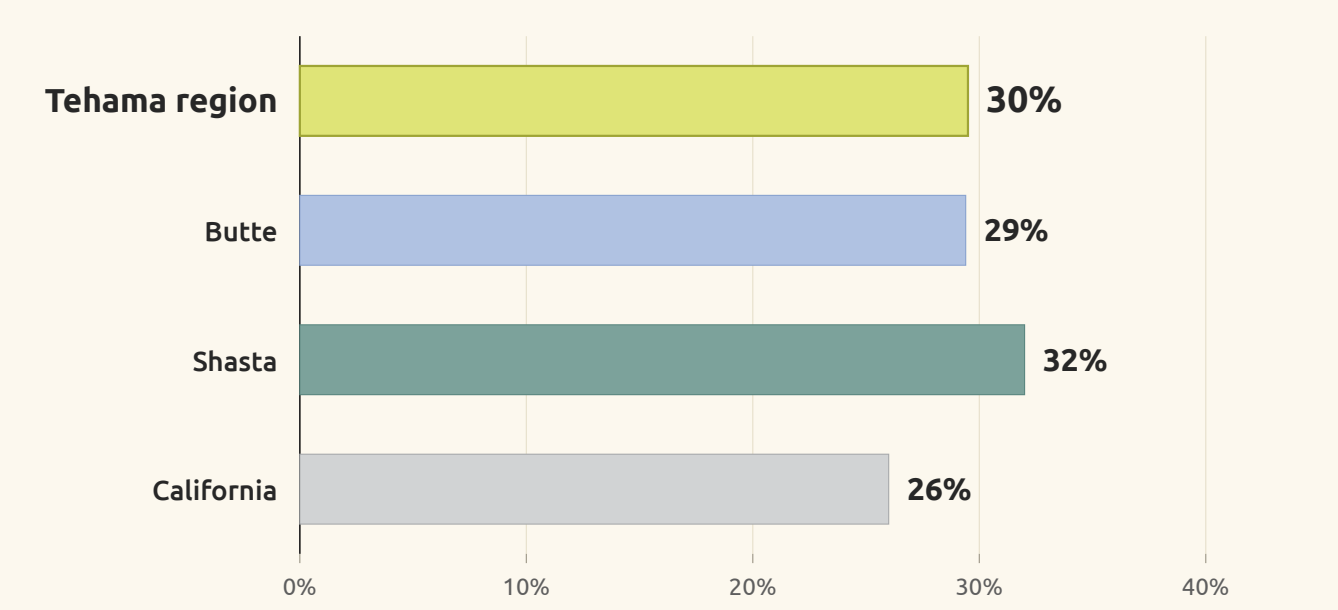
Mental health providers (rate per 100,000)



WHY THIS MATTERS
Providers per resident sets the ceiling on how quickly people can get an appointment. In a county where behavioral health need is high and workforce is thin, that gap doesn't disappear, it shows up as longer waits, more crises, and heavier loads on other providers.

Source: County Health Rankings • 2024.

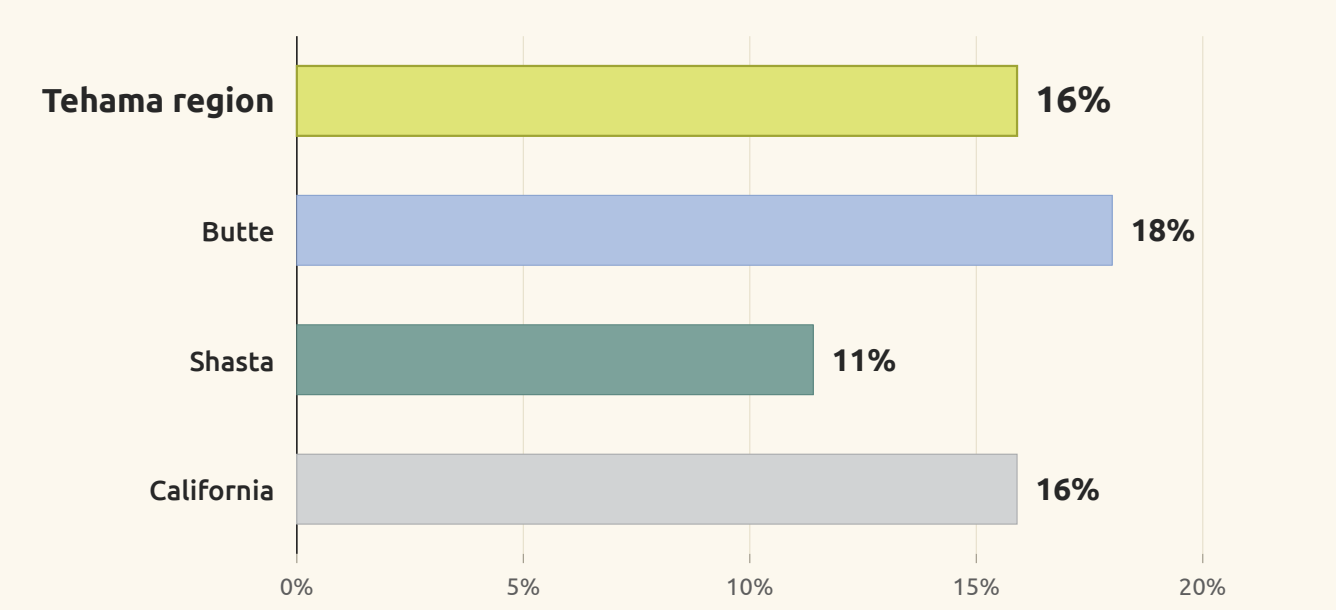
Adults with four or more ACEs



WHY THIS MATTERS
Four or more Adverse Childhood Experiences is the threshold most strongly linked to adult depression, anxiety, and substance use disorders. Many adults seeking services across behavioral health, housing, substance use, and criminal justice have ACEs profiles at or above this threshold.

Source: California Health Interview Survey (AskCHIS), adults 18+. Tehama region = Colusa / Glenn / Tehama, pooled.

Binge drinking in the past month



WHY THIS MATTERS
Binge drinking is a leading driver of injuries, intimate-partner violence, and unmet behavioral-health need – and one of the few measures here that adults can change in a year, given the right supports.

Source: California Health Interview Survey (AskCHIS), adults 18+, 2024. Binge = 5+ drinks (men) or 4+ drinks (women) on at least one occasion in the past 30 days. Tehama region: Colusa, Glenn, Tehama.

YOUR THOUGHTS ON BEHAVIORAL & MENTAL HEALTH

add a sticky note — anywhere in this zone