

Housing Insecurity and Mental Health Among Adult Californians

A new policy brief from the UCLA Center for Health Policy Research examines the relationship between housing insecurity and mental health among adults in California.

California adults who struggle with housing instability



Nearly
1 in 5 (18%)

29%

American Indian or Alaska Native

30%

non-U.S. citizen

16%

U.S. citizen



California adults who frequently worried about struggling with housing costs

41%

All adults (18+)

51%

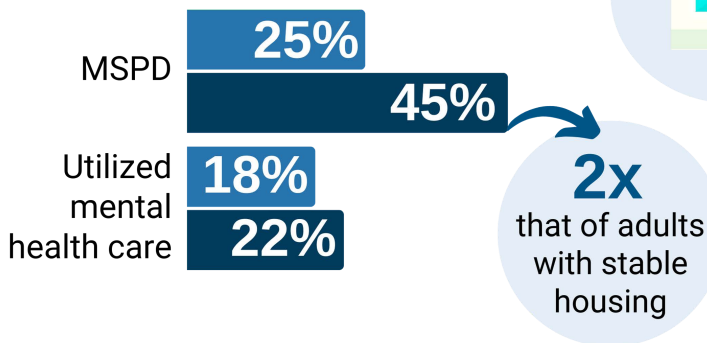
Latinx



Who experienced MSPD in the past year and used mental health services?

Despite having much higher rates of MSPD, adults with unstable housing have low use of mental health services.

- Stable housing
- Unstable housing



MSPD = moderate or serious psychological distress
Stable housing = self-reported feelings of housing stability or instability