

RAND California Well-Being Survey Results

The California Well-Being Survey assessed the impact of mental health prevention and early intervention programs on individuals who are experiencing psychological distress. The survey was conducted by RAND Corporation as part of efforts by the California Mental Health Services Authority (CalMHSA) to improve the mental health of California residents. Results are available at www.rand.org.

Findings show **recovery is possible**, but continued efforts for stigma and discrimination reduction are needed



“Our findings indicate the **clear need for stigma and discrimination reduction efforts** in the state of California.” – RAND Corporation