CRISIS TEXT LINE |

# United in Empathy

What **1.3 million** conversations say about the state of **mental health in America**.

2022

# Contents

# Texters initiated 1.3 million conversations with us in 2022.

## We analyzed these conversations to explore top mental health issues, social stressors, and coping strategies.

## Executive Summary

The United States is in the midst of a mental health emergency, and Crisis Text Line has a unique insight into this crisis as a 24/7 crisis support provider. We have over a million conversations with texters across the country each year, or over 3,500 every day. We are able to track mental health issues and social stressors that weigh on our texters, as well as the coping tools and strategies that help them get through a crisis.

For our 4th annual United in Empathy Report, the Crisis Text Line Research and Impact team analyzed 1.3 million conversations in 2022 to learn about what hurt, and what helped our texters in 2022. For the first time at Crisis Text Line, 'relationships' became the top stressor in our conversations; 1 in 3 texters discussed relationship stress or dysfunction, and nearly 1 in 5 talked about suffering from the absence of human connection – feeling isolated or lonely. With most students back at school, our texters talked much more about bullying and relationship stress.

We found that substance use increased in our conversations, and that texters used more words related to opioids and painkillers than last year. As inflation soared and pandemic aid tapered off, mentions of finances also increased in our conversation content. Mentions of guns and shootings increased slightly.

For the first time in this report and with support from our partners at Common Good Labs, we include an exploration of the coping strategies that helped our texters navigate the crises in their lives. Our texters turned to a wide variety of tools including listening to music, connecting with friends, arts & crafts, and

seeking treatment through mental health professionals; as well as playing video games, watching TV, listening to audiobooks, caring for pets, cooking, walking, or volunteering.

We hope these insights can support the individuals dedicated to improving the lives of those in crisis, such as policymakers, educators, parents, and others. For questions about Crisis Text Line's research, please contact us at research@crisistextline.org.
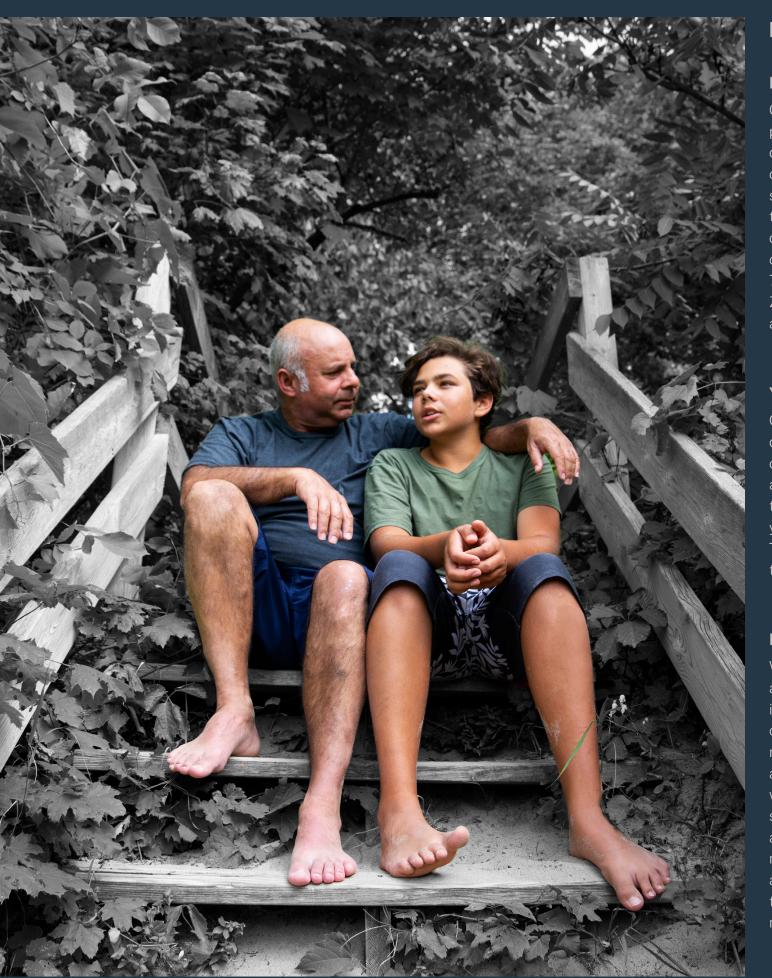
## How To Use This Report

In the first half of the report, you will find an overview of the nationwide crisis and coping trends that we identified in our conversations with w. However, nationwide summaries sometimes hide tremendous variations. A texter in Alabama deals with fundamentally different stressors than someone in Wyoming or New York, and they have different coping strategies at their disposal. Because of this, in the second half of the report, we are highlighting insights state-by-state as well as by race and ethnicity.

## "Crisis Text Line serves a young, racially and ethnically diverse texter population..."

## Data Privacy

At Crisis Text Line, we rigorously safeguard texter information through encryption, access control, intrusion detection and other precautionary methods to ensure texter data is safe and secure. Crisis Text Line's analytic database is anonymized and de-identified. Any personally identifiable information including first names, email addresses, URLs, phone numbers, social media handles, geographic locations, and any numbers with 4+ digits are removed and replaced with the word "SCRUBBED". For this project, only aggregated data was used where conversation content was summarized at the conversation level. For questions on data privacy and security, please email info@crisistextline.org.

## Limitations and Scope

### Data is never perfect

Our texters are not representative of the United States population. The analysis of mental health issues texters discuss with us is based on the subjective assessment of the Crisis Counselors who took the conversation. Our service is anonymous, and we can only estimate where texters are based using the area code, or the first three digits of their phone numbers. This method allows us to correctly approximate location at the state level about 70% of the time. (We have validated this approach using ZIP codes in cases where texters shared them with us in a voluntary survey.)

### Young, diverse and female

Crisis Text Line serves a young, racially and ethnically diverse, mostly female texter population, based on our optional post-conversation survey completed by approximately 20% of texters. Two out of every three texters who took this survey were 24 years old or younger; 46% identified as BIPOC, and 55% as LGBTQ+. These demographics may have contributed to the issues they shared with us.
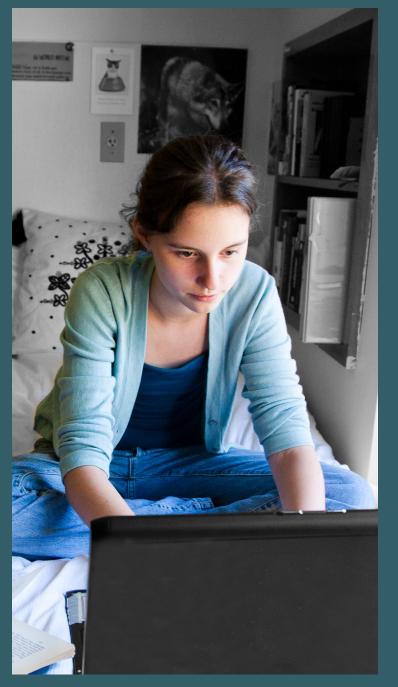
### Exclusions
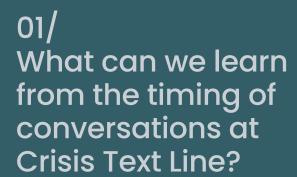
We excluded conversations received in our capacity as a national 988 provider in all analyses of conversation issues and demographics. We also excluded Spanish conversations because these have not yet met our requirements for having a sufficient sample size. In addition, we excluded pranks, tests, and conversations where the texter dropped off after contacting the service. Our goal was to provide relevant analysis that allows us to contribute meaningful insights to the mental health discourse in the United States. When we analyzed coping strategies, we limited conversations to those where at least one of these strategies was mentioned.

## Nationwide Analysis

Crisis Text Line has unique insight into mental health trends in the United States. As a free, confidential and 24/7 mental health support service, we tune into over 3,500 crises across the country every day. We learn about emerging trends in mental health issues like anxiety and depression in real time. We have a rich dataset of over 260 million anonymized and de-identified messages that help us explore coping strategies, social stressors, and the language our texters use to describe crises in general.

In 2022, we exchanged over 1.3 million conversations with people in crisis or nearly 40 million individual messages.[01] For the purposes of this report, we analyzed only meaningful conversations received through our 741741 number. We analyzed the timing of conversations to learn if texters were more likely to text at night versus daytime or during the week versus the weekend. We explored the issues that texters brought to us, as well as the coping strategies they turned to in order to explore not just about crises, but also what helped.

## We sought to answer three key questions:

**01/**
What can we learn from the timing of conversations at Crisis Text Line?

**02/**
What mental health issues and social stressors emerged?

**03/**
What helped our texters cope?

01/ In 2022, Crisis Text Line supported a total of 1.3 million conversations with people in crisis. However, a portion of these conversations were received in Crisis Text Line's capacity as a service provider of text and chat to 988. For the rest of the report, these conversations are filtered out from any of the insights, and instead refer to only conversations received through texting 741741.

# 01/
# What can we learn from the timing of conversations at Crisis Text Line?

## We experienced higher volume in the evenings, on weekdays, and around the holidays in 2022.
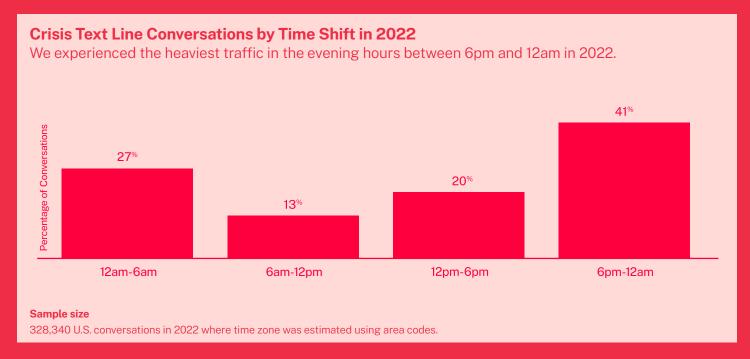
## "It's late and I'm kinda alone."
/Anonymous Texter

**Texters reached out more on weekdays than on weekends.**
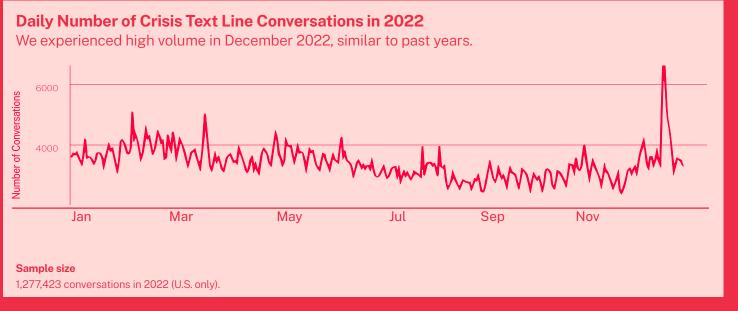
The highest volume days were Mondays with over 16% of conversations and the lowest were Sundays with 13%.

**Crisis Text Line Conversations by Day of the Week in 2022**
We received the highest share of conversations on Mondays.



| | | | | | | |
|---|---|---|---|---|---|---|
| 16% | 15% | 15% | 14% | 14% | 13% | 13% |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |

Percentage of Conversations

**Sample size**
328,340 U.S. conversations in 2022 where time zone was estimated using area codes.

**We found that our volume of crisis conversations was heaviest in the evening hours.**

Based on our analysis of 2022 trends, we experienced by far the highest volume between 6pm and midnight. We received over 40% of conversations during that period, 50% more than in the late night hours between midnight and 6am, which was the second busiest time period.

This could be because many of our texters only had the opportunity to reach out for support once the day was over, because the offices of many mental health providers like therapists are closed after business hours, or the fact that many mental health crises occur in the evening.

**Crisis Text Line Conversations by Time Shift in 2022**
We experienced the heaviest traffic in the evening hours between 6pm and 12am in 2022.



Percentage of Conversations

| | | | |
|---|---|---|---|
| 27% | 13% | 20% | 41% |
| 12am-6am | 6am-12pm | 12pm-6pm | 6pm-12am |

**Sample size**
328,340 U.S. conversations in 2022 where time zone was estimated using area codes.

**We received a disproportionate percentage of our conversations during winter months.**

Overall, December was our highest-volume month with a spike around the winter holidays, which is typical for Crisis Text Line. The high volume could be attributed to an increased need for crisis services, but there are also other forces at play. For example, these end-of-year spikes are often associated with viral videos that mention Crisis Text Line's number.

We received over 121,000 conversations in December or nearly 10% of our volume for the year. Specifically, 28% of our conversations were conducted in the winter (December through February), and 21% of our conversations in the fall (September through November), which was the lowest-volume season.

**Daily Number of Crisis Text Line Conversations in 2022**
We experienced high volume in December 2022, similar to past years.



Number of Conversations

6000
4000

Jan   Mar   May   Jul   Sep   Nov

**Sample size**
1,277,423 conversations in 2022 (U.S. only).

## 02/
## What mental health issues and social stressors emerged?

## Relationships, bullying, and substance use surged in conversations.

"Everyone just hates me and I can't do anything right."

/Anonymous Texters

"I just want to feel happy, whatever that is."

/Anonymous Texters

### In 2022
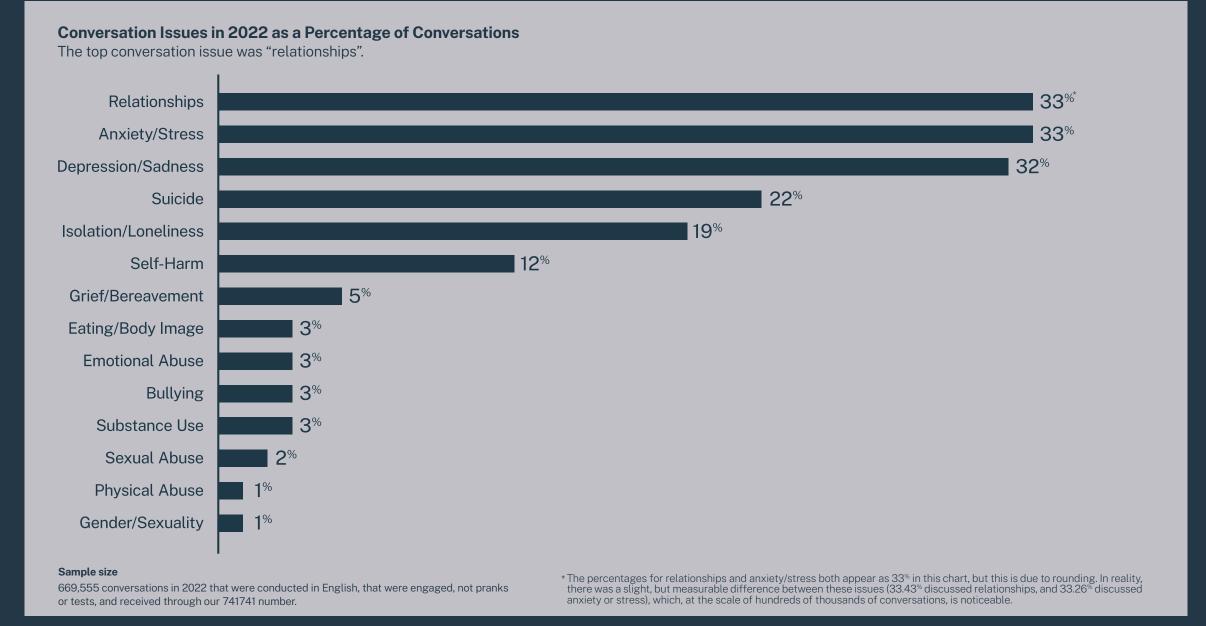
/ Over **1 in 3** conversations discussed the stress and dysfunction of human relationships

/ Nearly **1 in 3** conversations discussed anxiety

/ Nearly **1 in 3** conversations discussed depression

/ Over **1 in 5** conversations discussed suicidal ideation

/ Nearly **1 in 5** referenced isolation or loneliness.[02]

**Conversation Issues in 2022 as a Percentage of Conversations**
The top conversation issue was "relationships".



| Issue | Percentage |
|---|---|
| Relationships | 33%* |
| Anxiety/Stress | 33% |
| Depression/Sadness | 32% |
| Suicide | 22% |
| Isolation/Loneliness | 19% |
| Self-Harm | 12% |
| Grief/Bereavement | 5% |
| Eating/Body Image | 3% |
| Emotional Abuse | 3% |
| Bullying | 3% |
| Substance Use | 3% |
| Sexual Abuse | 2% |
| Physical Abuse | 1% |
| Gender/Sexuality | 1% |

**Sample size**
669,555 conversations in 2022 that were conducted in English, that were engaged, not pranks or tests, and received through our 741741 number.

* The percentages for relationships and anxiety/stress both appear as 33% in this chart, but this is due to rounding. In reality, there was a slight, but measurable difference between these issues (33.43% discussed relationships, and 33.26% discussed anxiety or stress), which, at the scale of hundreds of thousands of conversations, is noticeable.

02/ Crisis Counselors tag each conversation for all issues that were discussed. When we report that a certain proportion of conversations mentioned an issue, we are relying on this counselor's assessment.

## Many of these issues showed great variation by age group.

Some of these differences might be due to the varying levels of emotional development as young people may be experiencing crises like suicidal ideation due to the different ways that they experience emotions compared to adults. Other issues are probably a matter of circumstance; bullying is more likely to take place at or associated with school, while adults are more likely to use substances.

**For example:**

/ Young people under 18 were more likely to discuss relationships, self harm, suicide, eating disorders and bullying.
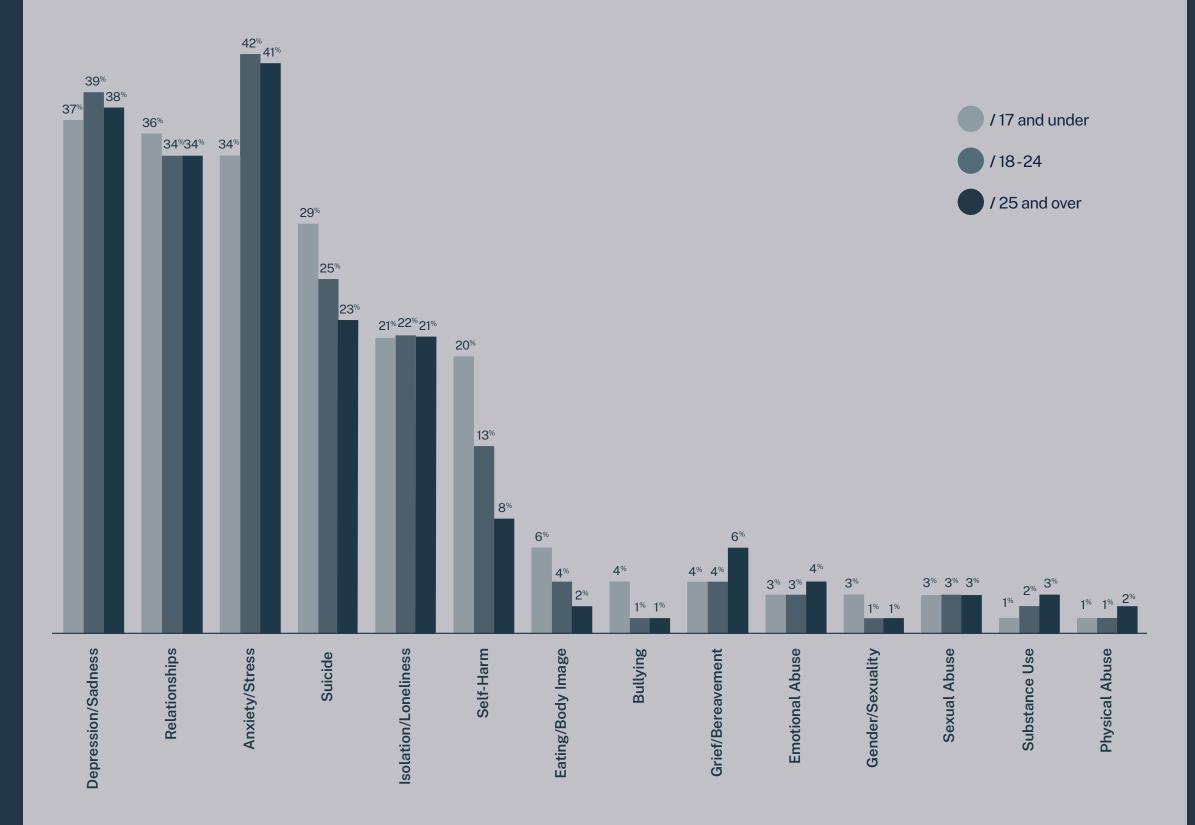
/ Older texters talked more about anxiety, depression, grief and substance use.

### "My friends are leaving me out and making fun of me."
/Anonymous Texter

### Conversation Issues in 2022 by Age Group
Texters of different ages tend to discuss different issues with volunteer Crisis Counselors.

/ 17 and under
/ 18-24
/ 25 and over



| Issue | 17 and under | 18-24 | 25 and over |
|---|---|---|---|
| Depression/Sadness | 37% | 39% | 38% |
| Relationships | 36% | 34% | 34% |
| Anxiety/Stress | 34% | 42% | 41% |
| Suicide | 29% | 25% | 23% |
| Isolation/Loneliness | 21% | 22% | 21% |
| Self-Harm | 20% | 13% | 8% |
| Eating/Body Image | 6% | 4% | 2% |
| Bullying | 4% | 1% | 1% |
| Grief/Bereavement | 4% | 4% | 6% |
| Emotional Abuse | 3% | 3% | 4% |
| Gender/Sexuality | 3% | 1% | 1% |
| Sexual Abuse | 3% | 3% | 3% |
| Substance Use | 1% | 2% | 3% |
| Physical Abuse | 1% | 1% | 2% |

**Sample size**
203,813 U.S. conversations in 2022 that were conducted in English, that were engaged, not pranks or tests, and received through the 741741 number, and where the texter self-reported their age.

# "Everyone has been talking behind my back…"

# "I'm a recovering alcoholic and my mom is constantly putting me down."

/Anonymous Texters

## We found it important to indentify which conversation topics surged in 2022 compared to the previous year.

**Three issues increased significantly as a percentage of conversations:**

### Bullying
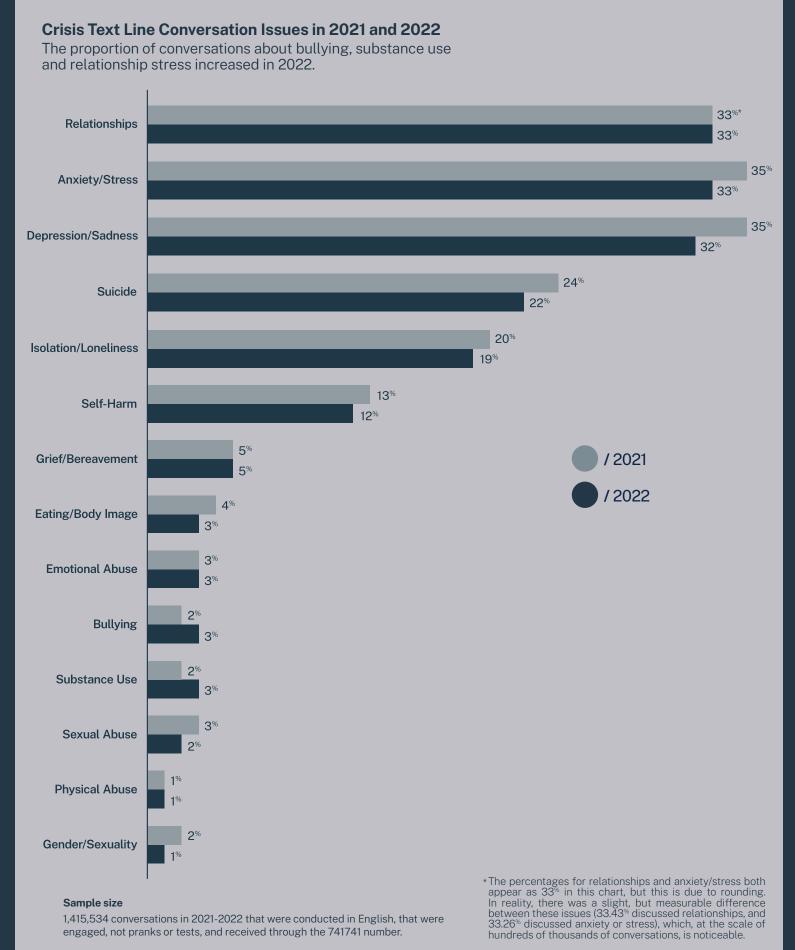
This issue went from 2.2% of conversations to 2.8% of conversations, a 27% increase. This surge in bullying mentions followed a 40% drop of the same in Crisis Text Line conversations in 2020 while schools were closed. As soon as students were back in school full time, bullying began to surge, and it is currently higher than it was prior to the pandemic.
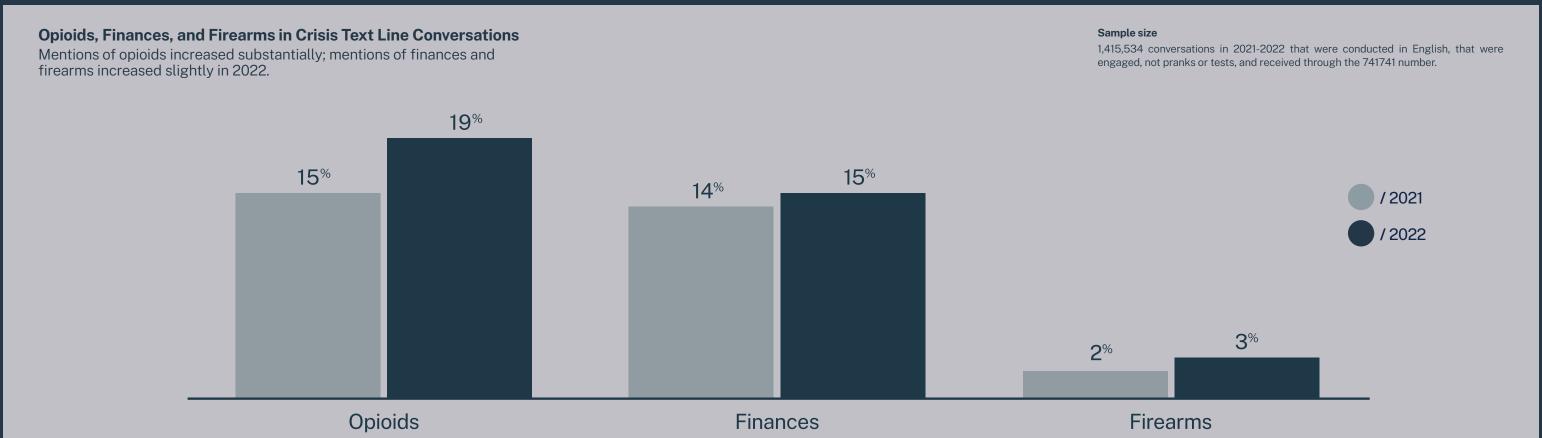
### Substance use

This issue went from 2.4% to 2.8% of conversations, a 16% increase. Substance use has now reached an all time high at 3% of our conversations. While the issue is relatively rare in Crisis Text Line conversations, this issue has been steadily increasing since the beginning of the pandemic.

### Relationships

This issue went from 33.0% to 33.4% of conversations, a 1% increase. Relationship stress and dysfunction started to surge in our conversations in March 2022, and it was steadily increasing for most of the year (March through December). For the first time in 2022, relationships were the top issue that texters discussed with us: **1 in 3** conversations focused on relationship stress.

**Crisis Text Line Conversation Issues in 2021 and 2022**
The proportion of conversations about bullying, substance use and relationship stress increased in 2022.



| Issue | 2021 | 2022 |
|---|---|---|
| Relationships | 33%* | 33% |
| Anxiety/Stress | 35% | 33% |
| Depression/Sadness | 35% | 32% |
| Suicide | 24% | 22% |
| Isolation/Loneliness | 20% | 19% |
| Self-Harm | 13% | 12% |
| Grief/Bereavement | 5% | 5% |
| Eating/Body Image | 4% | 3% |
| Emotional Abuse | 3% | 3% |
| Bullying | 2% | 3% |
| Substance Use | 2% | 3% |
| Sexual Abuse | 3% | 2% |
| Physical Abuse | 1% | 1% |
| Gender/Sexuality | 2% | 1% |

/ 2021
/ 2022

**Sample size**
1,415,534 conversations in 2021-2022 that were conducted in English, that were engaged, not pranks or tests, and received through the 741741 number.

*The percentages for relationships and anxiety/stress both appear as 33% in this chart, but this is due to rounding. In reality, there was a slight, but measurable difference between these issues (33.43% discussed relationships, and 33.26% discussed anxiety or stress), which, at the scale of hundreds of thousands of conversations, is noticeable.

**Opioids, Finances, and Firearms in Crisis Text Line Conversations**
Mentions of opioids increased substantially; mentions of finances and firearms increased slightly in 2022.

19%
15%
15%
14%
3%
2%

/ 2021
/ 2022

Opioids          Finances          Firearms

**Economic downturns and other major social disruptions have been widely associated with increases in alcoholism and substance use.**

These issues have been underlined surging across the world and in the United States throughout the COVID-19 pandemic. Healthy relationships and communities are critical for people to emerge and recover from a crisis, and so it is particularly alarming that in our data, the increase in substance use showed up in parallel with increases in relationship stress and bullying.

**It would be difficult to separate mental health in the United States from the context of social stressors.**

The opioid epidemic, inflation, and financial stress hit many families; traumatic firearm events like mass shootings were constantly reported in the media. To assess if these stressors have surfaced in our conversations with texters, we searched for lists of keywords around opioids, finances and firearms.[03]

/ **Opioids and painkillers** are commonly mentioned in Crisis Text Line conversations. Last year, nearly **1 in 5** conversations included an opioid-related keyword. This could be specifically describing a substance use disorder or – often – as a response to a potential means of suicide during the ladder up risk assessment. Mentions of opioids and painkillers increased by over 25% in 2022 going from 15% in 2021 to 19% in 2022.[04]

/ **Mentions of finances** also increased from 14% to 15% in 2022. Finances are commonly mentioned; about **1 in 6 or 7** texters talked about finances, despite the fact that many of our texters are too young to be in charge of their own finances. This could suggest that young texters are experiencing stress in the household related to their caregivers' financial strain.

/ **Mentions of firearms** are less common in our conversations, but we have also seen that mass shootings can impact conversation content based on research by our partners at RTI, who found a significant nationwide increase in firearm-related crises and in conversations about grief in the aftermath of the Uvalde, Texas shooting in 2022. Firearm-related conversations increased slightly yet significantly[05] last year, going from 2.5% to 2.6% of conversations.

*"I'm using fentanyl and I'm having a hard time breaking free."*

/ Anonymous Texter

03/ For a list of the keywords used to identify these conversations and any questions about methodology, please email us at research@crisistextline.org
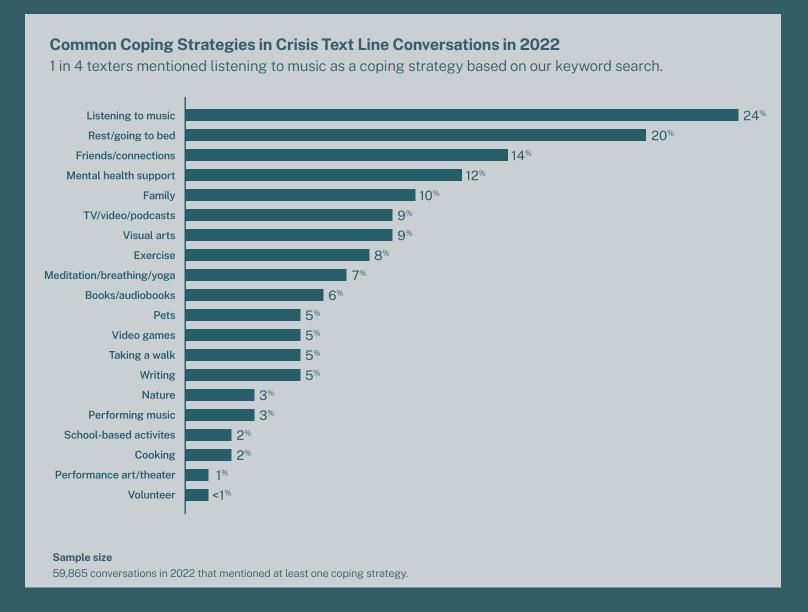
04/ Mentions of opioids and painkillers based on our keyword search were a lot more common than "substance use" as an issue tag. This seeming contradiction is due to the fact that keyword searches and issue tags provide fundamentally different perspectives on our data. When we search by keyword, we automatically capture all instances where a word is mentioned, including someone taking a painkiller for a headache. When a counselor tags a conversation for an issue, they indicate that that issue was one of the reasons why the texter reached out to us.

05/ P-value = 0.00000

# 03/
# What helped our texters cope?

## From music to volunteering: These are the tools that helped our texters cope in 2022.

"I've been listening to Taylor's new album on repeat."

"I keep a photo album with my favorite people in it."

/Anonymous Texters

For the first time in this annual report, we analyzed not only the crises our texters go through, but also what helped. At the end of each Crisis Text Line conversation, volunteer Crisis Counselors ask texters to think of those strategies that have made them feel better in the past or they think might help now.

**Common Coping Strategies in Crisis Text Line Conversations in 2022**
1 in 4 texters mentioned listening to music as a coping strategy based on our keyword search.

| Strategy | Percentage |
|---|---|
| Listening to music | 24% |
| Rest/going to bed | 20% |
| Friends/connections | 14% |
| Mental health support | 12% |
| Family | 10% |
| TV/video/podcasts | 9% |
| Visual arts | 9% |
| Exercise | 8% |
| Meditation/breathing/yoga | 7% |
| Books/audiobooks | 6% |
| Pets | 5% |
| Video games | 5% |
| Taking a walk | 5% |
| Writing | 5% |
| Nature | 3% |
| Performing music | 3% |
| School-based activites | 2% |
| Cooking | 2% |
| Performance art/theater | 1% |
| Volunteer | <1% |

**Sample size**
59,865 conversations in 2022 that mentioned at least one coping strategy.

**The responses to this question exemplify the tremendous resilience among our texters.**
From listening to music and audiobooks, reading, and painting to talking to their parents or volunteering, our texters have found strength in many ways to rise up from some of the worst moments of their lives.

/ **The top five coping strategies** identified included listening to music, resting or going to bed, talking to friends, and professional mental health support.

/ Going to **bed, sleeping, and resting** in general were the second most commonly used coping tools by our texters. Approximately **1 in 5** texters mentioned this as a helpful strategy.

/ Texters of varying ages **often coped differently**. For example, 32% of conversations with texters under the age of 18 referenced listening to music, in comparison to 24% of conversations with texters over the age of 25. Young adults between the ages of 18 and 24 were less likely to rely on their families as a way to cope rather than younger texters under the age of 18 or older texters over the age of 25.

/ **Other coping tools** were media-based entertainment (including films, TV shows, videos, and podcasts), exercising, meditating, reading and writing, spending time with pets or with nature, playing video games, cooking, and volunteering.

/ **Listening to music** was by far the most common coping strategy amongst our texters. Approximately **1 in 4** texters mentioned the word "music" or that listening to music specifically helped them cope, cry, calm down or feel better.

/ Over **1 in 10** texters mentioned arts and crafts, talking to friends, and getting professional mental health support (including doctors, counselors, online and in person therapy, and medications) as helpful ways to feel better.

## Resilience Within Reach

Crisis Text Line seeks to ensure that each texter who reaches out in crisis feels they are not alone, and to help each one rediscover strengths within themselves and strategies within their reach to fortify their resilience to carry on. Right there. Wherever they are. Whenever they need it.

# "Fostering the resilience of each individual texter is an essential part of addressing the mental health epidemic."

When we analyzed the coping strategies that our texters shared, we sought to elevate the resilience that our texters demonstrated in conversation with us.

Fostering the resilience of each individual texter is an essential part of addressing the mental health epidemic. Crisis Text Line centers the resilience of each individual in every conversation with each person who reaches out to us.

And as we listen collectively to what so many individual texters share about their crises and what helps in their moments of duress, we gain greater insights from the voices of our texters themselves that can help strengthen the collective wellbeing of people nationwide. We hope that shedding light on these insights can help address the mental health emergency at hand.

## Get in Touch

Part of our mission from day one has been to share our insights in effort to reduce stigma around mental health. We'd love to connect you to one of our experts.

**For more analysis and information:**
crisistextline.org/empathy | press@crisistextline.org

# 2022 National Summary*

## Age

- < 14 yrs — 14%
- 14-17 yrs — 28%
- 18-24 yrs — 24%
- 25-34 yrs — 17%
- 35-44 yrs — 8%
- 45-54 yrs — 5%
- 55-64 yrs — 2%
- > 64 yrs — 1%

**1,323,230**
Conversations

**730,785**
Texters in Crisis

**61%**
Shared Something for First Time
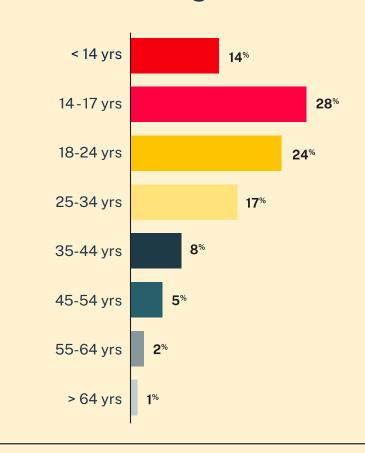
**11,103**
Suicide De-escalations

**5,724**
Active Rescues

## Issues

- Relationships — 33%
- Anxiety/Stress — 33%
- Depression/Sadness — 32%
- Suicide — 21%
- Isolation/Loneliness — 19%
- Self Harm — 12%
- Grief/Bereavement — 4%
- Eating/Body Image — 3%
- Emotional Abuse — 3%
- Bullying — 3%
- Substance Abuse — 3%
- Sexual Abuse — 2%
- Physical Abuse — 1%
- Gender/Sexual Identity — 1%

## Race/Ethnicity

- White — 67%
- Hispanic/Latinx — 19%
- Black/African American — 16%
- Asian — 7%
- Native American/Native Alaskan/Indigenous — 4%
- Native Hawaiian/Pacific Islander — 1%
- Middle Eastern/North African/Arab — <1%

## Sexual Orientation

- / 46% Heterosexual
- / 54% LGBTQ+

## Gender

- / 1% Genderqueer
- / 2% Agender
- / 6% Trans
- / 18% Boys+Men
- / 75% Girls+Women

* Only includes those who responded to our voluntary post-conversation survey in 2022. On average, approximately 21% of our texters overall complete this survey.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.

# Explore by Region

# Alabama*

## Age

| | |
|---|---|
| < 14 yrs | 14% |
| 14-17 yrs | 28% |
| 18-24 yrs | 24% |
| 25-34 yrs | 18% |
| 35-44 yrs | 9% |
| 45-54 yrs | 6% |
| 55-64 yrs | 2% |
| > 64 yrs | 1% |

**12,092** Conversations

**7,937** Texters in Crisis
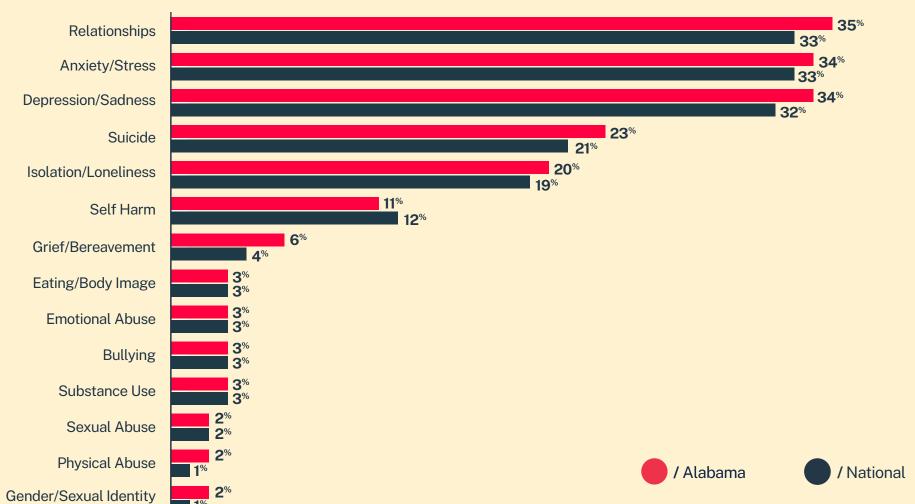
**62%** Shared Something for First Time

**116** Suicide De-escalations

**71** Active Rescues

## Issues
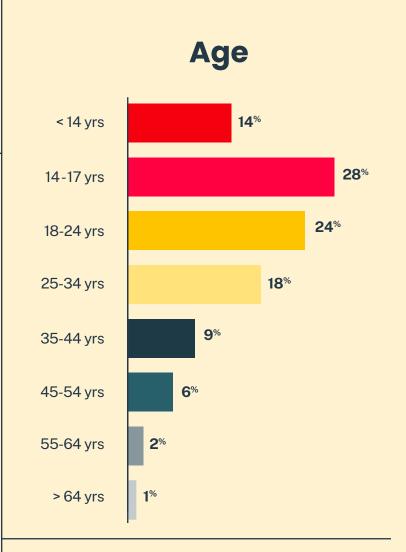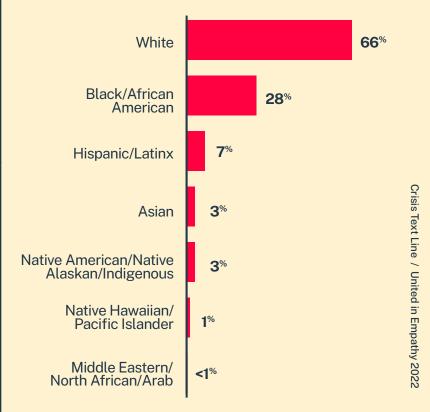
| Issue | Alabama | National |
|---|---|---|
| Relationships | 35% | 33% |
| Anxiety/Stress | 34% | 33% |
| Depression/Sadness | 34% | 32% |
| Suicide | 23% | 21% |
| Isolation/Loneliness | 20% | 19% |
| Self Harm | 11% | 12% |
| Grief/Bereavement | 6% | 4% |
| Eating/Body Image | 3% | 3% |
| Emotional Abuse | 3% | 3% |
| Bullying | 3% | 3% |
| Substance Use | 3% | 3% |
| Sexual Abuse | 2% | 2% |
| Physical Abuse | 2% | 1% |
| Gender/Sexual Identity | 2% | 1% |

● / Alabama   ● / National

## Race/Ethnicity

| | |
|---|---|
| White | 66% |
| Black/African American | 28% |
| Hispanic/Latinx | 7% |
| Asian | 3% |
| Native American/Native Alaskan/Indigenous | 3% |
| Native Hawaiian/Pacific Islander | 1% |
| Middle Eastern/North African/Arab | <1% |

## Sexual Orientation

● / 48% Heterosexual   ● / 52% LGBTQ+

## Gender

● / 1% Genderqueer   ● / 2% Agender   ● / 5% Trans   ● / 16% Boys+Men   ● / 77% Girls+Women

* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.

# Alaska*

**2,711**
Conversations

**1,532**
Texters in Crisis
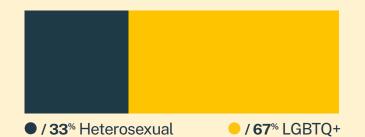
**59%**
Shared Something for First Time

**24**
Suicide De-escalations

**14**
Active Rescues

## Issues

| Issue | Alaska | National |
|---|---|---|
| Relationships | 36% | 33% |
| Anxiety/Stress | 32% | 33% |
| Depression/Sadness | 35% | 32% |
| Suicide | 27% | 21% |
| Isolation/Loneliness | 19% | 19% |
| Self Harm | 11% | 12% |
| Grief/Bereavement | 5% | 4% |
| Eating/Body Image | 3% | 3% |
| Emotional Abuse | 4% | 3% |
| Bullying | 3% | 3% |
| Substance Use | 4% | 3% |
| Sexual Abuse | 3% | 2% |
| Physical Abuse | 2% | 1% |
| Gender/Sexual Identity | 1% | 1% |

● / Alaska   ● / National

## Age

| Age | Percent |
|---|---|
| < 14 yrs | 13% |
| 14-17 yrs | 28% |
| 18-24 yrs | 26% |
| 25-34 yrs | 17% |
| 35-44 yrs | 6% |
| 45-54 yrs | 6% |
| 55-64 yrs | 2% |
| > 64 yrs | 1% |

## Race/Ethnicity

| Race/Ethnicity | Percent |
|---|---|
| White | 66% |
| Native American/Native Alaskan/Indigenous | 36% |
| Hispanic/Latinx | 8% |
| Asian | 7% |
| Black/African American | 7% |
| Native Hawaiian/Pacific Islander | 1% |
| Middle Eastern/North African/Arab | <1% |

## Sexual Orientation

● / 33% Heterosexual   ● / 67% LGBTQ+

## Gender

● / 3% Genderqueer   ● / <1% Agender   ● / 9% Trans   ● / 15% Boys+Men   ● / 73% Girls+Women

\* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.

# Arizona*

## Issues

**20,704** Conversations

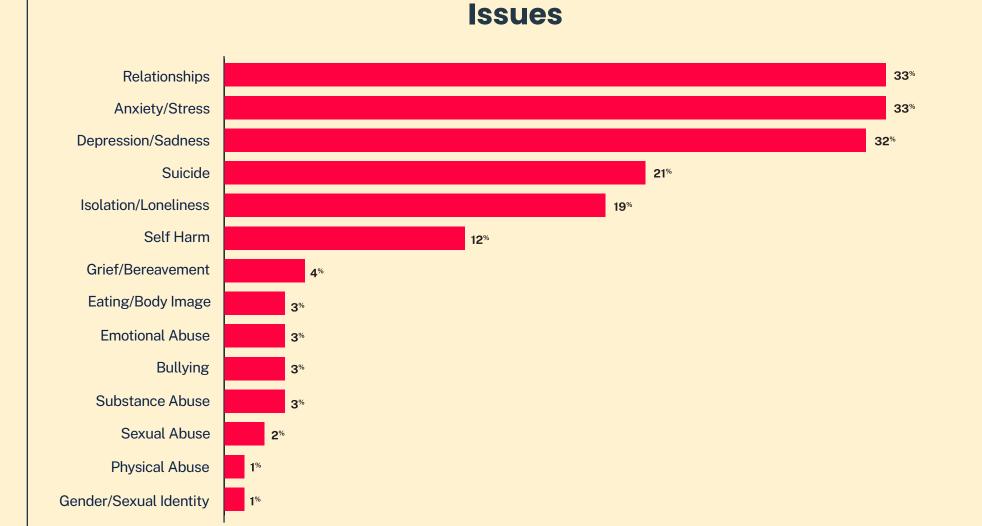**11,807** Texters in Crisis
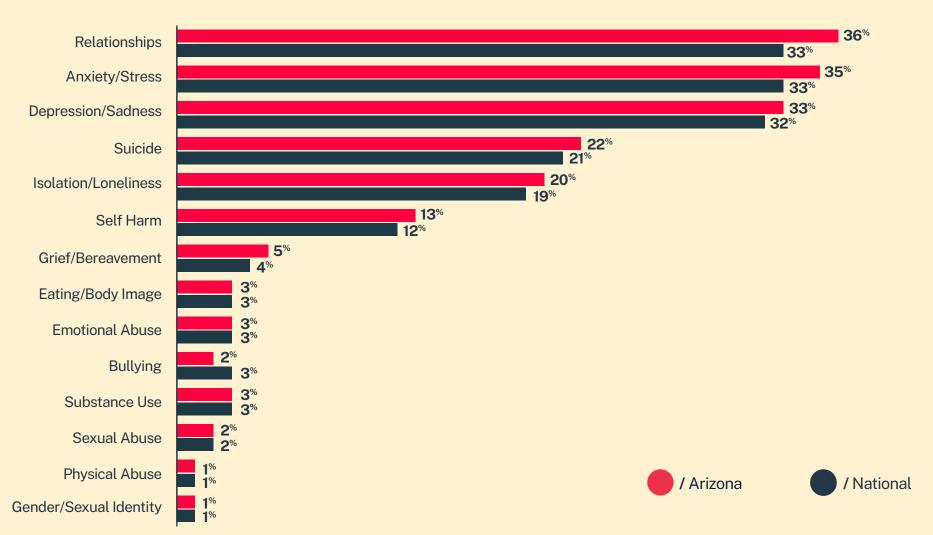
**63%** Shared Something for First Time

**175** Suicide De-escalations
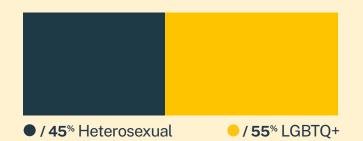
**76** Active Rescues

| Issue | Arizona | National |
|---|---|---|
| Relationships | 36% | 33% |
| Anxiety/Stress | 35% | 33% |
| Depression/Sadness | 33% | 32% |
| Suicide | 22% | 21% |
| Isolation/Loneliness | 20% | 19% |
| Self Harm | 13% | 12% |
| Grief/Bereavement | 5% | 4% |
| Eating/Body Image | 3% | 3% |
| Emotional Abuse | 3% | 3% |
| Bullying | 2% | 3% |
| Substance Use | 3% | 3% |
| Sexual Abuse | 2% | 2% |
| Physical Abuse | 1% | 1% |
| Gender/Sexual Identity | 1% | 1% |

● / Arizona   ● / National

## Age

- < 14 yrs — 15%
- 14-17 yrs — 29%
- 18-24 yrs — 23%
- 25-34 yrs — 16%
- 35-44 yrs — 8%
- 45-54 yrs — 5%
- 55-64 yrs — 2%
- > 64 yrs — 1%

## Race/Ethnicity

- White — 65%
- Hispanic/Latinx — 33%
- Black/African American — 8%
- Asian — 6%
- Native American/Native Alaskan/Indigenous — 6%
- Native Hawaiian/ Pacific Islander — 1%
- Middle Eastern/ North African/Arab — <1%

## Sexual Orientation

● / 45% Heterosexual   ● / 55% LGBTQ+

## Gender

● / 1% Genderqueer   ● / 2% Agender   ● / 7% Trans   ● / 17% Boys+Men   ● / 74% Girls+Women

* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.

# Arkansas*
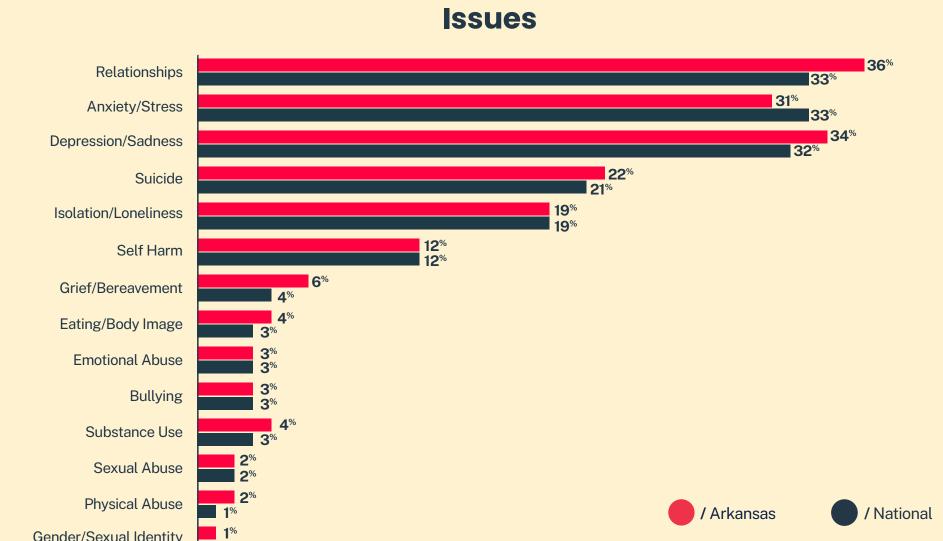
**7,279**
Conversations

**4,708**
Texters in Crisis
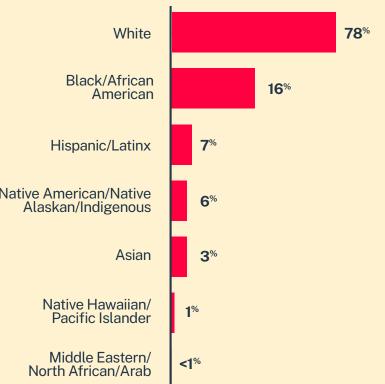
**64%**
Shared Something for First Time

**71**
Suicide De-escalations

**35**
Active Rescues

## Issues

| Issue | Arkansas | National |
|-------|----------|----------|
| Relationships | 36% | 33% |
| Anxiety/Stress | 31% | 33% |
| Depression/Sadness | 34% | 32% |
| Suicide | 22% | 21% |
| Isolation/Loneliness | 19% | 19% |
| Self Harm | 12% | 12% |
| Grief/Bereavement | 6% | 4% |
| Eating/Body Image | 4% | 3% |
| Emotional Abuse | 3% | 3% |
| Bullying | 3% | 3% |
| Substance Use | 4% | 3% |
| Sexual Abuse | 2% | 2% |
| Physical Abuse | 2% | 1% |
| Gender/Sexual Identity | 1% | 1% |

● / Arkansas   ● / National

## Age

| Age | % |
|-----|---|
| < 14 yrs | 14% |
| 14-17 yrs | 30% |
| 18-24 yrs | 21% |
| 25-34 yrs | 16% |
| 35-44 yrs | 8% |
| 45-54 yrs | 6% |
| 55-64 yrs | 3% |
| > 64 yrs | 1% |

## Race/Ethnicity

| Race/Ethnicity | % |
|----------------|---|
| White | 78% |
| Black/African American | 16% |
| Hispanic/Latinx | 7% |
| Native American/Native Alaskan/Indigenous | 6% |
| Asian | 3% |
| Native Hawaiian/Pacific Islander | 1% |
| Middle Eastern/North African/Arab | <1% |

## Sexual Orientation

● / 51% Heterosexual   ● / 49% LGBTQ+

## Gender

● / 1% Genderqueer   ● / 1% Agender   ● / 7% Trans   ● / 17% Boys+Men   ● / 75% Girls+Women

* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.

# California*

**126,618** Conversations

**70,749** Texters in Crisis

**61%** Shared Something for First Time
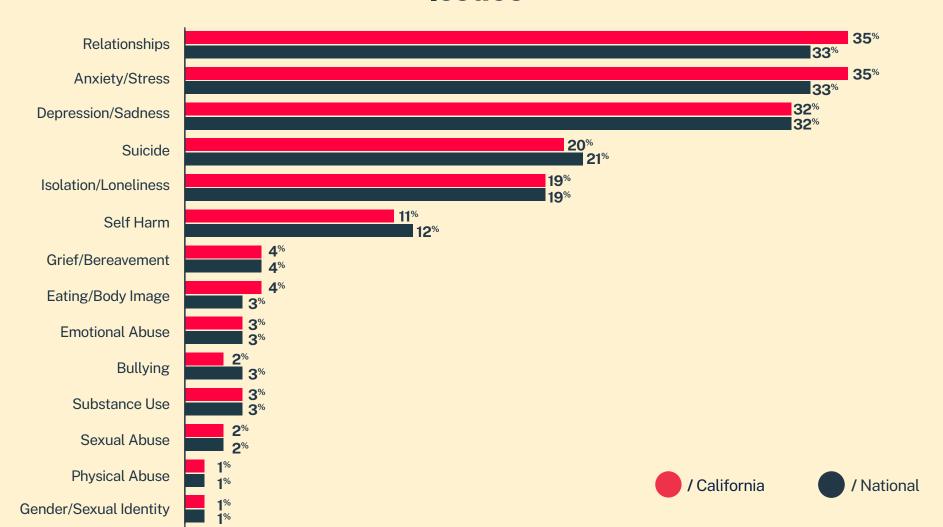
**817** Suicide De-escalations

**352** Active Rescues
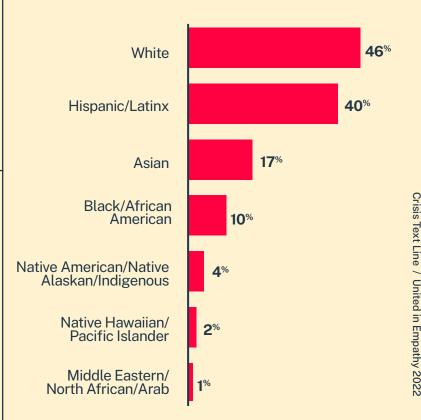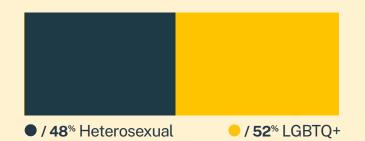
## Issues

| Issue | California | National |
|---|---|---|
| Relationships | 35% | 33% |
| Anxiety/Stress | 35% | 33% |
| Depression/Sadness | 32% | 32% |
| Suicide | 20% | 21% |
| Isolation/Loneliness | 19% | 19% |
| Self Harm | 11% | 12% |
| Grief/Bereavement | 4% | 4% |
| Eating/Body Image | 4% | 3% |
| Emotional Abuse | 3% | 3% |
| Bullying | 2% | 3% |
| Substance Use | 3% | 3% |
| Sexual Abuse | 2% | 2% |
| Physical Abuse | 1% | 1% |
| Gender/Sexual Identity | 1% | 1% |

⬤ / California   ⬤ / National

## Age

| Age | % |
|---|---|
| < 14 yrs | 13% |
| 14-17 yrs | 28% |
| 18-24 yrs | 25% |
| 25-34 yrs | 18% |
| 35-44 yrs | 8% |
| 45-54 yrs | 5% |
| 55-64 yrs | 3% |
| > 64 yrs | 1% |

## Race/Ethnicity

| | % |
|---|---|
| White | 46% |
| Hispanic/Latinx | 40% |
| Asian | 17% |
| Black/African American | 10% |
| Native American/Native Alaskan/Indigenous | 4% |
| Native Hawaiian/Pacific Islander | 2% |
| Middle Eastern/North African/Arab | 1% |

## Sexual Orientation

⬤ / 48% Heterosexual   ⬤ / 52% LGBTQ+

## Gender

⬤ / 1% Genderqueer   ⬤ / 1% Agender   ⬤ / 5% Trans   ⬤ / 17% Boys+Men   ⬤ / 75% Girls+Women

\* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.

# Colorado*

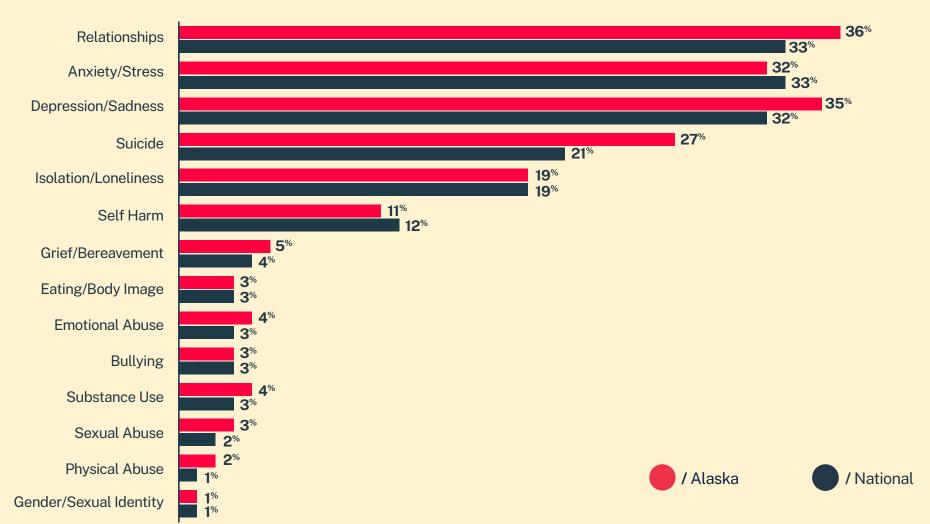**17,435** Conversations

**10,182** Texters in Crisis

**60%** Shared Something for First Time

**171** Suicide De-escalations

**72** Active Rescues

## Issues

| Issue | Colorado | National |
|---|---|---|
| Relationships | 33% | 33% |
| Anxiety/Stress | 33% | 33% |
| Depression/Sadness | 32% | 32% |
| Suicide | 24% | 21% |
| Isolation/Loneliness | 19% | 19% |
| Self Harm | 15% | 12% |
| Grief/Bereavement | 5% | 4% |
| Eating/Body Image | 4% | 3% |
| Emotional Abuse | 3% | 3% |
| Bullying | 3% | 3% |
| Substance Use | 4% | 3% |
| Sexual Abuse | 2% | 2% |
| Physical Abuse | 1% | 1% |
| Gender/Sexual Identity | 1% | 1% |

● / Colorado   ● / National

## Age

| Age | % |
|---|---|
| < 14 yrs | 14% |
| 14-17 yrs | 27% |
| 18-24 yrs | 25% |
| 25-34 yrs | 18% |
| 35-44 yrs | 9% |
| 45-54 yrs | 4% |
| 55-64 yrs | 2% |
| > 64 yrs | 1% |

## Race/Ethnicity

| Race/Ethnicity | % |
|---|---|
| White | 78% |
| Hispanic/Latinx | 19% |
| Black/African American | 7% |
| Asian | 6% |
| Native American/Native Alaskan/Indigenous | 5% |
| Native Hawaiian/Pacific Islander | 1% |
| Middle Eastern/North African/Arab | 1% |

## Sexual Orientation

● / 43% Heterosexual   ● / 57% LGBTQ+

## Gender

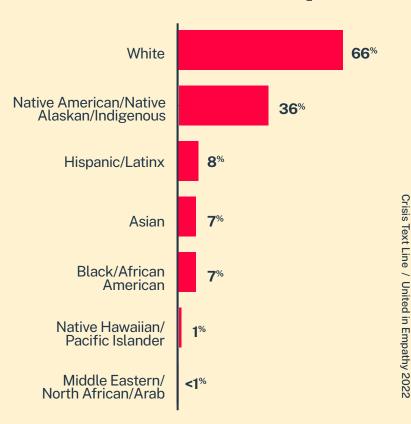● / 1% Genderqueer   ● / 2% Agender   ● / 6% Trans   ● / 21% Boys+Men   ● / 69% Girls+Women

* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.

# Connecticut*

## Age



| | |
|---|---|
| < 14 yrs | 12% |
| 14-17 yrs | 30% |
| 18-24 yrs | 26% |
| 25-34 yrs | 17% |
| 35-44 yrs | 8% |
| 45-54 yrs | 4% |
| 55-64 yrs | 2% |
| > 64 yrs | 1% |

**11,590**
Conversations

**6,180**
Texters in Crisis

**59%**
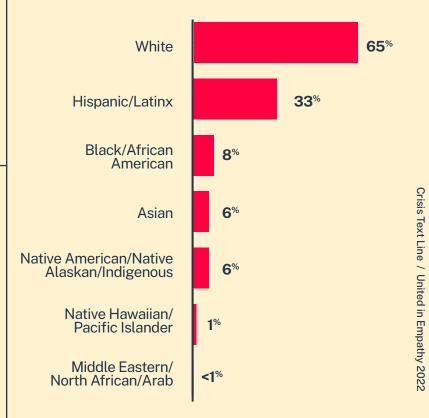Shared Something for First Time

**84**
Suicide De-escalations
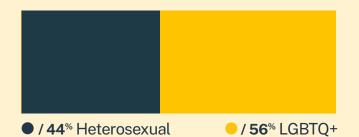
**19**
Active Rescues

## Issues

| Issue | Connecticut | National |
|---|---|---|
| Relationships | 35% | 33% |
| Anxiety/Stress | 36% | 33% |
| Depression/Sadness | 32% | 32% |
| Suicide | 19% | 21% |
| Isolation/Loneliness | 19% | 19% |
| Self Harm | 12% | 12% |
| Grief/Bereavement | 4% | 4% |
| Eating/Body Image | 4% | 3% |
| Emotional Abuse | 3% | 3% |
| Bullying | 2% | 3% |
| Substance Use | 3% | 3% |
| Sexual Abuse | 2% | 2% |
| Physical Abuse | 1% | 1% |
| Gender/Sexual Identity | 1% | 1% |

● / Connecticut  ● / National

## Race/Ethnicity

| | |
|---|---|
| White | 72% |
| Hispanic/Latinx | 17% |
| Black/African American | 13% |
| Asian | 6% |
| Native American/Native Alaskan/Indigenous | 2% |
| Middle Eastern/North African/Arab | 1% |
| Native Hawaiian/Pacific Islander | <1% |

## Sexual Orientation

● / 44% Heterosexual     ● / 56% LGBTQ+

## Gender

● / 1% Genderqueer   ● / 1% Agender   ● / 5% Trans   ● / 16% Boys+Men   ● / 76% Girls+Women

* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.

# Delaware*

## Age

| | |
|---|---|
| < 14 yrs | 19% |
| 14-17 yrs | 25% |
| 18-24 yrs | 25% |
| 25-34 yrs | 12% |
| 35-44 yrs | 10% |
| 45-54 yrs | 5% |
| 55-64 yrs | 3% |
| > 64 yrs | 1% |

**3,541** Conversations
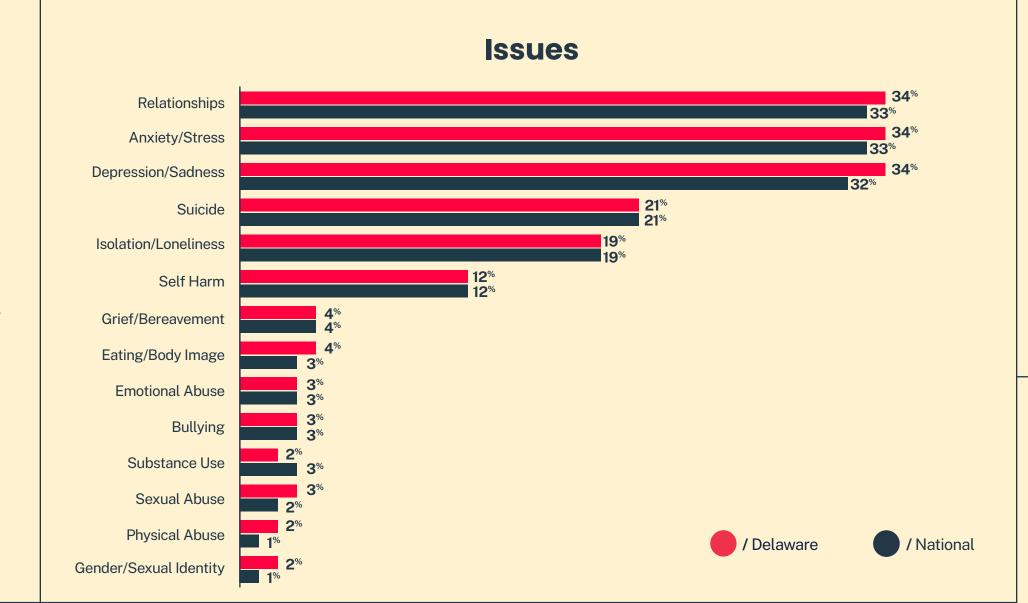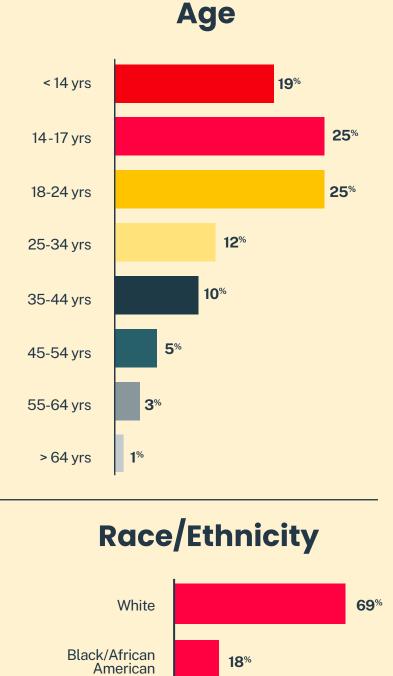
**1,980** Texters in Crisis

**62%** Shared Something for First Time

**32** Suicide De-escalations

**14** Active Rescues

## Issues

| Issue | Delaware | National |
|---|---|---|
| Relationships | 34% | 33% |
| Anxiety/Stress | 34% | 33% |
| Depression/Sadness | 34% | 32% |
| Suicide | 21% | 21% |
| Isolation/Loneliness | 19% | 19% |
| Self Harm | 12% | 12% |
| Grief/Bereavement | 4% | 4% |
| Eating/Body Image | 4% | 3% |
| Emotional Abuse | 3% | 3% |
| Bullying | 3% | 3% |
| Substance Use | 2% | 3% |
| Sexual Abuse | 3% | 2% |
| Physical Abuse | 2% | 1% |
| Gender/Sexual Identity | 2% | 1% |

⬤ / Delaware    ⬤ / National

## Race/Ethnicity

| | |
|---|---|
| White | 69% |
| Black/African American | 18% |
| Hispanic/Latinx | 13% |
| Asian | 5% |
| Native American/Native Alaskan/Indigenous | 5% |
| Native Hawaiian/Pacific Islander | <1% |
| Middle Eastern/North African/Arab | <1% |

## Sexual Orientation

⬤ / **40**% Heterosexual    ⬤ / **60**% LGBTQ+

## Gender

⬤ / **3**% Genderqueer    ⬤ / **2**% Agender    ⬤ / **7**% Trans    ⬤ / **13**% Boys+Men    ⬤ / **75**% Girls+Women

\* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.

# District of Columbia*

## Age

| | |
|---|---|
| < 14 yrs | 13% |
| 14-17 yrs | 26% |
| 18-24 yrs | 18% |
| 25-34 yrs | 18% |
| 35-44 yrs | 14% |
| 45-54 yrs | 8% |
| 55-64 yrs | 3% |
| > 64 yrs | 1% |

**3,461**
Conversations

**2,171**
Texters in Crisis

**64%**
Shared Something for First Time

**23**
Suicide De-escalations

**10**
Active Rescues

## Issues

| Issue | District of Columbia | National |
|---|---|---|
| Relationships | 35% | 33% |
| Anxiety/Stress | 34% | 33% |
| Depression/Sadness | 31% | 32% |
| Suicide | 19% | 21% |
| Isolation/Loneliness | 19% | 19% |
| Self Harm | 10% | 12% |
| Grief/Bereavement | 6% | 4% |
| Eating/Body Image | 4% | 3% |
| Emotional Abuse | 3% | 3% |
| Bullying | 2% | 3% |
| Substance Use | 3% | 3% |
| Sexual Abuse | 3% | 2% |
| Physical Abuse | 2% | 1% |
| Gender/Sexual Identity | 1% | 1% |

● / District of Columbia    ● / National

## Race/Ethnicity

| | |
|---|---|
| Black/African American | 54% |
| White | 37% |
| Hispanic/Latinx | 14% |
| Asian | 9% |
| Native American/Native Alaskan/Indigenous | 5% |
| Native Hawaiian/Pacific Islander | 1% |
| Middle Eastern/North African/Arab | <1% |

## Sexual Orientation

● / 57% Heterosexual    ● / 43% LGBTQ+

## Gender

● / 1% Genderqueer    ● / 1% Agender    ● / 4% Trans    ● / 17% Boys+Men    ● / 77% Girls+Women

* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.
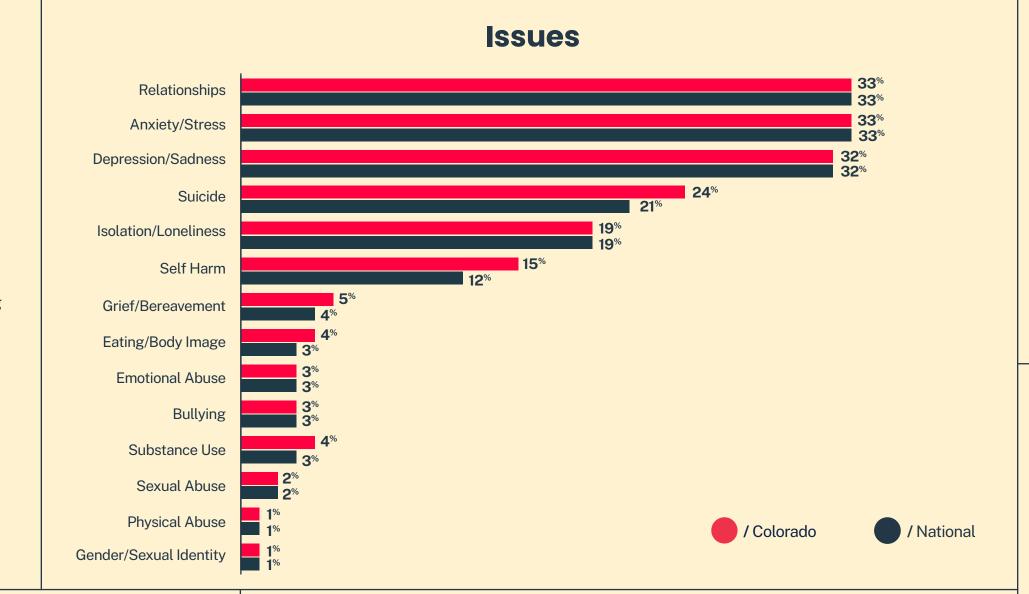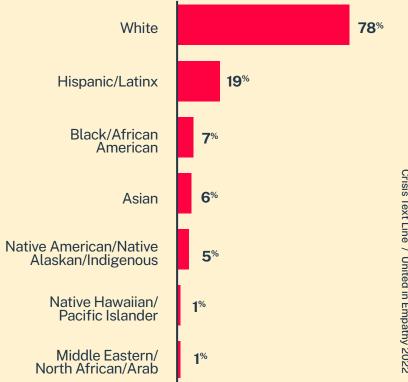
# Florida*

## Age

| | |
|---|---|
| < 14 yrs | 15% |
| 14-17 yrs | 30% |
| 18-24 yrs | 24% |
| 25-34 yrs | 16% |
| 35-44 yrs | 7% |
| 45-54 yrs | 4% |
| 55-64 yrs | 3% |
| > 64 yrs | 1% |

**50,919**
Conversations

**31,308**
Texters in Crisis
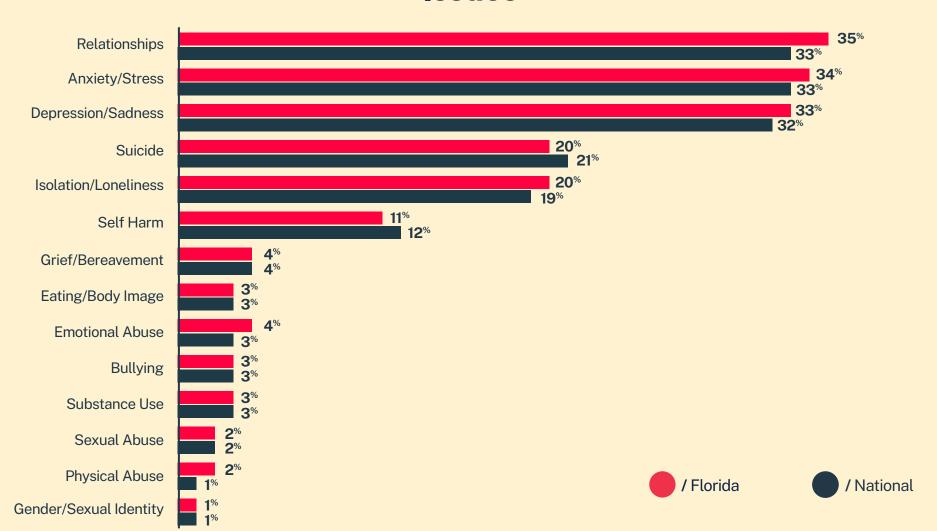
**64%**
Shared Something for First Time

**354**
Suicide De-escalations
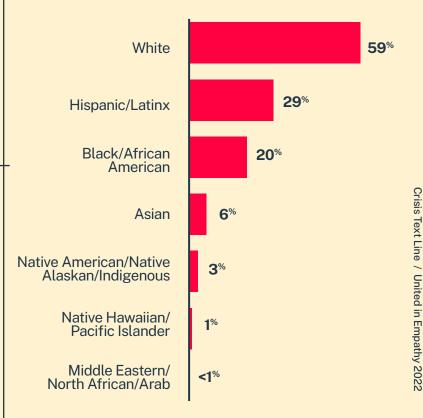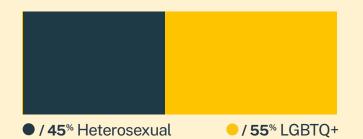
**141**
Active Rescues

## Issues

| Issue | Florida | National |
|---|---|---|
| Relationships | 35% | 33% |
| Anxiety/Stress | 34% | 33% |
| Depression/Sadness | 33% | 32% |
| Suicide | 20% | 21% |
| Isolation/Loneliness | 20% | 19% |
| Self Harm | 11% | 12% |
| Grief/Bereavement | 4% | 4% |
| Eating/Body Image | 3% | 3% |
| Emotional Abuse | 4% | 3% |
| Bullying | 3% | 3% |
| Substance Use | 3% | 3% |
| Sexual Abuse | 2% | 2% |
| Physical Abuse | 2% | 1% |
| Gender/Sexual Identity | 1% | 1% |

● / Florida    ● / National

## Race/Ethnicity

| | |
|---|---|
| White | 59% |
| Hispanic/Latinx | 29% |
| Black/African American | 20% |
| Asian | 6% |
| Native American/Native Alaskan/Indigenous | 3% |
| Native Hawaiian/ Pacific Islander | 1% |
| Middle Eastern/ North African/Arab | <1% |

## Sexual Orientation

● / 45% Heterosexual    ● / 55% LGBTQ+

## Gender

● / 1% Genderqueer    ● / 2% Agender    ● / 6% Trans    ● / 18% Boys+Men    ● / 74% Girls+Women
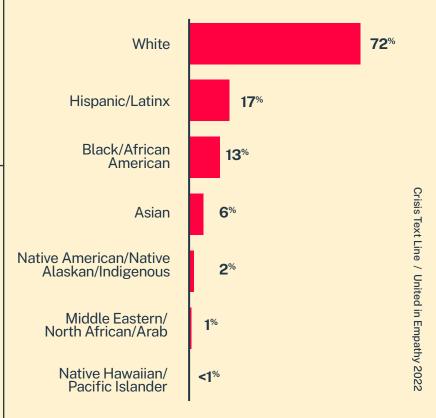
* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.

# Georgia*

**29,578**
Conversations

**18,365**
Texters in Crisis
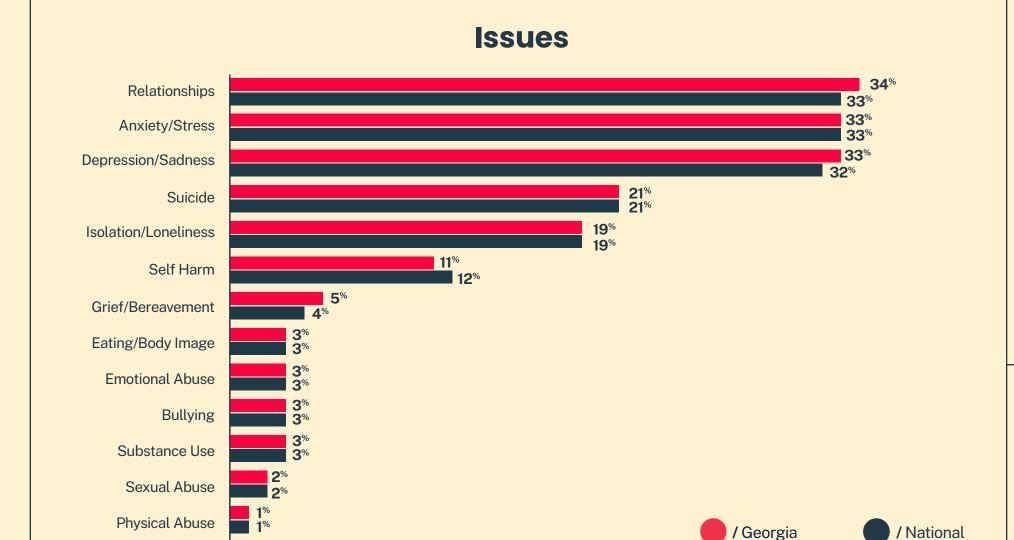
**63%**
Shared Something for First Time
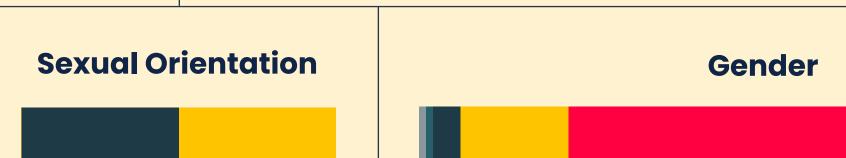
**254**
Suicide De-escalations

**113**
Active Rescues

## Issues

| Issue | Georgia | National |
|---|---|---|
| Relationships | 34% | 33% |
| Anxiety/Stress | 33% | 33% |
| Depression/Sadness | 33% | 32% |
| Suicide | 21% | 21% |
| Isolation/Loneliness | 19% | 19% |
| Self Harm | 11% | 12% |
| Grief/Bereavement | 5% | 4% |
| Eating/Body Image | 3% | 3% |
| Emotional Abuse | 3% | 3% |
| Bullying | 3% | 3% |
| Substance Use | 3% | 3% |
| Sexual Abuse | 2% | 2% |
| Physical Abuse | 1% | 1% |
| Gender/Sexual Identity | 1% | 1% |

● / Georgia   ● / National

## Age

| Age | Percent |
|---|---|
| < 14 yrs | 14% |
| 14-17 yrs | 29% |
| 18-24 yrs | 24% |
| 25-34 yrs | 18% |
| 35-44 yrs | 8% |
| 45-54 yrs | 4% |
| 55-64 yrs | 3% |
| > 64 yrs | 1% |

## Race/Ethnicity

| Race/Ethnicity | Percent |
|---|---|
| White | 55% |
| Black/African American | 38% |
| Hispanic/Latinx | 11% |
| Asian | 6% |
| Native American/Native Alaskan/Indigenous | 3% |
| Native Hawaiian/Pacific Islander | 1% |
| Middle Eastern/North African/Arab | <1% |

## Sexual Orientation

● / 50% Heterosexual   ● / 50% LGBTQ+

## Gender

● / 1% Genderqueer   ● / 1% Agender   ● / 4% Trans   ● / 16% Boys+Men   ● / 78% Girls+Women

\* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.
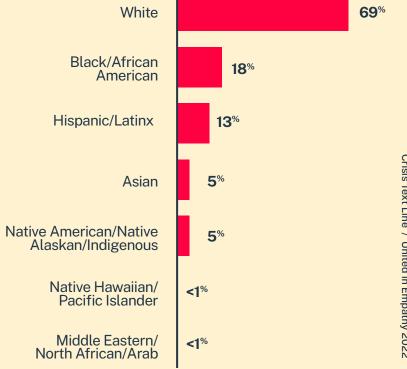
# Hawaii*

**4,835**
Conversations

**2,648**
Texters in Crisis

**58%**
Shared Something for First Time

**40**
Suicide De-escalations

**14**
Active Rescues

## Issues

| Issue | Hawaii | National |
|---|---|---|
| Relationships | 36% | 33% |
| Anxiety/Stress | 31% | 33% |
| Depression/Sadness | 31% | 32% |
| Suicide | 26% | 21% |
| Isolation/Loneliness | 21% | 19% |
| Self Harm | 12% | 12% |
| Grief/Bereavement | 3% | 4% |
| Eating/Body Image | 3% | 3% |
| Emotional Abuse | 4% | 3% |
| Bullying | 2% | 3% |
| Substance Use | 3% | 3% |
| Sexual Abuse | 3% | 2% |
| Physical Abuse | 2% | 1% |
| Gender/Sexual Identity | 1% | 1% |

● / Hawaii   ● / National

## Age

| Age | % |
|---|---|
| < 14 yrs | 15% |
| 14-17 yrs | 23% |
| 18-24 yrs | 24% |
| 25-34 yrs | 17% |
| 35-44 yrs | 10% |
| 45-54 yrs | 6% |
| 55-64 yrs | 3% |
| > 64 yrs | 1% |

## Race/Ethnicity

| Race/Ethnicity | % |
|---|---|
| Asian | 52% |
| White | 46% |
| Native Hawaiian/Pacific Islander | 34% |
| Hispanic/Latinx | 13% |
| Black/African American | 7% |
| Native American/Native Alaskan/Indigenous | 6% |
| Middle Eastern/North African/Arab | 1% |

## Sexual Orientation

● / 50% Heterosexual   ● / 50% LGBTQ+

## Gender

● / 1% Genderqueer   ● / 2% Agender   ● / 5% Trans   ● / 17% Boys+Men   ● / 76% Girls+Women

* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.

# Idaho*

**5,041**
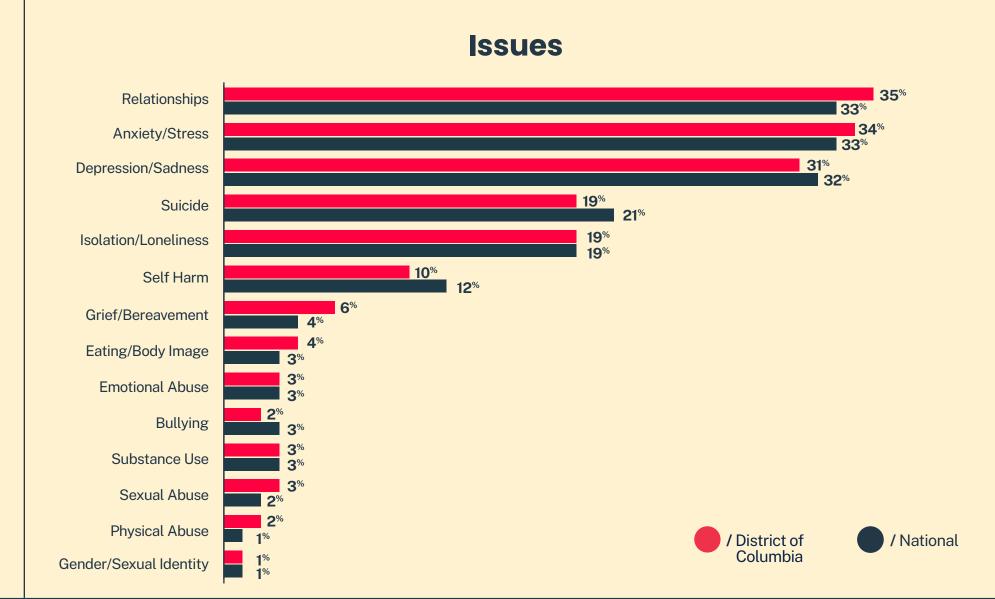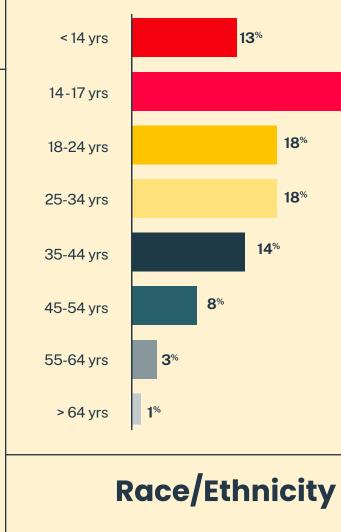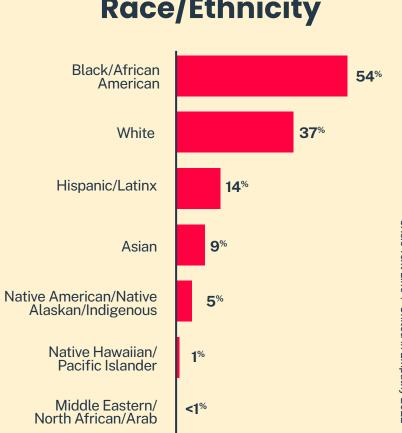Conversations

**2,959**
Texters in Crisis

**62%**
Shared Something for First Time

**60**
Suicide De-escalations

**14**
Active Rescues

## Issues

| Issue | Idaho | National |
|---|---|---|
| Relationships | 33% | 33% |
| Anxiety/Stress | 33% | 33% |
| Depression/Sadness | 33% | 32% |
| Suicide | 27% | 21% |
| Isolation/Loneliness | 19% | 19% |
| Self Harm | 16% | 12% |
| Grief/Bereavement | 5% | 4% |
| Eating/Body Image | 4% | 3% |
| Emotional Abuse | 4% | 3% |
| Bullying | 2% | 3% |
| Substance Use | 2% | 3% |
| Sexual Abuse | 3% | 2% |
| Physical Abuse | 1% | 1% |
| Gender/Sexual Identity | 2% | 1% |

● / Idaho   ● / National

## Age

| Age | % |
|---|---|
| < 14 yrs | 14% |
| 14-17 yrs | 28% |
| 18-24 yrs | 29% |
| 25-34 yrs | 15% |
| 35-44 yrs | 8% |
| 45-54 yrs | 3% |
| 55-64 yrs | 3% |
| > 64 yrs | <1% |

## Race/Ethnicity

| Race/Ethnicity | % |
|---|---|
| White | 87% |
| Hispanic/Latinx | 10% |
| Native American/Native Alaskan/Indigenous | 4% |
| Asian | 4% |
| Black/African American | 2% |
| Native Hawaiian/Pacific Islander | <1% |
| Middle Eastern/North African/Arab | <1% |

## Sexual Orientation

● / 44% Heterosexual    ● / 56% LGBTQ+

## Gender

● / 1% Genderqueer   ● / 2% Agender   ● / 6% Trans   ● / 18% Boys+Men   ● / 73% Girls+Women
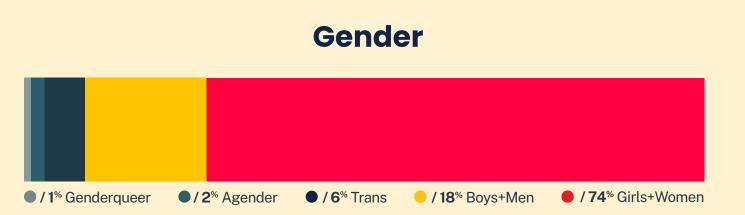
* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.

# Illinois*

**44,043**
Conversations

**25,128**
Texters in
Crisis

**61%**
Shared Something
for First Time
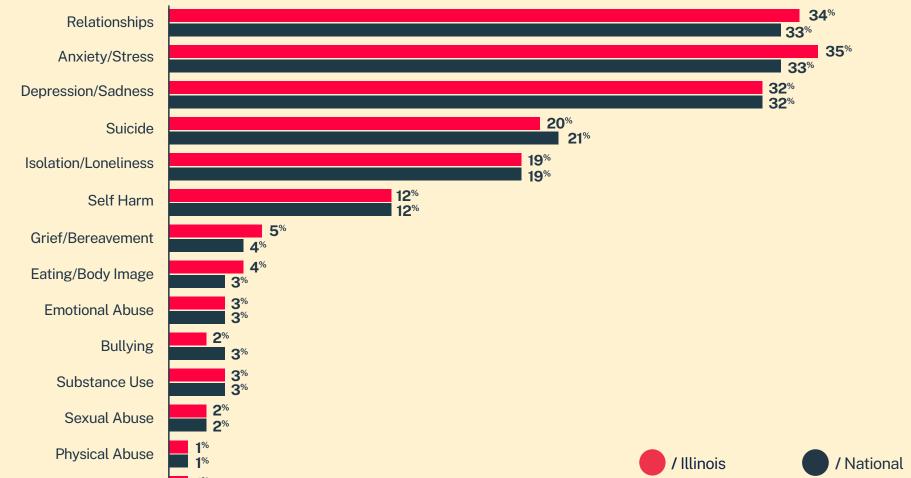
**357**
Suicide
De-escalations

**152**
Active
Rescues

## Issues

| Issue | Illinois | National |
|---|---|---|
| Relationships | 34% | 33% |
| Anxiety/Stress | 35% | 33% |
| Depression/Sadness | 32% | 32% |
| Suicide | 20% | 21% |
| Isolation/Loneliness | 19% | 19% |
| Self Harm | 12% | 12% |
| Grief/Bereavement | 5% | 4% |
| Eating/Body Image | 4% | 3% |
| Emotional Abuse | 3% | 3% |
| Bullying | 2% | 3% |
| Substance Use | 3% | 3% |
| Sexual Abuse | 2% | 2% |
| Physical Abuse | 1% | 1% |
| Gender/Sexual Identity | 1% | 1% |

● / Illinois   ● / National

## Age

| Age | Percent |
|---|---|
| < 14 yrs | 13% |
| 14-17 yrs | 29% |
| 18-24 yrs | 25% |
| 25-34 yrs | 17% |
| 35-44 yrs | 8% |
| 45-54 yrs | 5% |
| 55-64 yrs | 2% |
| > 64 yrs | <1% |

## Race/Ethnicity

| Race/Ethnicity | Percent |
|---|---|
| White | 64% |
| Hispanic/Latinx | 19% |
| Black/African American | 17% |
| Asian | 7% |
| Native American/Native Alaskan/Indigenous | 3% |
| Native Hawaiian/Pacific Islander | <1% |
| Middle Eastern/North African/Arab | <1% |

## Sexual Orientation

● / 50% Heterosexual   ● / 50% LGBTQ+

## Gender

● / 1% Genderqueer   ● / 2% Agender   ● / 5% Trans   ● / 17% Boys+Men   ● / 75% Girls+Women

* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.

# Indiana*

**20,988**
Conversations

**12,617**
Texters in Crisis

**61%**
Shared Something
for First Time
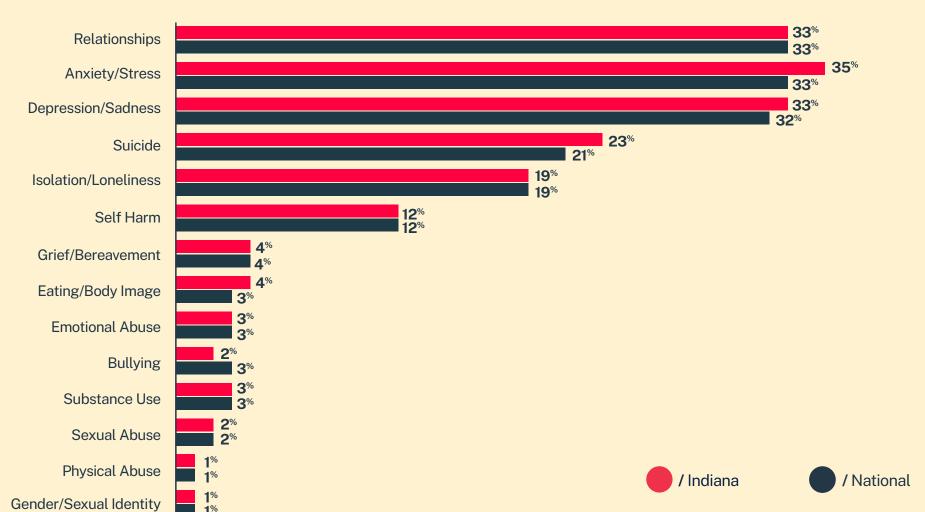
**223**
Suicide
De-escalations

**111**
Active
Rescues

## Issues

| Issue | Indiana | National |
|---|---|---|
| Relationships | 33% | 33% |
| Anxiety/Stress | 35% | 33% |
| Depression/Sadness | 33% | 32% |
| Suicide | 23% | 21% |
| Isolation/Loneliness | 19% | 19% |
| Self Harm | 12% | 12% |
| Grief/Bereavement | 4% | 4% |
| Eating/Body Image | 4% | 3% |
| Emotional Abuse | 3% | 3% |
| Bullying | 2% | 3% |
| Substance Use | 3% | 3% |
| Sexual Abuse | 2% | 2% |
| Physical Abuse | 1% | 1% |
| Gender/Sexual Identity | 1% | 1% |

● / Indiana   ● / National

## Age

| Age | % |
|---|---|
| < 14 yrs | 13% |
| 14-17 yrs | 29% |
| 18-24 yrs | 25% |
| 25-34 yrs | 17% |
| 35-44 yrs | 9% |
| 45-54 yrs | 5% |
| 55-64 yrs | 2% |
| > 64 yrs | 1% |

## Race/Ethnicity

| Race/Ethnicity | % |
|---|---|
| White | 83% |
| Black/African American | 12% |
| Hispanic/Latinx | 9% |
| Asian | 3% |
| Native American/Native Alaskan/Indigenous | 2% |
| Native Hawaiian/Pacific Islander | <1% |
| Middle Eastern/North African/Arab | <1% |

## Sexual Orientation

● / 47% Heterosexual   ● / 53% LGBTQ+

## Gender

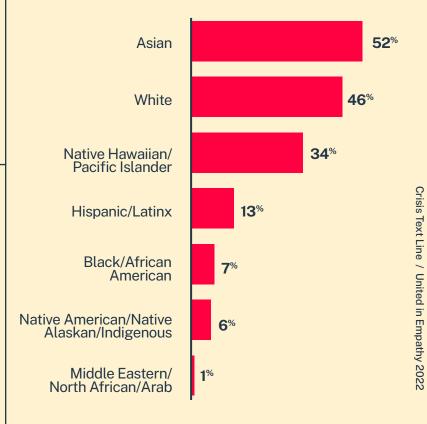● / 1% Genderqueer   ● / 2% Agender   ● / 6% Trans   ● / 18% Boys+Men   ● / 77% Girls+Women

* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.

# Iowa*

## Age

| | |
|---|---|
| < 14 yrs | 16% |
| 14-17 yrs | 31% |
| 18-24 yrs | 21% |
| 25-34 yrs | 16% |
| 35-44 yrs | 8% |
| 45-54 yrs | 5% |
| 55-64 yrs | 1% |
| > 64 yrs | 1% |
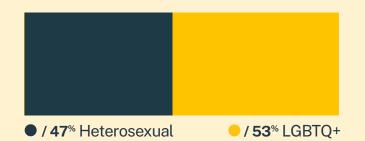
**8,487**
Conversations

**4,938**
Texters in Crisis

**62%**
Shared Something for First Time

**146**
Suicide De-escalations

**55**
Active Rescues

## Issues

| Issue | Iowa | National |
|---|---|---|
| Relationships | 34% | 33% |
| Anxiety/Stress | 31% | 33% |
| Depression/Sadness | 33% | 32% |
| Suicide | 27% | 21% |
| Isolation/Loneliness | 18% | 19% |
| Self Harm | 15% | 12% |
| Grief/Bereavement | 4% | 4% |
| Eating/Body Image | 3% | 3% |
| Emotional Abuse | 3% | 3% |
| Bullying | 3% | 3% |
| Substance Use | 3% | 3% |
| Sexual Abuse | 3% | 2% |
| Physical Abuse | 1% | 1% |
| Gender/Sexual Identity | 1% | 1% |

● / Iowa   ● / National

## Race/Ethnicity

| | |
|---|---|
| White | 87% |
| Hispanic/Latinx | 9% |
| Black/African American | 6% |
| Asian | 4% |
| Native American/Native Alaskan/Indigenous | 3% |
| Native Hawaiian/Pacific Islander | <1% |
| Middle Eastern/North African/Arab | <1% |

## Sexual Orientation

● / 47% Heterosexual   ● / 53% LGBTQ+

## Gender

● / 2% Genderqueer   ● / 2% Agender   ● / 6% Trans   ● / 16% Boys+Men   ● / 75% Girls+Women
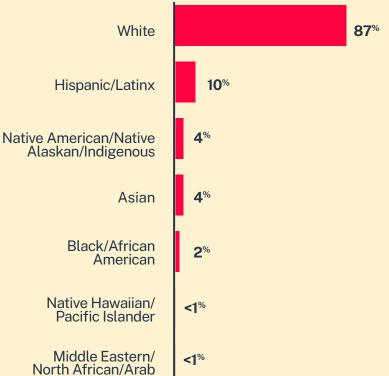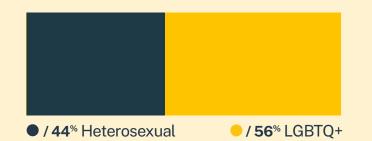
* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.

# Kansas*

**9,551**
Conversations

**5,545**
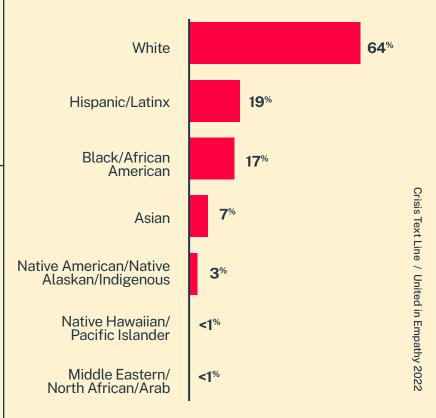Texters in Crisis
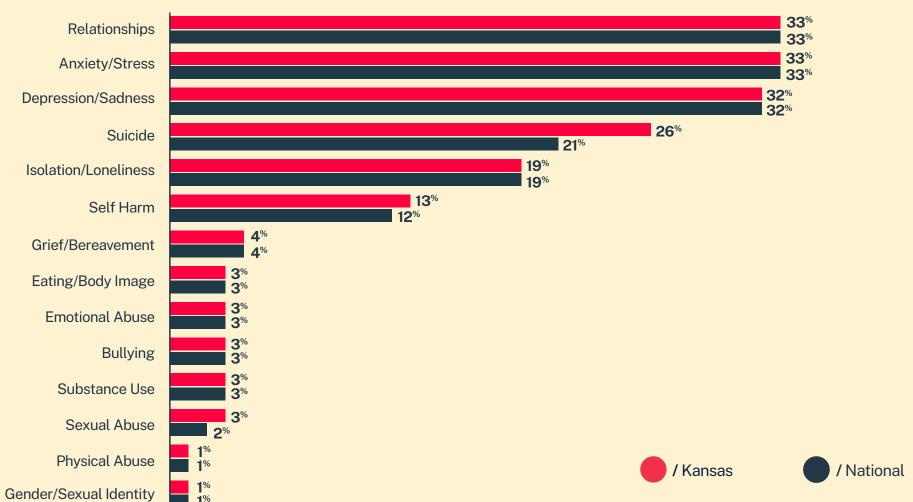
**63%**
Shared Something for First Time
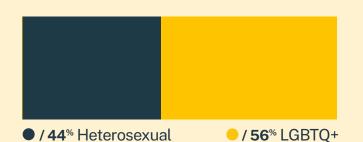
**113**
Suicide De-escalations

**70**
Active Rescues

## Issues

| Issue | Kansas | National |
|---|---|---|
| Relationships | 33% | 33% |
| Anxiety/Stress | 33% | 33% |
| Depression/Sadness | 32% | 32% |
| Suicide | 26% | 21% |
| Isolation/Loneliness | 19% | 19% |
| Self Harm | 13% | 12% |
| Grief/Bereavement | 4% | 4% |
| Eating/Body Image | 3% | 3% |
| Emotional Abuse | 3% | 3% |
| Bullying | 3% | 3% |
| Substance Use | 3% | 3% |
| Sexual Abuse | 3% | 2% |
| Physical Abuse | 1% | 1% |
| Gender/Sexual Identity | 1% | 1% |

● / Kansas   ● / National

## Age

| Age | % |
|---|---|
| < 14 yrs | 12% |
| 14-17 yrs | 28% |
| 18-24 yrs | 26% |
| 25-34 yrs | 18% |
| 35-44 yrs | 8% |
| 45-54 yrs | 4% |
| 55-64 yrs | 3% |
| > 64 yrs | 1% |

## Race/Ethnicity

| Race/Ethnicity | % |
|---|---|
| White | 80% |
| Hispanic/Latinx | 15% |
| Black/African American | 9% |
| Native American/Native Alaskan/Indigenous | 5% |
| Asian | 4% |
| Native Hawaiian/Pacific Islander | <1% |
| Middle Eastern/North African/Arab | <1% |

## Sexual Orientation

● / 44% Heterosexual   ● / 56% LGBTQ+

## Gender

● / 1% Genderqueer   ● / 2% Agender   ● / 6% Trans   ● / 19% Boys+Men   ● / 72% Girls+Women

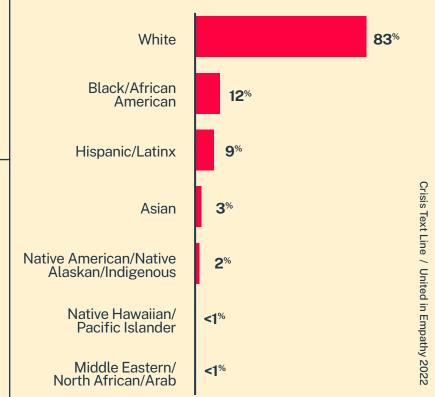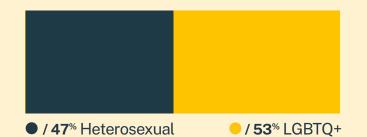* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.

# Kentucky*

**13,930**
Conversations

**8,344**
Texters in Crisis
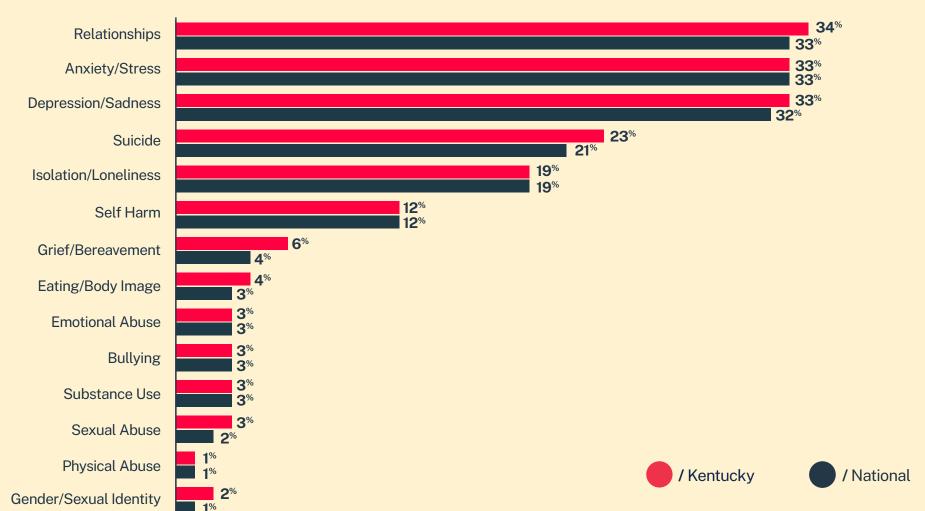
**62%**
Shared Something for First Time

**124**
Suicide De-escalations

**93**
Active Rescues
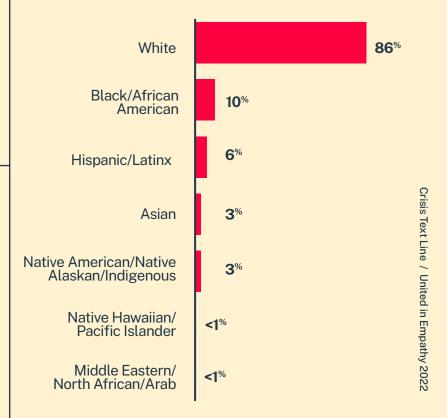
## Issues

| Issue | Kentucky | National |
|---|---|---|
| Relationships | 34% | 33% |
| Anxiety/Stress | 33% | 33% |
| Depression/Sadness | 33% | 32% |
| Suicide | 23% | 21% |
| Isolation/Loneliness | 19% | 19% |
| Self Harm | 12% | 12% |
| Grief/Bereavement | 6% | 4% |
| Eating/Body Image | 4% | 3% |
| Emotional Abuse | 3% | 3% |
| Bullying | 3% | 3% |
| Substance Use | 3% | 3% |
| Sexual Abuse | 3% | 2% |
| Physical Abuse | 1% | 1% |
| Gender/Sexual Identity | 2% | 1% |

● / Kentucky   ● / National

## Age

| Age | % |
|---|---|
| < 14 yrs | 14% |
| 14-17 yrs | 29% |
| 18-24 yrs | 23% |
| 25-34 yrs | 17% |
| 35-44 yrs | 9% |
| 45-54 yrs | 5% |
| 55-64 yrs | 2% |
| > 64 yrs | <1% |

## Race/Ethnicity

| Race/Ethnicity | % |
|---|---|
| White | 86% |
| Black/African American | 10% |
| Hispanic/Latinx | 6% |
| Asian | 3% |
| Native American/Native Alaskan/Indigenous | 3% |
| Native Hawaiian/Pacific Islander | <1% |
| Middle Eastern/North African/Arab | <1% |

## Sexual Orientation

● / 49% Heterosexual   ● / 51% LGBTQ+

## Gender

● / 1% Genderqueer   ● / 2% Agender   ● / 6% Trans   ● / 19% Boys+Men   ● / 73% Girls+Women

* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete. Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.
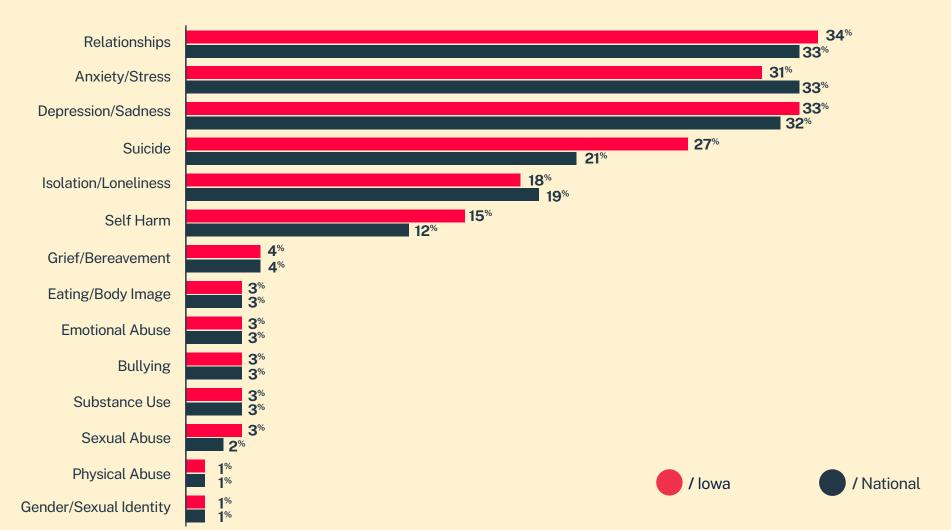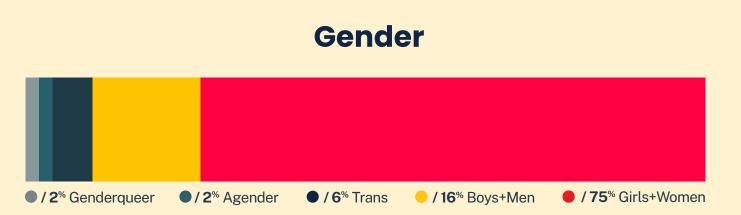
# Louisiana*

## Age

| | |
|---|---|
| < 14 yrs | 14% |
| 14-17 yrs | 29% |
| 18-24 yrs | 22% |
| 25-34 yrs | 16% |
| 35-44 yrs | 11% |
| 45-54 yrs | 6% |
| 55-64 yrs | 2% |
| > 64 yrs | 1% |

**13,251** Conversations

**7,933** Texters in Crisis

**62%** Shared Something for First Time
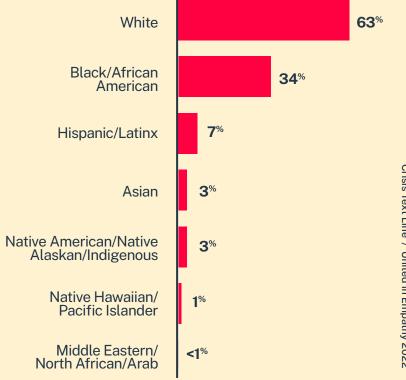
**83** Suicide De-escalations

**39** Active Rescues

## Issues

| Issue | Louisiana | National |
|---|---|---|
| Relationships | 36% | 33% |
| Anxiety/Stress | 34% | 33% |
| Depression/Sadness | 33% | 32% |
| Suicide | 20% | 21% |
| Isolation/Loneliness | 19% | 19% |
| Self Harm | 10% | 12% |
| Grief/Bereavement | 5% | 4% |
| Eating/Body Image | 3% | 3% |
| Emotional Abuse | 3% | 3% |
| Bullying | 3% | 3% |
| Substance Use | 2% | 3% |
| Sexual Abuse | 2% | 2% |
| Physical Abuse | 2% | 1% |
| Gender/Sexual Identity | 2% | 1% |

● / Louisiana   ● / National

## Race/Ethnicity

| | |
|---|---|
| White | 63% |
| Black/African American | 34% |
| Hispanic/Latinx | 7% |
| Asian | 3% |
| Native American/Native Alaskan/Indigenous | 3% |
| Native Hawaiian/Pacific Islander | 1% |
| Middle Eastern/North African/Arab | <1% |

## Sexual Orientation

● / 50% Heterosexual   ● / 50% LGBTQ+

## Gender

● / <1% Genderqueer   ● / 1% Agender   ● / 4% Trans   ● / 16% Boys+Men   ● / 77% Girls+Women

* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.

# Maine*

**4,680** Conversations

**2,484** Texters in Crisis
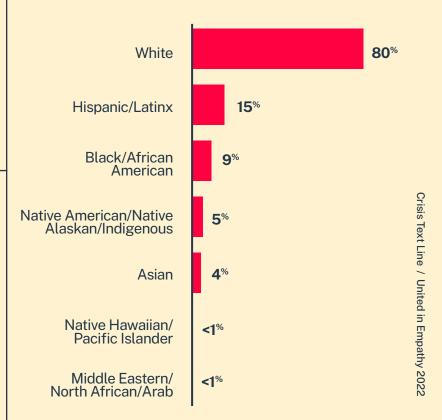
**51%** Shared Something for First Time
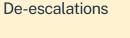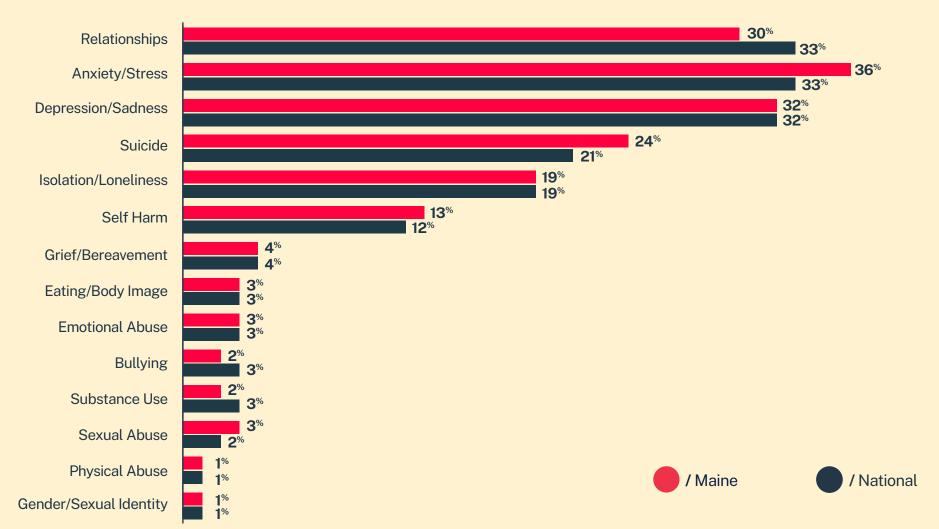
**60** Suicide De-escalations

**52** Active Rescues

## Issues

● / Maine  ● / National

| Issue | Maine | National |
|---|---|---|
| Relationships | 30% | 33% |
| Anxiety/Stress | 36% | 33% |
| Depression/Sadness | 32% | 32% |
| Suicide | 24% | 21% |
| Isolation/Loneliness | 19% | 19% |
| Self Harm | 13% | 12% |
| Grief/Bereavement | 4% | 4% |
| Eating/Body Image | 3% | 3% |
| Emotional Abuse | 3% | 3% |
| Bullying | 2% | 3% |
| Substance Use | 2% | 3% |
| Sexual Abuse | 3% | 2% |
| Physical Abuse | 1% | 1% |
| Gender/Sexual Identity | 1% | 1% |

## Age

| Age | % |
|---|---|
| < 14 yrs | 12% |
| 14-17 yrs | 31% |
| 18-24 yrs | 22% |
| 25-34 yrs | 19% |
| 35-44 yrs | 7% |
| 45-54 yrs | 6% |
| 55-64 yrs | 3% |
| > 64 yrs | 1% |

## Race/Ethnicity

| Race/Ethnicity | % |
|---|---|
| White | 93% |
| Native American/Native Alaskan/Indigenous | 5% |
| Hispanic/Latinx | 4% |
| Asian | 2% |
| Black/African American | 2% |
| Native Hawaiian/Pacific Islander | <1% |
| Middle Eastern/North African/Arab | <1% |

## Sexual Orientation

● / 47% Heterosexual   ● / 53% LGBTQ+

## Gender

● / 1% Genderqueer   ● / 1% Agender   ● / 9% Trans   ● / 18% Boys+Men   ● / 71% Girls+Women

* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.

# Maryland*

## Issues

**21,259**
Conversations

**11,887**
Texters in Crisis
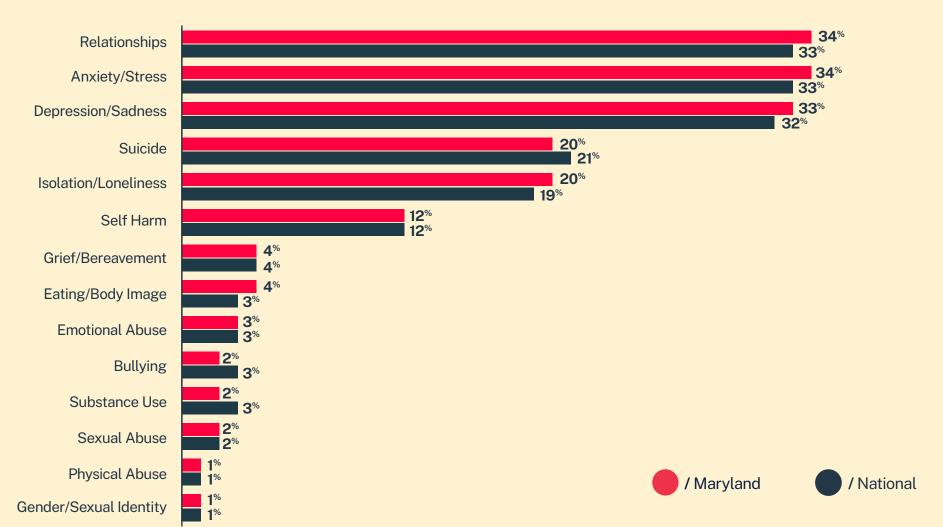
**60%**
Shared Something for First Time

**160**
Suicide De-escalations

**78**
Active Rescues

| Issue | Maryland | National |
|---|---|---|
| Relationships | 34% | 33% |
| Anxiety/Stress | 34% | 33% |
| Depression/Sadness | 33% | 32% |
| Suicide | 20% | 21% |
| Isolation/Loneliness | 20% | 19% |
| Self Harm | 12% | 12% |
| Grief/Bereavement | 4% | 4% |
| Eating/Body Image | 4% | 3% |
| Emotional Abuse | 3% | 3% |
| Bullying | 2% | 3% |
| Substance Use | 2% | 3% |
| Sexual Abuse | 2% | 2% |
| Physical Abuse | 1% | 1% |
| Gender/Sexual Identity | 1% | 1% |

● / Maryland   ● / National

## Age

| Age | % |
|---|---|
| < 14 yrs | 15% |
| 14-17 yrs | 29% |
| 18-24 yrs | 25% |
| 25-34 yrs | 15% |
| 35-44 yrs | 8% |
| 45-54 yrs | 4% |
| 55-64 yrs | 2% |
| > 64 yrs | 1% |

## Race/Ethnicity

| Race/Ethnicity | % |
|---|---|
| White | 57% |
| Black/African American | 32% |
| Hispanic/Latinx | 12% |
| Asian | 8% |
| Native American/Native Alaskan/Indigenous | 3% |
| Native Hawaiian/Pacific Islander | 1% |
| Middle Eastern/North African/Arab | <1% |

## Sexual Orientation

● / 48% Heterosexual    ● / 52% LGBTQ+

## Gender

● / 1% Genderqueer   ● / 1% Agender   ● / 4% Trans   ● / 18% Boys+Men   ● / 75% Girls+Women

\* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.

# Massachusetts*
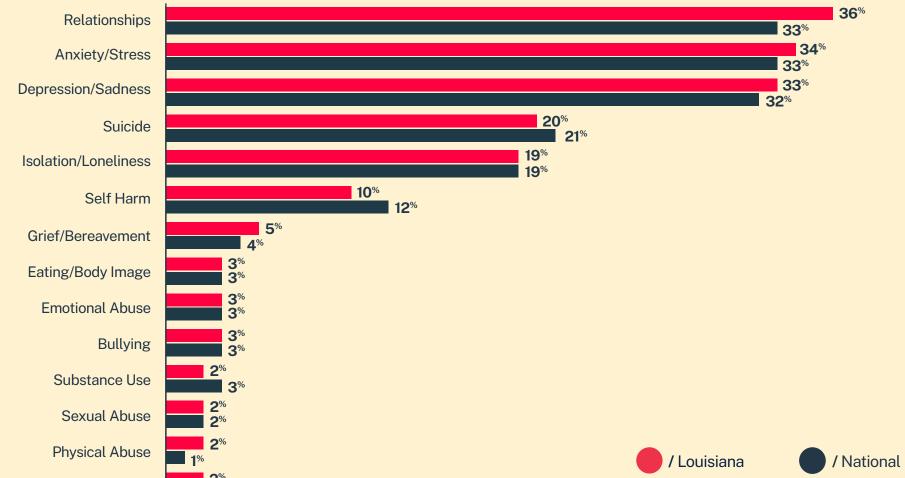
## Age

| | |
|---|---|
| < 14 yrs | **12%** |
| 14 -17 yrs | **28%** |
| 18-24 yrs | **29%** |
| 25-34 yrs | **17%** |
| 35-44 yrs | **6%** |
| 45-54 yrs | **5%** |
| 55-64 yrs | **2%** |
| > 64 yrs | **1%** |

**24,233**
Conversations

**13,224**
Texters in Crisis
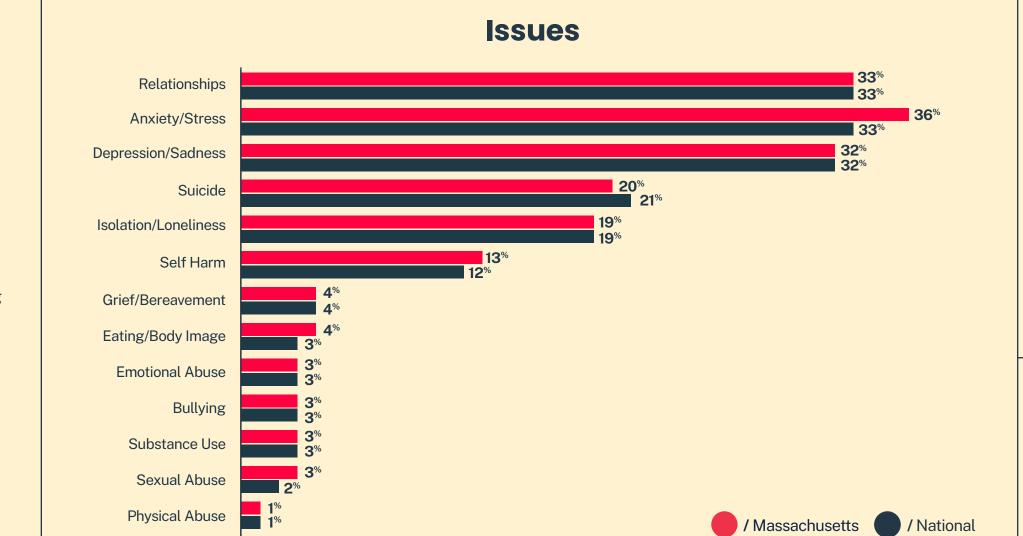
**58%**
Shared Something for First Time

**183**
Suicide De-escalations

**76**
Active Rescues

## Issues

| Issue | Massachusetts | National |
|---|---|---|
| Relationships | 33% | 33% |
| Anxiety/Stress | 36% | 33% |
| Depression/Sadness | 32% | 32% |
| Suicide | 20% | 21% |
| Isolation/Loneliness | 19% | 19% |
| Self Harm | 13% | 12% |
| Grief/Bereavement | 4% | 4% |
| Eating/Body Image | 4% | 3% |
| Emotional Abuse | 3% | 3% |
| Bullying | 3% | 3% |
| Substance Use | 3% | 3% |
| Sexual Abuse | 3% | 2% |
| Physical Abuse | 1% | 1% |
| Gender/Sexual Identity | 1% | 1% |

● / Massachusetts   ● / National

## Race/Ethnicity

| | |
|---|---|
| White | **77%** |
| Hispanic/Latinx | **15%** |
| Black/African American | **11%** |
| Asian | **7%** |
| Native American/Native Alaskan/Indigenous | **2%** |
| Middle Eastern/ North African/Arab | **1%** |
| Native Hawaiian/ Pacific Islander | **<1%** |

## Sexual Orientation

● / **42%** Heterosexual   ● / **58%** LGBTQ+

## Gender

● / **1%** Genderqueer   ● / **2%** Agender   ● / **5%** Trans   ● / **16%** Boys+Men   ● / **76%** Girls+Women

* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.
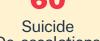
# Michigan*

## Age

| | |
|---|---|
| < 14 yrs | 14% |
| 14-17 yrs | 28% |
| 18-24 yrs | 24% |
| 25-34 yrs | 18% |
| 35-44 yrs | 9% |
| 45-54 yrs | 5% |
| 55-64 yrs | 3% |
| > 64 yrs | 1% |

**32,419** Conversations

**18,540** Texters in Crisis

**59%** Shared Something for First Time

**334** Suicide De-escalations

**141** Active Rescues

## Issues

| Issue | Michigan | National |
|---|---|---|
| Relationships | 33% | 33% |
| Anxiety/Stress | 35% | 33% |
| Depression/Sadness | 33% | 32% |
| Suicide | 22% | 21% |
| Isolation/Loneliness | 19% | 19% |
| Self Harm | 13% | 12% |
| Grief/Bereavement | 5% | 4% |
| Eating/Body Image | 4% | 3% |
| Emotional Abuse | 3% | 3% |
| Bullying | 2% | 3% |
| Substance Use | 3% | 3% |
| Sexual Abuse | 2% | 2% |
| Physical Abuse | 1% | 1% |
| Gender/Sexual Identity | 1% | 1% |

● / Michigan   ● / National

## Race/Ethnicity

| | |
|---|---|
| White | 77% |
| Black/African American | 18% |
| Hispanic/Latinx | 8% |
| Asian | 4% |
| Native American/Native Alaskan/Indigenous | 4% |
| Native Hawaiian/ Pacific Islander | 1% |
| Middle Eastern/ North African/Arab | 1% |

## Sexual Orientation

● / 48% Heterosexual   ● / 52% LGBTQ+

## Gender

● / 1% Genderqueer   ● / 2% Agender   ● / 6% Trans   ● / 16% Boys+Men   ● / 75% Girls+Women

* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.
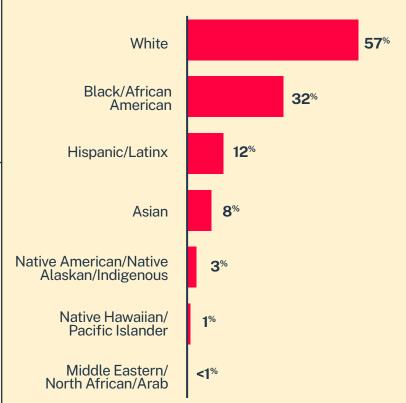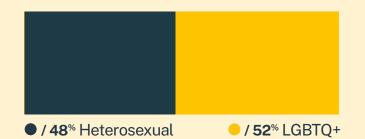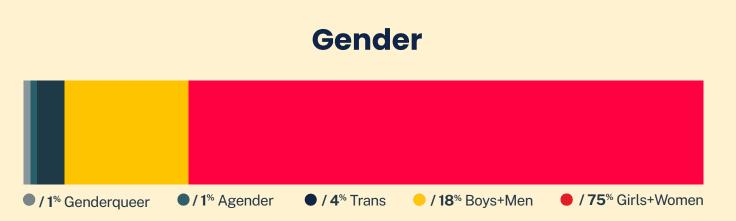
# Minnesota*

## Age

| | |
|---|---|
| < 14 yrs | 15% |
| 14-17 yrs | 31% |
| 18-24 yrs | 24% |
| 25-34 yrs | 15% |
| 35-44 yrs | 8% |
| 45-54 yrs | 4% |
| 55-64 yrs | 2% |
| > 64 yrs | 1% |

**22,553**
Conversations

**12,227**
Texters in Crisis

**59%**
Shared Something for First Time
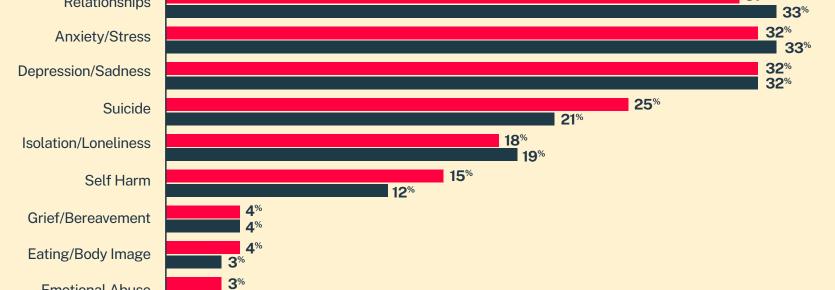
**332**
Suicide De-escalations

**110**
Active Rescues
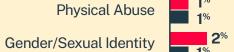
## Issues

| Issue | Minnesota | National |
|---|---|---|
| Relationships | 31% | 33% |
| Anxiety/Stress | 32% | 33% |
| Depression/Sadness | 32% | 32% |
| Suicide | 25% | 21% |
| Isolation/Loneliness | 18% | 19% |
| Self Harm | 15% | 12% |
| Grief/Bereavement | 4% | 4% |
| Eating/Body Image | 4% | 3% |
| Emotional Abuse | 3% | 3% |
| Bullying | 3% | 3% |
| Substance Use | 3% | 3% |
| Sexual Abuse | 2% | 2% |
| Physical Abuse | 1% | 1% |
| Gender/Sexual Identity | 2% | 1% |

● / Minnesota  ● / National

## Race/Ethnicity

| | |
|---|---|
| White | 83% |
| Black/African American | 8% |
| Hispanic/Latinx | 7% |
| Asian | 7% |
| Native American/Native Alaskan/Indigenous | 6% |
| Native Hawaiian/Pacific Islander | 1% |
| Middle Eastern/North African/Arab | <1% |

## Sexual Orientation

● / **45%** Heterosexual    ● / **55%** LGBTQ+

## Gender

● / **1%** Agender   ● / **2%** Genderqueer   ● / **6%** Trans   ● / **15%** Boys+Men   ● / **76%** Girls+Women

* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.

# Mississippi*

**7,410**
Conversations
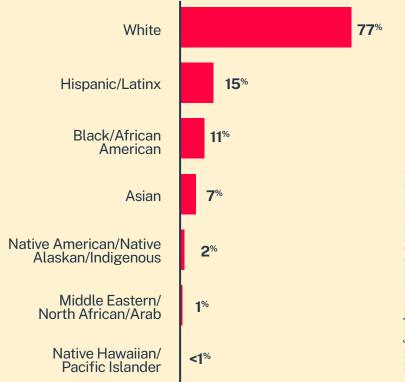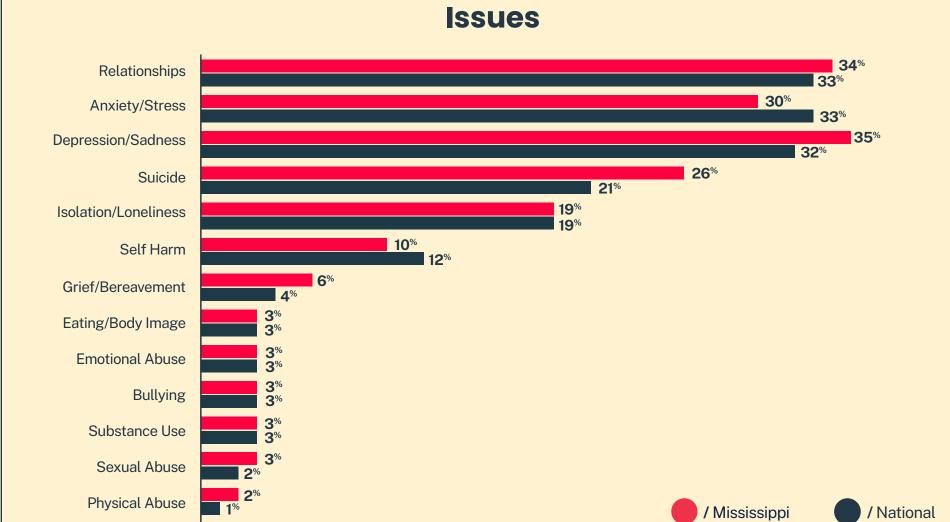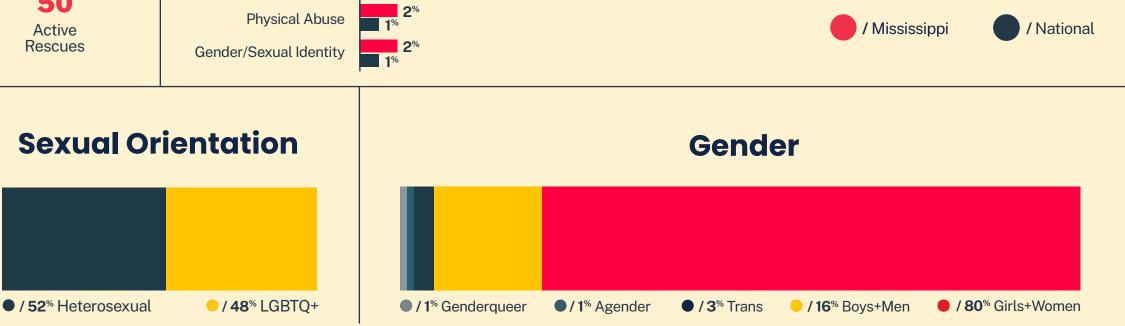
**4,877**
Texters in Crisis

**61%**
Shared Something for First Time

**88**
Suicide De-escalations

**50**
Active Rescues

## Issues

| Issue | Mississippi | National |
|---|---|---|
| Relationships | 34% | 33% |
| Anxiety/Stress | 30% | 33% |
| Depression/Sadness | 35% | 32% |
| Suicide | 26% | 21% |
| Isolation/Loneliness | 19% | 19% |
| Self Harm | 10% | 12% |
| Grief/Bereavement | 6% | 4% |
| Eating/Body Image | 3% | 3% |
| Emotional Abuse | 3% | 3% |
| Bullying | 3% | 3% |
| Substance Use | 3% | 3% |
| Sexual Abuse | 3% | 2% |
| Physical Abuse | 2% | 1% |
| Gender/Sexual Identity | 2% | 1% |

● / Mississippi   ● / National

## Age

| Age | % |
|---|---|
| < 14 yrs | 14% |
| 14-17 yrs | 29% |
| 18-24 yrs | 22% |
| 25-34 yrs | 18% |
| 35-44 yrs | 10% |
| 45-54 yrs | 4% |
| 55-64 yrs | 2% |
| > 64 yrs | 1% |

## Race/Ethnicity

| Race/Ethnicity | % |
|---|---|
| White | 55% |
| Black/African American | 42% |
| Hispanic/Latinx | 6% |
| Native American/Native Alaskan/Indigenous | 5% |
| Asian | 3% |
| Native Hawaiian/Pacific Islander | <1% |
| Middle Eastern/North African/Arab | <1% |

## Sexual Orientation

● / 52% Heterosexual   ● / 48% LGBTQ+

## Gender

● / 1% Genderqueer   ● / 1% Agender   ● / 3% Trans   ● / 16% Boys+Men   ● / 80% Girls+Women
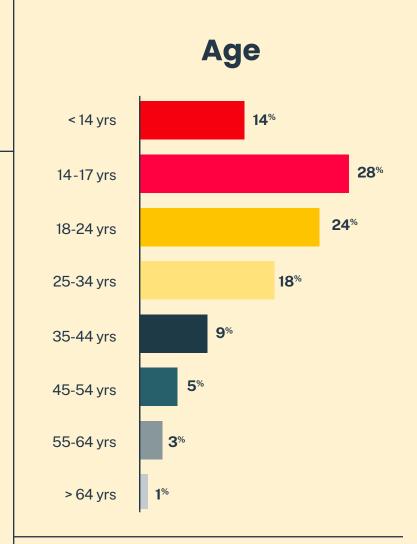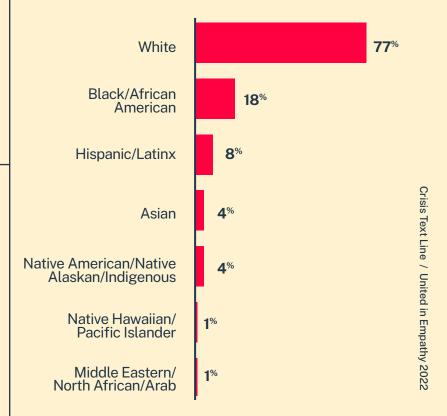
* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.

# Missouri*

## Age

| | |
|---|---|
| < 14 yrs | 14% |
| 14-17 yrs | 30% |
| 18-24 yrs | 23% |
| 25-34 yrs | 15% |
| 35-44 yrs | 8% |
| 45-54 yrs | 6% |
| 55-64 yrs | 3% |
| > 64 yrs | 1% |

**21,265** Conversations

**12,133** Texters in Crisis

**61%** Shared Something for First Time

**214** Suicide De-escalations
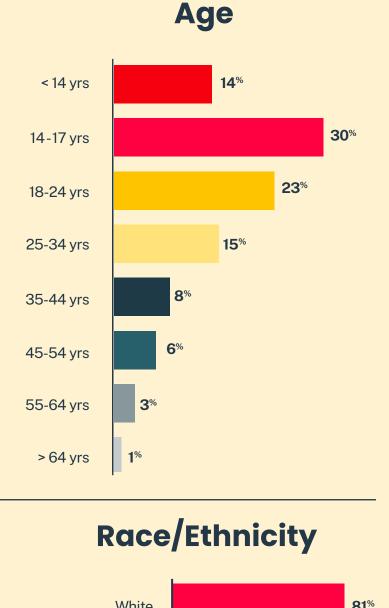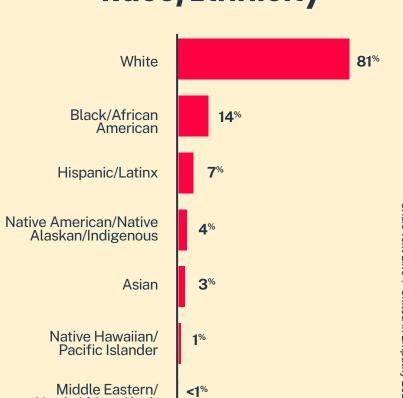
**132** Active Rescues

## Issues

| Issue | Missouri | National |
|---|---|---|
| Relationships | 32% | 33% |
| Anxiety/Stress | 33% | 33% |
| Depression/Sadness | 32% | 32% |
| Suicide | 22% | 21% |
| Isolation/Loneliness | 19% | 19% |
| Self Harm | 13% | 12% |
| Grief/Bereavement | 5% | 4% |
| Eating/Body Image | 3% | 3% |
| Emotional Abuse | 3% | 3% |
| Bullying | 2% | 3% |
| Substance Use | 3% | 3% |
| Sexual Abuse | 2% | 2% |
| Physical Abuse | 1% | 1% |
| Gender/Sexual Identity | 2% | 1% |

● / Missouri   ● / National

## Race/Ethnicity

| | |
|---|---|
| White | 81% |
| Black/African American | 14% |
| Hispanic/Latinx | 7% |
| Native American/Native Alaskan/Indigenous | 4% |
| Asian | 3% |
| Native Hawaiian/Pacific Islander | 1% |
| Middle Eastern/North African/Arab | <1% |

## Sexual Orientation

● / 44% Heterosexual   ● / 56% LGBTQ+

## Gender

● / 1% Genderqueer   ● / 2% Agender   ● / 6% Trans   ● / 17% Boys+Men   ● / 74% Girls+Women

* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete. Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.

# Montana*

**3,797**
Conversations

**2,154**
Texters in Crisis

**58%**
Shared Something for First Time
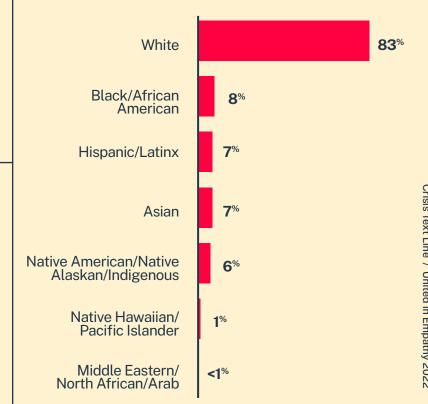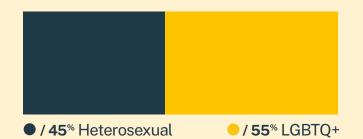
**55**
Suicide De-escalations

**21**
Active Rescues

## Issues

| Issue | Montana | National |
|---|---|---|
| Relationships | 33% | 33% |
| Anxiety/Stress | 29% | 33% |
| Depression/Sadness | 34% | 32% |
| Suicide | 30% | 21% |
| Isolation/Loneliness | 20% | 19% |
| Self Harm | 15% | 12% |
| Grief/Bereavement | 5% | 4% |
| Eating/Body Image | 3% | 3% |
| Emotional Abuse | 3% | 3% |
| Bullying | 2% | 3% |
| Substance Use | 4% | 3% |
| Sexual Abuse | 2% | 2% |
| Physical Abuse | 1% | 1% |
| Gender/Sexual Identity | 1% | 1% |

● / Montana      ● / National

## Age

| Age | % |
|---|---|
| < 14 yrs | 14% |
| 14-17 yrs | 36% |
| 18-24 yrs | 26% |
| 25-34 yrs | 12% |
| 35-44 yrs | 6% |
| 45-54 yrs | 4% |
| 55-64 yrs | 1% |
| > 64 yrs | 1% |

## Race/Ethnicity

| Race/Ethnicity | % |
|---|---|
| White | 87% |
| Native American/Native Alaskan/Indigenous | 12% |
| Hispanic/Latinx | 7% |
| Asian | 3% |
| Black/African American | 2% |
| Native Hawaiian/Pacific Islander | 1% |
| Middle Eastern/North African/Arab | <1% |

## Sexual Orientation

● / 40% Heterosexual      ● / 60% LGBTQ+

## Gender

● / 2% Agender   ● / 3% Genderqueer   ● / 8% Trans   ● / 19% Boys+Men   ● / 69% Girls+Women

* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.

# Nebraska*
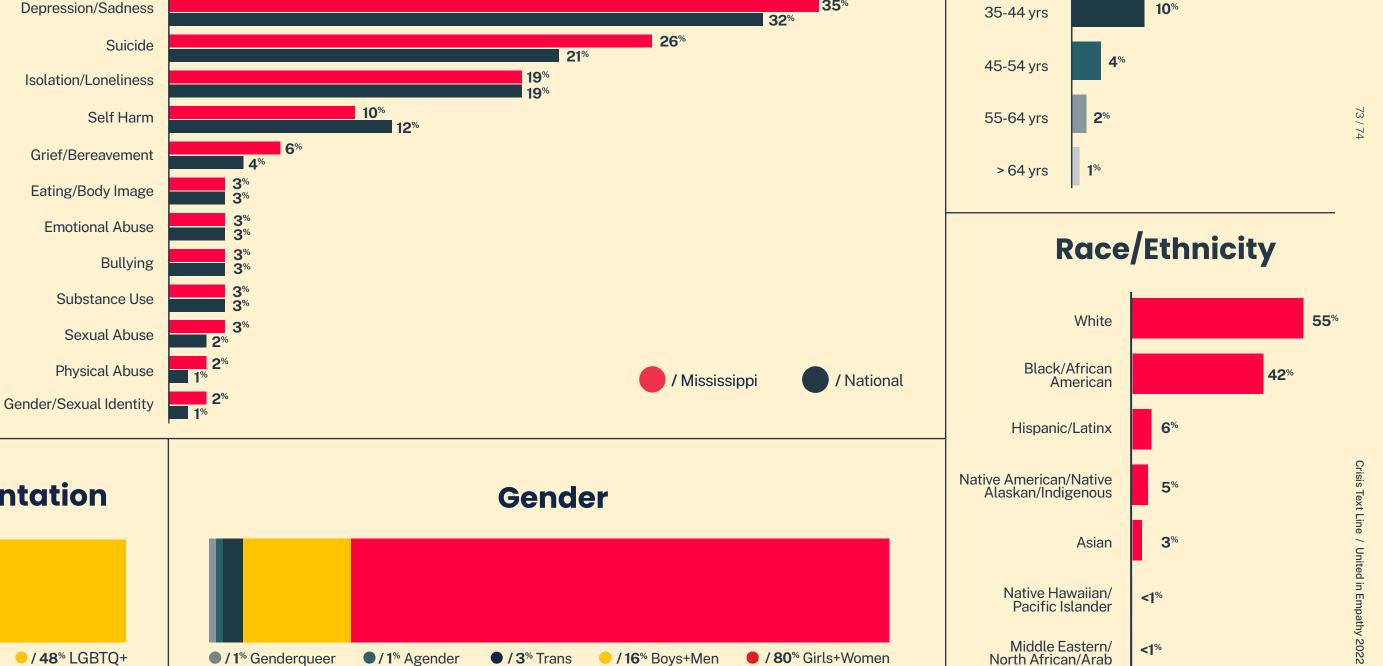
**5,648** Conversations

**3,053** Texters in Crisis

**60%** Shared Something for First Time
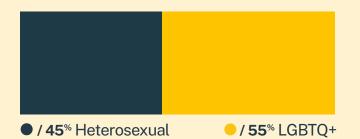
**89** Suicide De-escalations

**28** Active Rescues

## Issues

| Issue | Nebraska | National |
|---|---|---|
| Relationships | 33% | 33% |
| Anxiety/Stress | 32% | 33% |
| Depression/Sadness | 30% | 32% |
| Suicide | 24% | 21% |
| Isolation/Loneliness | 18% | 19% |
| Self Harm | 12% | 12% |
| Grief/Bereavement | 5% | 4% |
| Eating/Body Image | 3% | 3% |
| Emotional Abuse | 3% | 3% |
| Bullying | 3% | 3% |
| Substance Use | 3% | 3% |
| Sexual Abuse | 3% | 2% |
| Physical Abuse | 1% | 1% |
| Gender/Sexual Identity | 1% | 1% |

● / Nebraska   ● / National

## Age

| Age | % |
|---|---|
| < 14 yrs | 17% |
| 14-17 yrs | 25% |
| 18-24 yrs | 25% |
| 25-34 yrs | 16% |
| 35-44 yrs | 8% |
| 45-54 yrs | 5% |
| 55-64 yrs | 2% |
| > 64 yrs | 1% |

## Race/Ethnicity

| Race/Ethnicity | % |
|---|---|
| White | 84% |
| Hispanic/Latinx | 11% |
| Black/African American | 8% |
| Native American/Native Alaskan/Indigenous | 5% |
| Asian | 3% |
| Native Hawaiian/Pacific Islander | 1% |
| Middle Eastern/North African/Arab | <1% |

## Sexual Orientation

● / 45% Heterosexual   ● / 55% LGBTQ+

## Gender

● / <1% Genderqueer   ● / 2% Agender   ● / 6% Trans   ● / 21% Boys+Men   ● / 72% Girls+Women

* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.
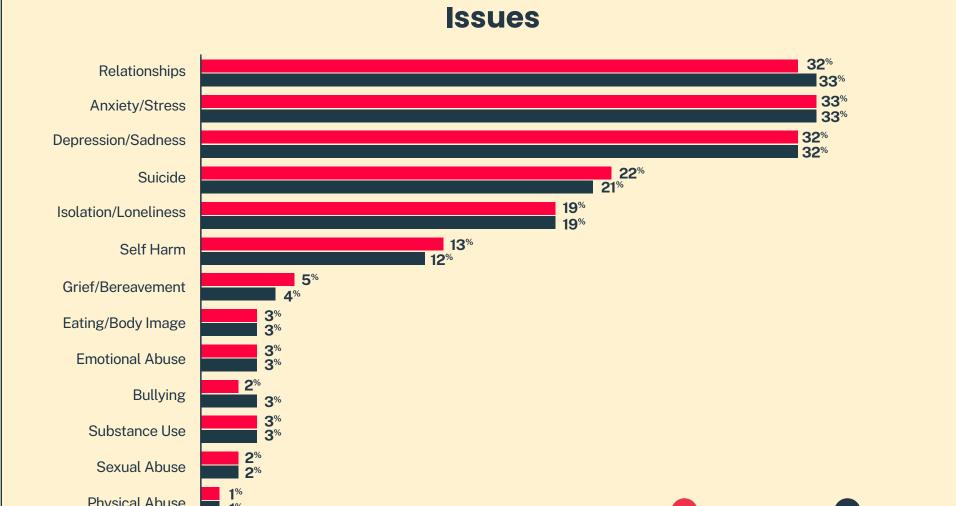
# Nevada*

**8,729**
Conversations

**5,097**
Texters in Crisis

**62%**
Shared Something
for First Time
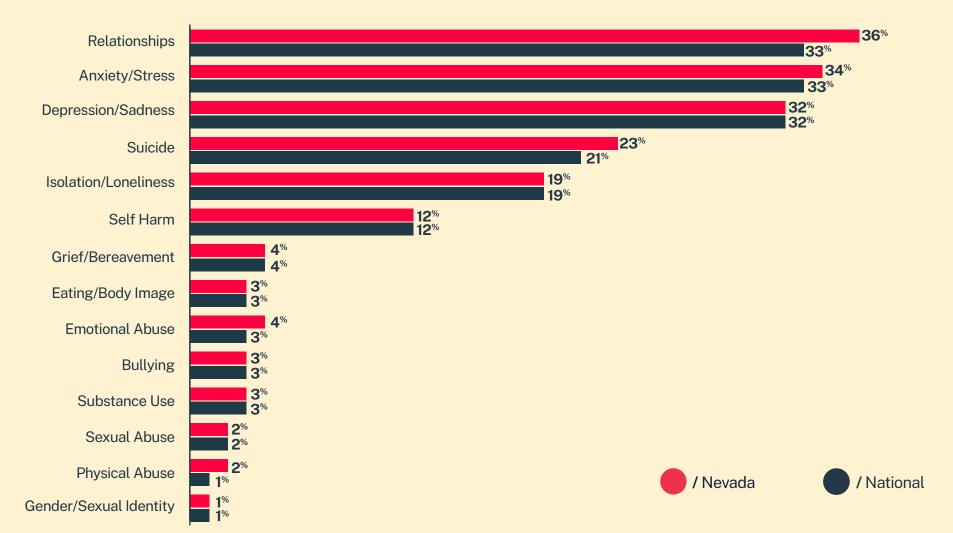
**88**
Suicide
De-escalations

**25**
Active
Rescues

## Issues

| Issue | Nevada | National |
|---|---|---|
| Relationships | 36% | 33% |
| Anxiety/Stress | 34% | 33% |
| Depression/Sadness | 32% | 32% |
| Suicide | 23% | 21% |
| Isolation/Loneliness | 19% | 19% |
| Self Harm | 12% | 12% |
| Grief/Bereavement | 4% | 4% |
| Eating/Body Image | 3% | 3% |
| Emotional Abuse | 4% | 3% |
| Bullying | 3% | 3% |
| Substance Use | 3% | 3% |
| Sexual Abuse | 2% | 2% |
| Physical Abuse | 2% | 1% |
| Gender/Sexual Identity | 1% | 1% |

● / Nevada   ● / National

## Age
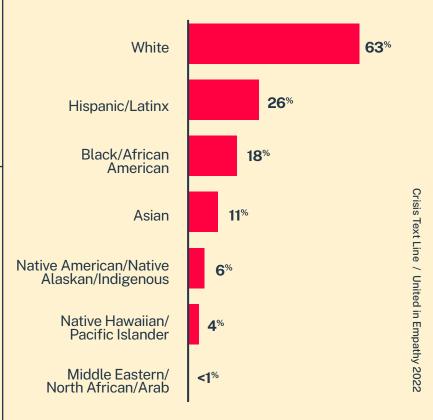
| Age | % |
|---|---|
| < 14 yrs | 16% |
| 14-17 yrs | 26% |
| 18-24 yrs | 24% |
| 25-34 yrs | 18% |
| 35-44 yrs | 8% |
| 45-54 yrs | 4% |
| 55-64 yrs | 3% |
| > 64 yrs | 1% |

## Race/Ethnicity

| Race/Ethnicity | % |
|---|---|
| White | 63% |
| Hispanic/Latinx | 26% |
| Black/African American | 18% |
| Asian | 11% |
| Native American/Native Alaskan/Indigenous | 6% |
| Native Hawaiian/Pacific Islander | 4% |
| Middle Eastern/North African/Arab | <1% |

## Sexual Orientation

● / **43%** Heterosexual    ● / **57%** LGBTQ+

## Gender

● / **2%** Genderqueer   ● / **2%** Agender   ● / **5%** Trans   ● / **18%** Boys+Men   ● / **73%** Girls+Women

* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.
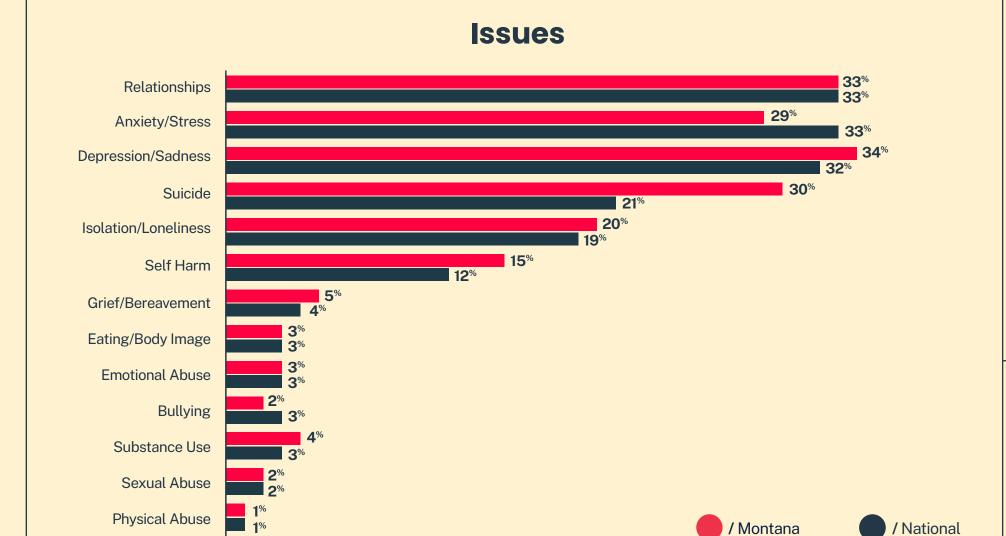
# New Hampshire*

## Issues

**4,639**
Conversations

**2,574**
Texters in Crisis

**60%**
Shared Something for First Time

**56**
Suicide De-escalations

**10**
Active Rescues

| Issue | New Hampshire | National |
|---|---|---|
| Relationships | 32% | 33% |
| Anxiety/Stress | 36% | 33% |
| Depression/Sadness | 33% | 32% |
| Suicide | 22% | 21% |
| Isolation/Loneliness | 19% | 19% |
| Self Harm | 14% | 12% |
| Grief/Bereavement | 5% | 4% |
| Eating/Body Image | 4% | 3% |
| Emotional Abuse | 3% | 3% |
| Bullying | 3% | 3% |
| Substance Use | 3% | 3% |
| Sexual Abuse | 3% | 2% |
| Physical Abuse | 1% | 1% |
| Gender/Sexual Identity | 2% | 1% |

● / New Hampshire   ● / National

## Age

| Age | % |
|---|---|
| < 14 yrs | 13% |
| 14-17 yrs | 31% |
| 18-24 yrs | 25% |
| 25-34 yrs | 17% |
| 35-44 yrs | 9% |
| 45-54 yrs | 3% |
| 55-64 yrs | 1% |
| > 64 yrs | 1% |

## Race/Ethnicity

| Race/Ethnicity | % |
|---|---|
| White | 91% |
| Hispanic/Latinx | 8% |
| Asian | 5% |
| Black/African American | 4% |
| Native American/Native Alaskan/Indigenous | 2% |
| Native Hawaiian/Pacific Islander | <1% |
| Middle Eastern/North African/Arab | <1% |

## Sexual Orientation

● / 44% Heterosexual   ● / 56% LGBTQ+

## Gender

● / 1% Agender   ● / 2% Genderqueer   ● / 5% Trans   ● / 20% Boys+Men   ● / 72% Girls+Women
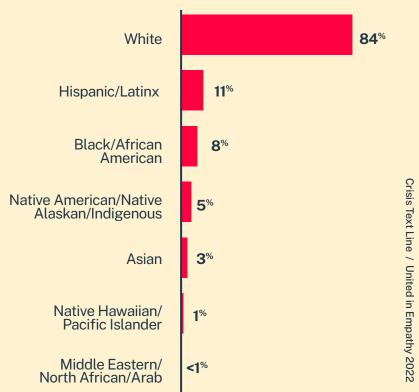
* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.

# New Jersey*

**29,170**
Conversations

**15,981**
Texters in Crisis

**59%**
Shared Something for First Time
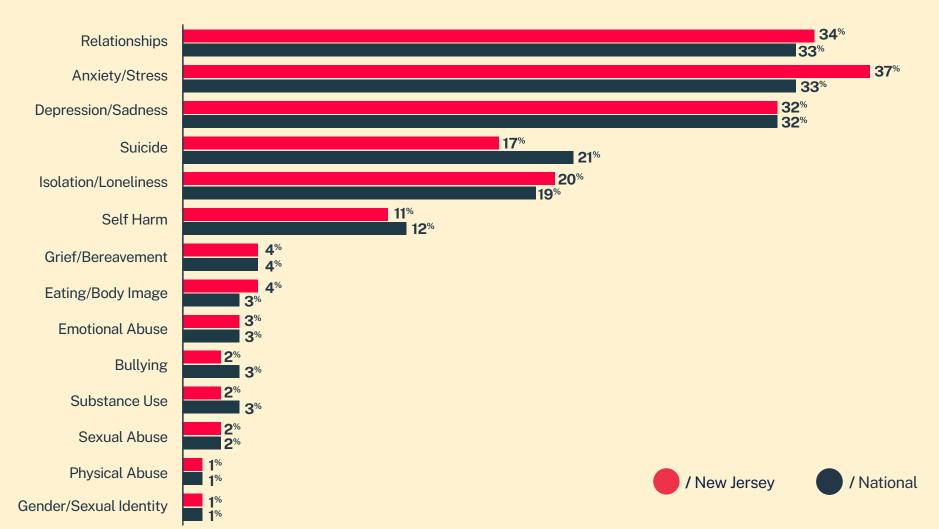
**180**
Suicide De-escalations
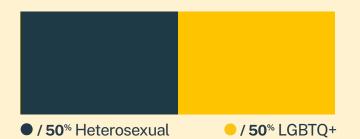
**54**
Active Rescues

## Issues

| Issue | New Jersey | National |
|---|---|---|
| Relationships | 34% | 33% |
| Anxiety/Stress | 37% | 33% |
| Depression/Sadness | 32% | 32% |
| Suicide | 17% | 21% |
| Isolation/Loneliness | 20% | 19% |
| Self Harm | 11% | 12% |
| Grief/Bereavement | 4% | 4% |
| Eating/Body Image | 4% | 3% |
| Emotional Abuse | 3% | 3% |
| Bullying | 2% | 3% |
| Substance Use | 2% | 3% |
| Sexual Abuse | 2% | 2% |
| Physical Abuse | 1% | 1% |
| Gender/Sexual Identity | 1% | 1% |

● / New Jersey   ● / National

## Age

| Age | % |
|---|---|
| < 14 yrs | 13% |
| 14-17 yrs | 28% |
| 18-24 yrs | 26% |
| 25-34 yrs | 18% |
| 35-44 yrs | 8% |
| 45-54 yrs | 4% |
| 55-64 yrs | 2% |
| > 64 yrs | 1% |

## Race/Ethnicity

| Race/Ethnicity | % |
|---|---|
| White | 59% |
| Hispanic/Latinx | 23% |
| Black/African American | 19% |
| Asian | 11% |
| Native American/Native Alaskan/Indigenous | 2% |
| Native Hawaiian/Pacific Islander | 1% |
| Middle Eastern/North African/Arab | 1% |

## Sexual Orientation

● / 50% Heterosexual   ● / 50% LGBTQ+

## Gender
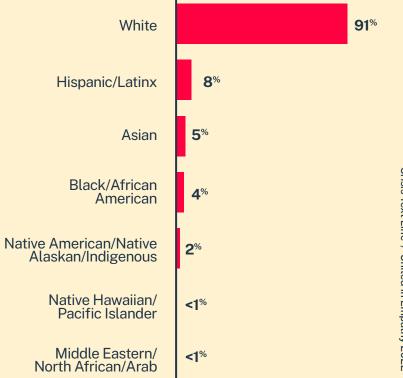
● / 1% Genderqueer   ● / 1% Agender   ● / 4% Trans   ● / 16% Boys+Men   ● / 77% Girls+Women

* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.

# New Mexico*

**6,515**
Conversations
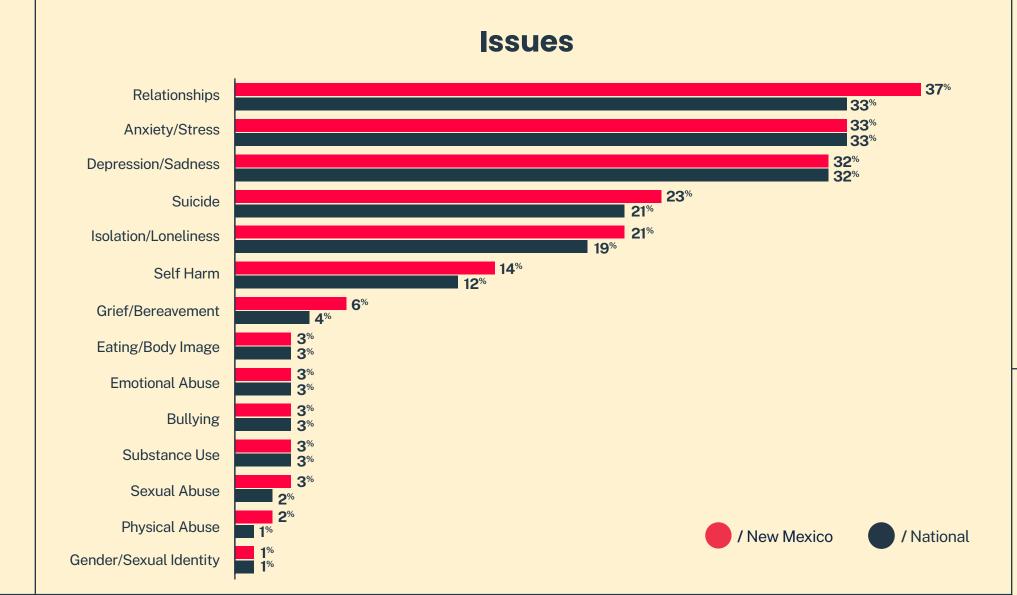
**3,657**
Texters in Crisis
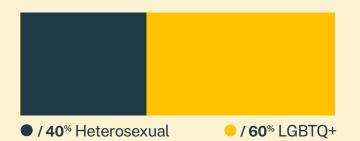
**63%**
Shared Something for First Time

**49**
Suicide De-escalations

**31**
Active Rescues

## Issues

| Issue | New Mexico | National |
|---|---|---|
| Relationships | 37% | 33% |
| Anxiety/Stress | 33% | 33% |
| Depression/Sadness | 32% | 32% |
| Suicide | 23% | 21% |
| Isolation/Loneliness | 21% | 19% |
| Self Harm | 14% | 12% |
| Grief/Bereavement | 6% | 4% |
| Eating/Body Image | 3% | 3% |
| Emotional Abuse | 3% | 3% |
| Bullying | 3% | 3% |
| Substance Use | 3% | 3% |
| Sexual Abuse | 3% | 2% |
| Physical Abuse | 2% | 1% |
| Gender/Sexual Identity | 1% | 1% |

● / New Mexico   ● / National

## Age

| Age | Percent |
|---|---|
| < 14 yrs | 17% |
| 14-17 yrs | 27% |
| 18-24 yrs | 20% |
| 25-34 yrs | 16% |
| 35-44 yrs | 11% |
| 45-54 yrs | 5% |
| 55-64 yrs | 3% |
| > 64 yrs | 1% |

## Race/Ethnicity

| Race/Ethnicity | Percent |
|---|---|
| White | 52% |
| Hispanic/Latinx | 47% |
| Native American/Native Alaskan/Indigenous | 14% |
| Asian | 4% |
| Black/African American | 4% |
| Native Hawaiian/Pacific Islander | 2% |
| Middle Eastern/North African/Arab | <1% |

## Sexual Orientation

● / 40% Heterosexual   ● / 60% LGBTQ+

## Gender

● / 1% Genderqueer   ● / 1% Agender   ● / 5% Trans   ● / 19% Boys+Men   ● / 73% Girls+Women
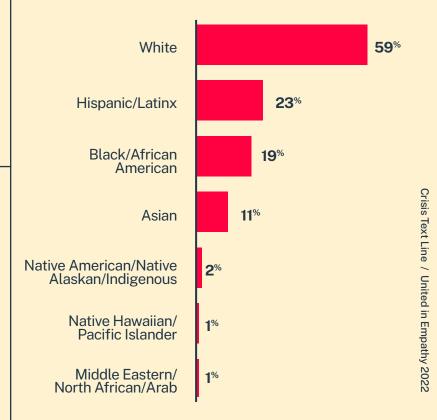
* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.

# New York*

## Age

| | |
|---|---|
| < 14 yrs | 12% |
| 14-17 yrs | 26% |
| 18-24 yrs | 26% |
| 25-34 yrs | 18% |
| 35-44 yrs | 9% |
| 45-54 yrs | 5% |
| 55-64 yrs | 3% |
| > 64 yrs | 1% |

**68,610**
Conversations
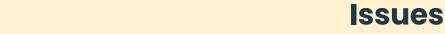
**38,643**
Texters in Crisis
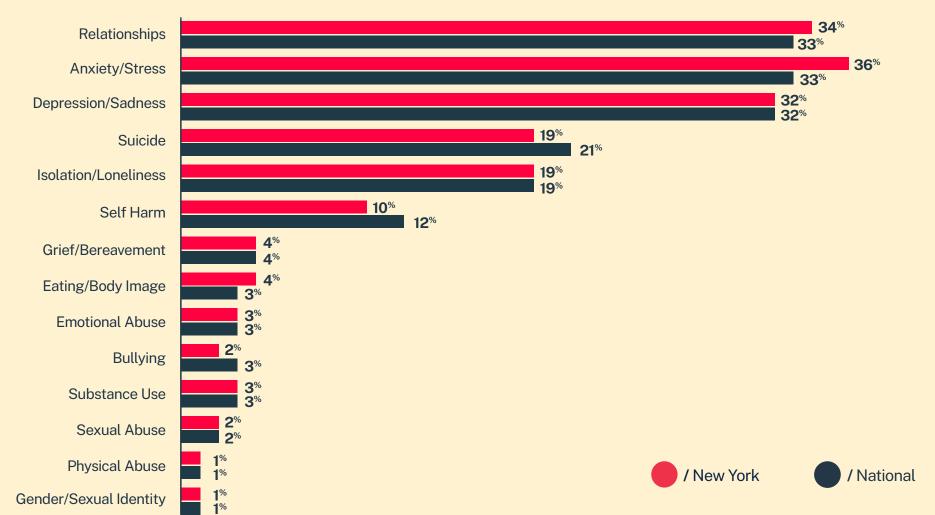
**60%**
Shared Something for First Time
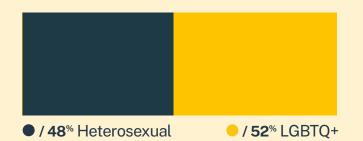
**489**
Suicide De-escalations

**233**
Active Rescues

## Issues

| Issue | New York | National |
|---|---|---|
| Relationships | 34% | 33% |
| Anxiety/Stress | 36% | 33% |
| Depression/Sadness | 32% | 32% |
| Suicide | 19% | 21% |
| Isolation/Loneliness | 19% | 19% |
| Self Harm | 10% | 12% |
| Grief/Bereavement | 4% | 4% |
| Eating/Body Image | 4% | 3% |
| Emotional Abuse | 3% | 3% |
| Bullying | 2% | 3% |
| Substance Use | 3% | 3% |
| Sexual Abuse | 2% | 2% |
| Physical Abuse | 1% | 1% |
| Gender/Sexual Identity | 1% | 1% |

● / New York     ● / National

## Race/Ethnicity

| | |
|---|---|
| White | 61% |
| Hispanic/Latinx | 21% |
| Black/African American | 19% |
| Asian | 8% |
| Native American/Native Alaskan/Indigenous | 3% |
| Native Hawaiian/Pacific Islander | 1% |
| Middle Eastern/North African/Arab | 1% |

## Sexual Orientation

● / 48% Heterosexual     ● / 52% LGBTQ+

## Gender

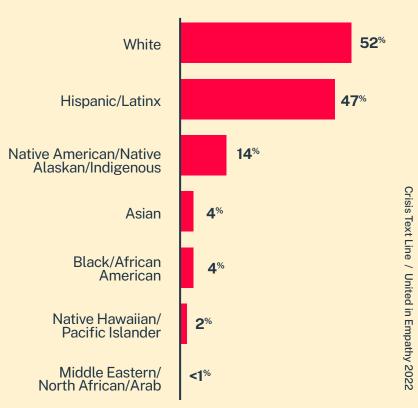● / 1% Genderqueer    ● / 1% Agender    ● / 5% Trans    ● / 18% Boys+Men    ● / 75% Girls+Women

* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete. Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.

# North Carolina*

**27,714**
Conversations

**16,761**
Texters in Crisis

**64%**
Shared Something for First Time
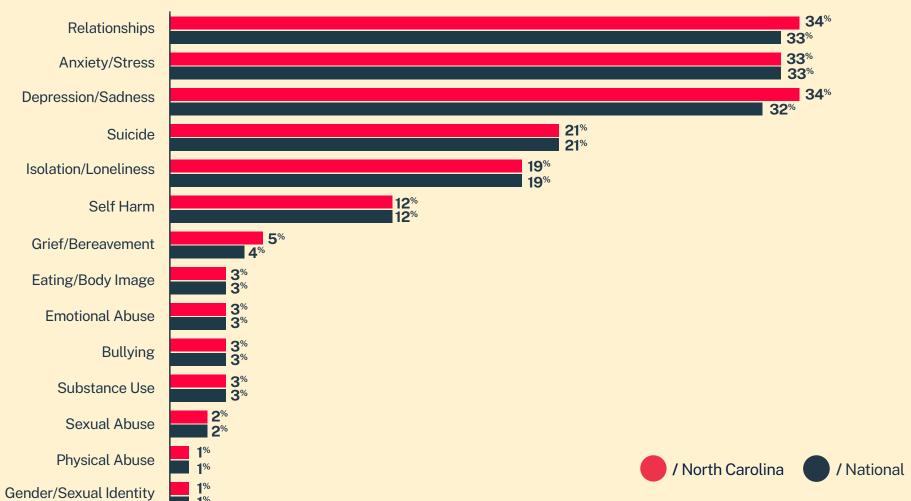
**225**
Suicide De-escalations

**126**
Active Rescues

## Issues

| Issue | North Carolina | National |
|---|---|---|
| Relationships | 34% | 33% |
| Anxiety/Stress | 33% | 33% |
| Depression/Sadness | 34% | 32% |
| Suicide | 21% | 21% |
| Isolation/Loneliness | 19% | 19% |
| Self Harm | 12% | 12% |
| Grief/Bereavement | 5% | 4% |
| Eating/Body Image | 3% | 3% |
| Emotional Abuse | 3% | 3% |
| Bullying | 3% | 3% |
| Substance Use | 3% | 3% |
| Sexual Abuse | 2% | 2% |
| Physical Abuse | 1% | 1% |
| Gender/Sexual Identity | 1% | 1% |

⬤ / North Carolina   ⬤ / National

## Age

| Age | % |
|---|---|
| < 14 yrs | 14% |
| 14-17 yrs | 28% |
| 18-24 yrs | 24% |
| 25-34 yrs | 17% |
| 35-44 yrs | 10% |
| 45-54 yrs | 5% |
| 55-64 yrs | 3% |
| > 64 yrs | 1% |

## Race/Ethnicity

| Race/Ethnicity | % |
|---|---|
| White | 67% |
| Black/African American | 24% |
| Hispanic/Latinx | 11% |
| Asian | 4% |
| Native American/Native Alaskan/Indigenous | 4% |
| Native Hawaiian/Pacific Islander | <1% |
| Middle Eastern/North African/Arab | <1% |

## Sexual Orientation

⬤ / 45% Heterosexual   ⬤ / 55% LGBTQ+

## Gender

⬤ / 1% Genderqueer   ⬤ / 1% Agender   ⬤ / 5% Trans   ⬤ / 16% Boys+Men   ⬤ / 76% Girls+Women
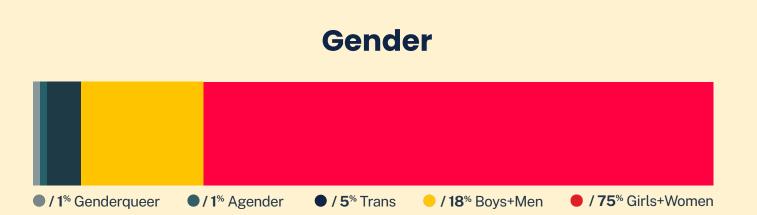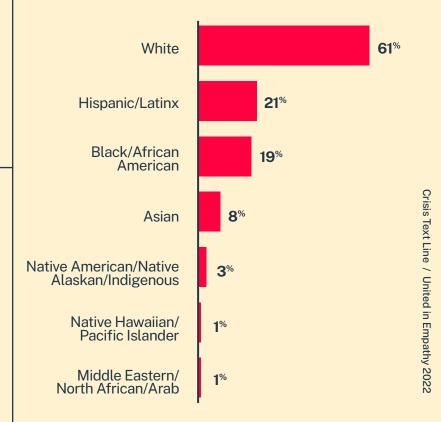
* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.

# North Dakota*

## Age

| | |
|---|---|
| < 14 yrs | 21% |
| 14-17 yrs | 33% |
| 18-24 yrs | 18% |
| 25-34 yrs | 13% |
| 35-44 yrs | 7% |
| 45-54 yrs | 4% |
| 55-64 yrs | 2% |
| > 64 yrs | <1% |

**2,024**
Conversations

**1,313**
Texters in Crisis

**64%**
Shared Something for First Time

**34**
Suicide De-escalations

**10**
Active Rescues

## Issues

| Issue | North Dakota | National |
|---|---|---|
| Relationships | 33% | 33% |
| Anxiety/Stress | 33% | 33% |
| Depression/Sadness | 33% | 32% |
| Suicide | 28% | 21% |
| Isolation/Loneliness | 19% | 19% |
| Self Harm | 12% | 12% |
| Grief/Bereavement | 5% | 4% |
| Eating/Body Image | 5% | 3% |
| Emotional Abuse | 3% | 3% |
| Bullying | 4% | 3% |
| Substance Use | 3% | 3% |
| Sexual Abuse | 3% | 2% |
| Physical Abuse | 2% | 1% |
| Gender/Sexual Identity | 2% | 1% |

● / North Dakota    ● / National

## Race/Ethnicity

| | |
|---|---|
| White | 84% |
| Native American/Native Alaskan/Indigenous | 11% |
| Hispanic/Latinx | 5% |
| Asian | 2% |
| Black/African American | 1% |
| Native Hawaiian/Pacific Islander | 1% |
| Middle Eastern/North African/Arab | 1% |

## Sexual Orientation

● / 48% Heterosexual    ● / 52% LGBTQ+

## Gender

● / 1% Genderqueer   ● / 2% Agender   ● / 8% Trans   ● / 18% Boys+Men   ● / 73% Girls+Women
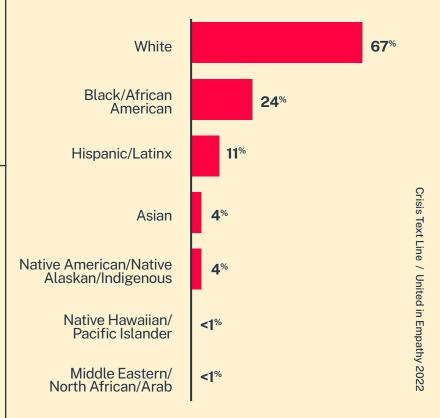
* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.

# Ohio*

## Age



| | |
|---|---|
| < 14 yrs | 14% |
| 14-17 yrs | 32% |
| 18-24 yrs | 23% |
| 25-34 yrs | 15% |
| 35-44 yrs | 8% |
| 45-54 yrs | 4% |
| 55-64 yrs | 2% |
| > 64 yrs | 1% |

**49,941**
Conversations

**27,719**
Texters in Crisis
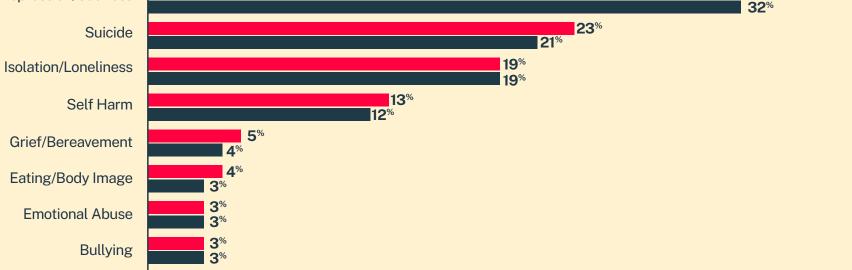
**60%**
Shared Something for First Time

**518**
Suicide De-escalations

**331**
Active Rescues
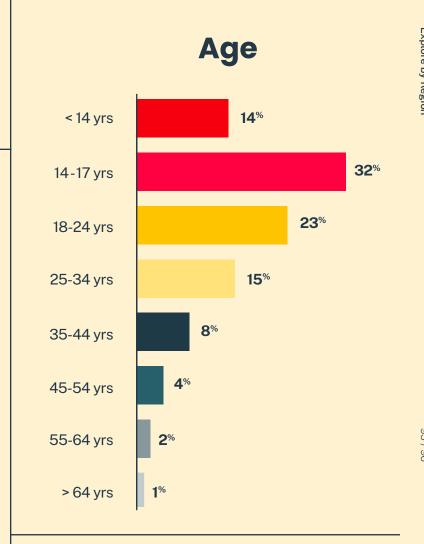
## Issues

| Issue | Ohio | National |
|---|---|---|
| Relationships | 33% | 33% |
| Anxiety/Stress | 34% | 33% |
| Depression/Sadness | 33% | 32% |
| Suicide | 23% | 21% |
| Isolation/Loneliness | 19% | 19% |
| Self Harm | 13% | 12% |
| Grief/Bereavement | 5% | 4% |
| Eating/Body Image | 4% | 3% |
| Emotional Abuse | 3% | 3% |
| Bullying | 3% | 3% |
| Substance Use | 3% | 3% |
| Sexual Abuse | 3% | 2% |
| Physical Abuse | 1% | 1% |
| Gender/Sexual Identity | 1% | 1% |

● / Ohio   ● / National

## Race/Ethnicity

| | |
|---|---|
| White | 83% |
| Black/African American | 14% |
| Hispanic/Latinx | 6% |
| Asian | 3% |
| Native American/Native Alaskan/Indigenous | 3% |
| Native Hawaiian/Pacific Islander | <1% |
| Middle Eastern/North African/Arab | <1% |

## Sexual Orientation

● / 45% Heterosexual   ● / 55% LGBTQ+

## Gender

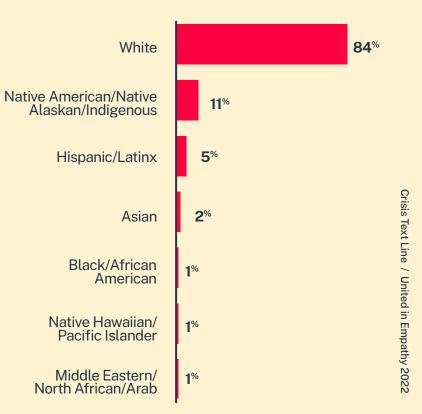● / 1% Genderqueer   ● / 1% Agender   ● / 6% Trans   ● / 17% Boys+Men   ● / 74% Girls+Women

* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.

# Oklahoma*

**11,866**
Conversations

**7,289**
Texters in Crisis

**62%**
Shared Something for First Time
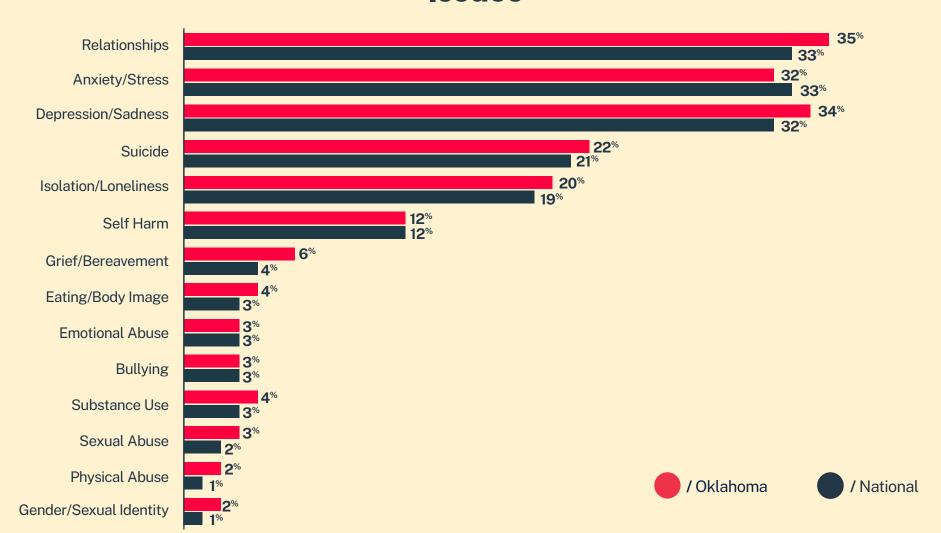
**105**
Suicide De-escalations

**66**
Active Rescues

## Issues

| Issue | Oklahoma | National |
|---|---|---|
| Relationships | 35% | 33% |
| Anxiety/Stress | 32% | 33% |
| Depression/Sadness | 34% | 32% |
| Suicide | 22% | 21% |
| Isolation/Loneliness | 20% | 19% |
| Self Harm | 12% | 12% |
| Grief/Bereavement | 6% | 4% |
| Eating/Body Image | 4% | 3% |
| Emotional Abuse | 3% | 3% |
| Bullying | 3% | 3% |
| Substance Use | 4% | 3% |
| Sexual Abuse | 3% | 2% |
| Physical Abuse | 2% | 1% |
| Gender/Sexual Identity | 2% | 1% |

● / Oklahoma  ● / National

## Age

| Age | % |
|---|---|
| < 14 yrs | 17% |
| 14-17 yrs | 26% |
| 18-24 yrs | 22% |
| 25-34 yrs | 16% |
| 35-44 yrs | 9% |
| 45-54 yrs | 7% |
| 55-64 yrs | 3% |
| > 64 yrs | 1% |

## Race/Ethnicity

| Race/Ethnicity | % |
|---|---|
| White | 75% |
| Native American/Native Alaskan/Indigenous | 19% |
| Hispanic/Latinx | 13% |
| Black/African American | 11% |
| Asian | 5% |
| Native Hawaiian/Pacific Islander | 1% |
| Middle Eastern/North African/Arab | <1% |

## Sexual Orientation

● / 49% Heterosexual
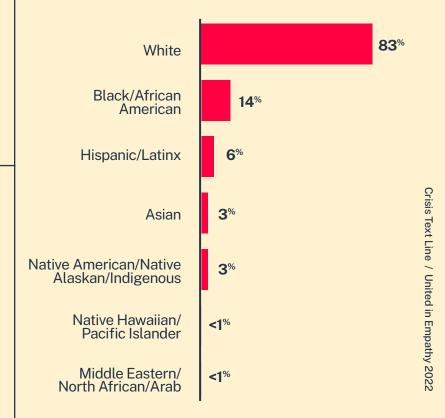● / 51% LGBTQ+

## Gender

● / 1% Genderqueer   ● / 2% Agender   ● / 7% Trans   ● / 17% Boys+Men   ● / 73% Girls+Women

* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.
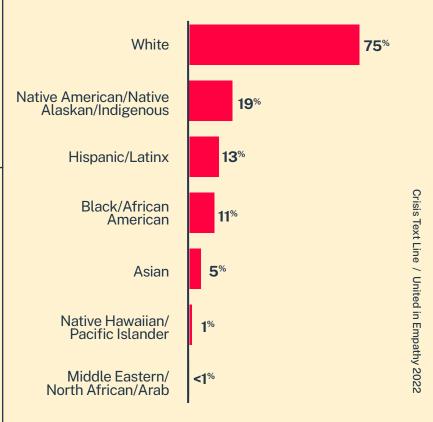
# Oregon*

## Age

| | |
|---|---|
| < 14 yrs | 12% |
| 14 - 17 yrs | 27% |
| 18-24 yrs | 23% |
| 25-34 yrs | 17% |
| 35-44 yrs | 10% |
| 45-54 yrs | 6% |
| 55-64 yrs | 3% |
| > 64 yrs | 1% |

**16,226**
Conversations
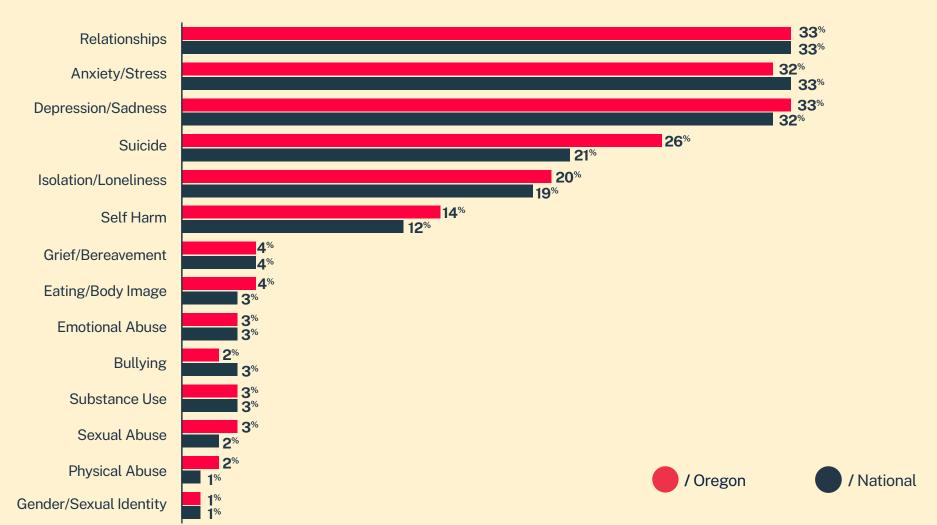
**8,737**
Texters in Crisis

**57%**
Shared Something for First Time

**189**
Suicide De-escalations
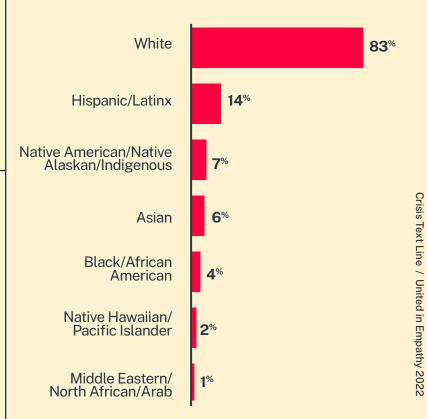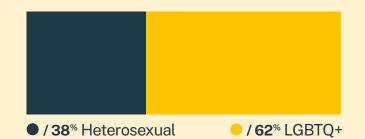
**72**
Active Rescues

## Issues

| Issue | Oregon | National |
|---|---|---|
| Relationships | 33% | 33% |
| Anxiety/Stress | 32% | 33% |
| Depression/Sadness | 33% | 32% |
| Suicide | 26% | 21% |
| Isolation/Loneliness | 20% | 19% |
| Self Harm | 14% | 12% |
| Grief/Bereavement | 4% | 4% |
| Eating/Body Image | 4% | 3% |
| Emotional Abuse | 3% | 3% |
| Bullying | 2% | 3% |
| Substance Use | 3% | 3% |
| Sexual Abuse | 3% | 2% |
| Physical Abuse | 2% | 1% |
| Gender/Sexual Identity | 1% | 1% |

● / Oregon    ● / National

## Race/Ethnicity

| | |
|---|---|
| White | 83% |
| Hispanic/Latinx | 14% |
| Native American/Native Alaskan/Indigenous | 7% |
| Asian | 6% |
| Black/African American | 4% |
| Native Hawaiian/Pacific Islander | 2% |
| Middle Eastern/North African/Arab | 1% |

## Sexual Orientation

● / 38% Heterosexual    ● / 62% LGBTQ+

## Gender

● / 2% Genderqueer    ● / 2% Agender    ● / 7% Trans    ● / 18% Boys+Men    ● / 70% Girls+Women

* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.

# Pennsylvania*

**45,144**
Conversations

**25,361**
Texters in Crisis

**58%**
Shared Something for First Time
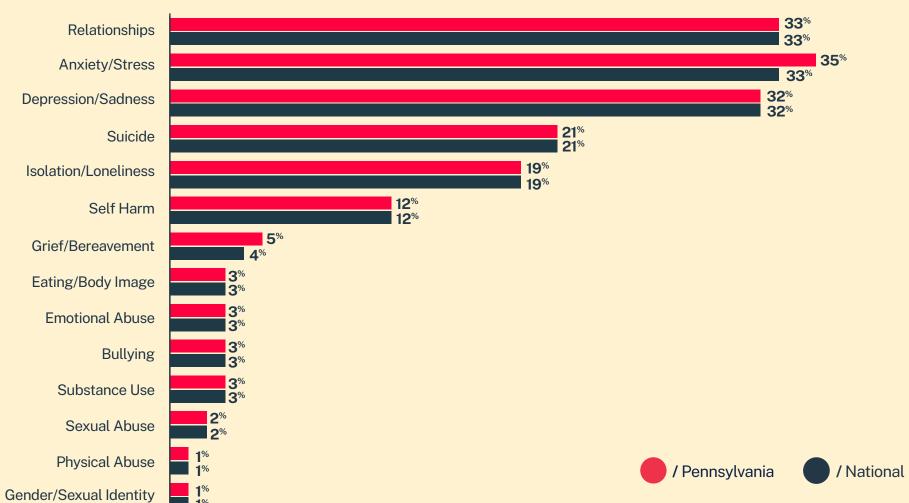
**395**
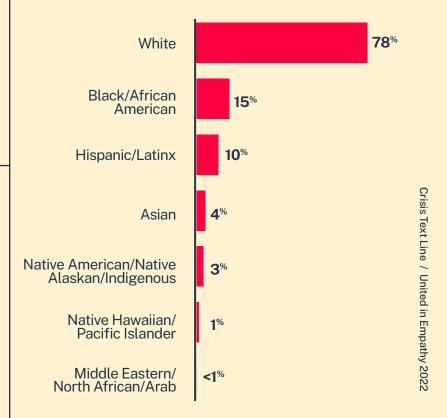Suicide De-escalations

**211**
Active Rescues

## Issues

| Issue | Pennsylvania | National |
|---|---|---|
| Relationships | 33% | 33% |
| Anxiety/Stress | 35% | 33% |
| Depression/Sadness | 32% | 32% |
| Suicide | 21% | 21% |
| Isolation/Loneliness | 19% | 19% |
| Self Harm | 12% | 12% |
| Grief/Bereavement | 5% | 4% |
| Eating/Body Image | 3% | 3% |
| Emotional Abuse | 3% | 3% |
| Bullying | 3% | 3% |
| Substance Use | 3% | 3% |
| Sexual Abuse | 2% | 2% |
| Physical Abuse | 1% | 1% |
| Gender/Sexual Identity | 1% | 1% |

● / Pennsylvania    ● / National

## Age

| | |
|---|---|
| < 14 yrs | 12% |
| 14-17 yrs | 28% |
| 18-24 yrs | 25% |
| 25-34 yrs | 17% |
| 35-44 yrs | 9% |
| 45-54 yrs | 5% |
| 55-64 yrs | 3% |
| > 64 yrs | <1% |

## Race/Ethnicity

| | |
|---|---|
| White | 78% |
| Black/African American | 15% |
| Hispanic/Latinx | 10% |
| Asian | 4% |
| Native American/Native Alaskan/Indigenous | 3% |
| Native Hawaiian/Pacific Islander | 1% |
| Middle Eastern/North African/Arab | <1% |

## Sexual Orientation

● / 48% Heterosexual    ● / 52% LGBTQ+

## Gender

● / 1% Genderqueer    ● / 1% Agender    ● / 5% Trans    ● / 17% Boys+Men    ● / 76% Girls+Women

* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.

# Puerto Rico*

**1,760** Conversations
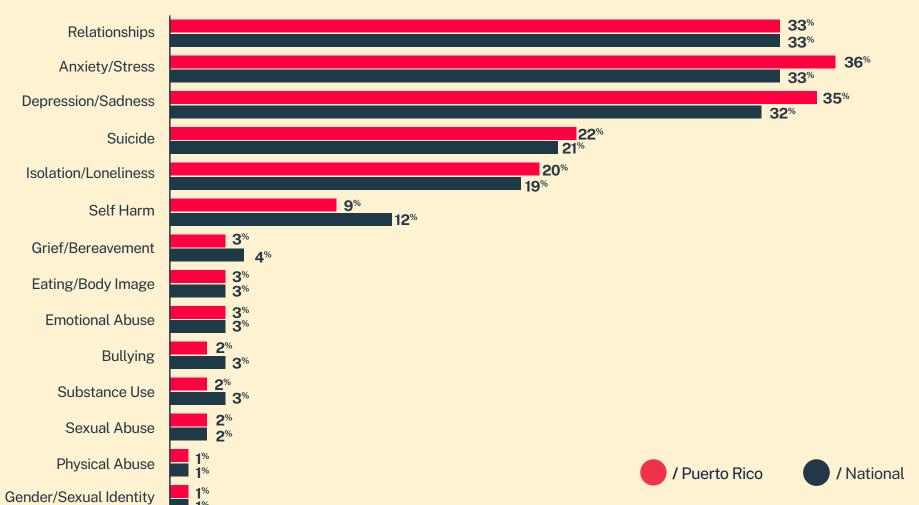
**1,023** Texters in Crisis

**73%** Shared Something for First Time

**15** Suicide De-escalations

**7** Active Rescues

## Issues

| Issue | Puerto Rico | National |
|---|---|---|
| Relationships | 33% | 33% |
| Anxiety/Stress | 36% | 33% |
| Depression/Sadness | 35% | 32% |
| Suicide | 22% | 21% |
| Isolation/Loneliness | 20% | 19% |
| Self Harm | 9% | 12% |
| Grief/Bereavement | 3% | 4% |
| Eating/Body Image | 3% | 3% |
| Emotional Abuse | 3% | 3% |
| Bullying | 2% | 3% |
| Substance Use | 2% | 3% |
| Sexual Abuse | 2% | 2% |
| Physical Abuse | 1% | 1% |
| Gender/Sexual Identity | 1% | 1% |

● / Puerto Rico   ● / National

## Age

| Age | Percent |
|---|---|
| < 14 yrs | 7% |
| 14-17 yrs | 24% |
| 18-24 yrs | 39% |
| 25-34 yrs | 24% |
| 35-44 yrs | 4% |
| 45-54 yrs | 2% |
| 55-64 yrs | <1% |
| > 64 yrs | 1% |

## Race/Ethnicity

| Race/Ethnicity | Percent |
|---|---|
| Hispanic/Latinx | 99% |
| White | 5% |
| Black/African American | 4% |
| Native American/Native Alaskan/Indigenous | 2% |
| Native Hawaiian/Pacific Islander | 1% |
| Middle Eastern/North African/Arab | <1% |
| Asian | <1% |

## Sexual Orientation

● / **39%** Heterosexual   ● / **61%** LGBTQ+

## Gender

● / **2%** Agender   ● / **3%** Genderqueer   ● / **3%** Trans   ● / **19%** Boys+Men   ● / **74%** Girls+Women

\* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.
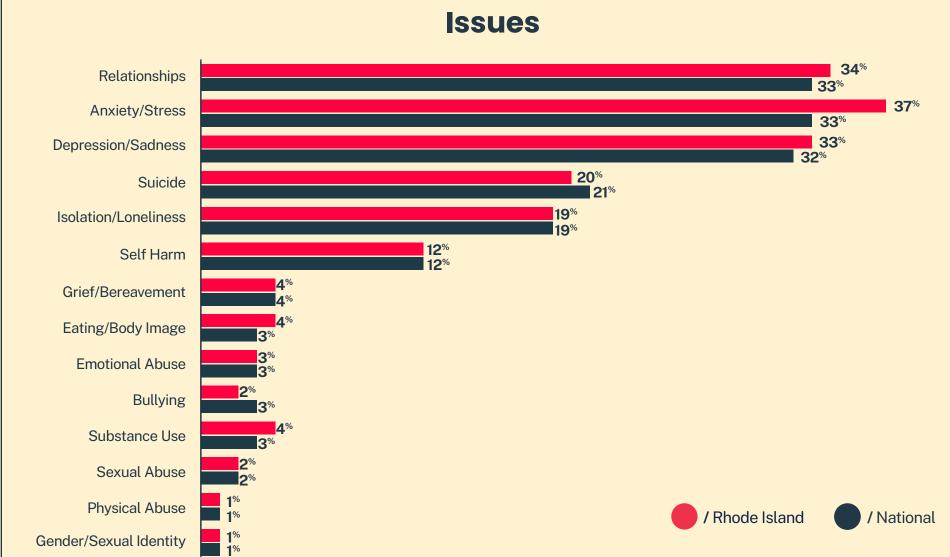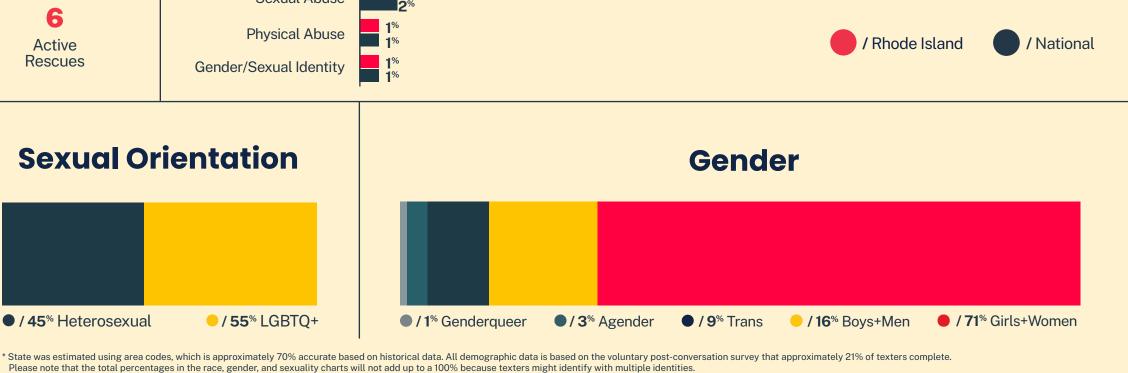
# Rhode Island*

**3,002**
Conversations

**1,794**
Texters in Crisis

**60%**
Shared Something for First Time

**25**
Suicide De-escalations

**6**
Active Rescues

## Issues

| Issue | Rhode Island | National |
|---|---|---|
| Relationships | 34% | 33% |
| Anxiety/Stress | 37% | 33% |
| Depression/Sadness | 33% | 32% |
| Suicide | 20% | 21% |
| Isolation/Loneliness | 19% | 19% |
| Self Harm | 12% | 12% |
| Grief/Bereavement | 4% | 4% |
| Eating/Body Image | 4% | 3% |
| Emotional Abuse | 3% | 3% |
| Bullying | 2% | 3% |
| Substance Use | 4% | 3% |
| Sexual Abuse | 2% | 2% |
| Physical Abuse | 1% | 1% |
| Gender/Sexual Identity | 1% | 1% |

● / Rhode Island   ● / National

## Age

| Age | % |
|---|---|
| < 14 yrs | 15% |
| 14-17 yrs | 27% |
| 18-24 yrs | 24% |
| 25-34 yrs | 16% |
| 35-44 yrs | 8% |
| 45-54 yrs | 5% |
| 55-64 yrs | 3% |
| > 64 yrs | 2% |

## Race/Ethnicity

| Race/Ethnicity | % |
|---|---|
| White | 79% |
| Hispanic/Latinx | 18% |
| Black/African American | 10% |
| Asian | 4% |
| Native American/Native Alaskan/Indigenous | 1% |
| Middle Eastern/North African/Arab | 1% |
| Native Hawaiian/Pacific Islander | <1% |

## Sexual Orientation

● / 45% Heterosexual   ● / 55% LGBTQ+

## Gender

● / 1% Genderqueer   ● / 3% Agender   ● / 9% Trans   ● / 16% Boys+Men   ● / 71% Girls+Women

* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.

# South Carolina*

## Age

| | |
|---|---|
| < 14 yrs | 15% |
| 14-17 yrs | 30% |
| 18-24 yrs | 26% |
| 25-34 yrs | 16% |
| 35-44 yrs | 7% |
| 45-54 yrs | 4% |
| 55-64 yrs | 2% |
| > 64 yrs | 1% |

**13,548**
Conversations

**8,237**
Texters in Crisis

**64%**
Shared Something for First Time

**117**
Suicide De-escalations
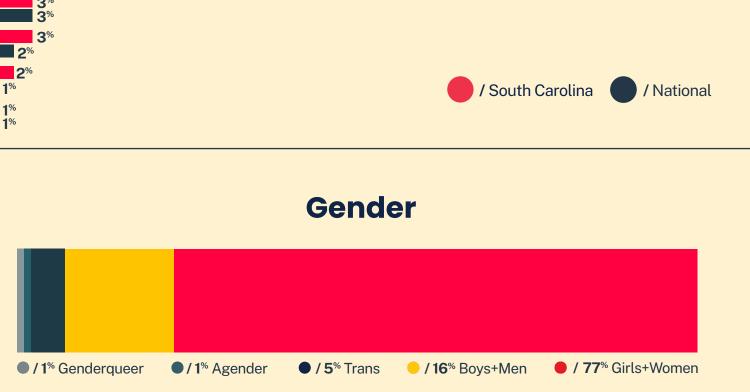
**63**
Active Rescues
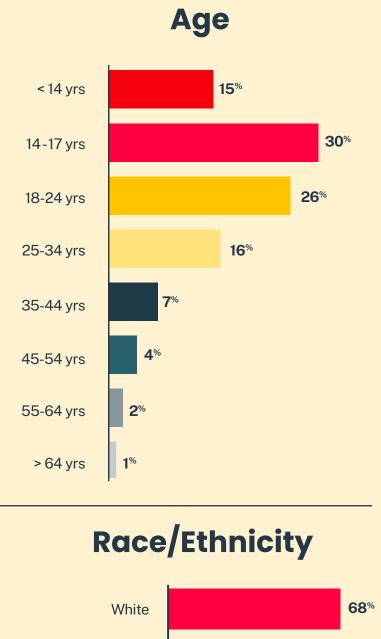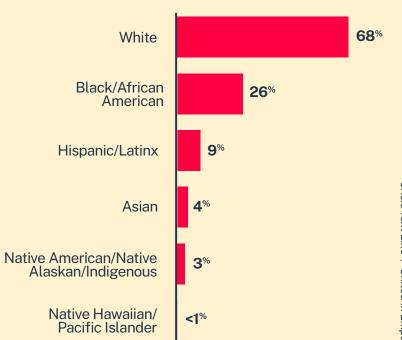
## Issues

| Issue | South Carolina | National |
|---|---|---|
| Relationships | 34% | 33% |
| Anxiety/Stress | 33% | 33% |
| Depression/Sadness | 34% | 32% |
| Suicide | 22% | 21% |
| Isolation/Loneliness | 19% | 19% |
| Self Harm | 11% | 12% |
| Grief/Bereavement | 5% | 4% |
| Eating/Body Image | 3% | 3% |
| Emotional Abuse | 3% | 3% |
| Bullying | 3% | 3% |
| Substance Use | 3% | 3% |
| Sexual Abuse | 3% | 2% |
| Physical Abuse | 2% | 1% |
| Gender/Sexual Identity | 1% | 1% |

● / South Carolina   ● / National

## Race/Ethnicity

| | |
|---|---|
| White | 68% |
| Black/African American | 26% |
| Hispanic/Latinx | 9% |
| Asian | 4% |
| Native American/Native Alaskan/Indigenous | 3% |
| Native Hawaiian/Pacific Islander | <1% |
| Middle Eastern/North African/Arab | <1% |

## Sexual Orientation

● / 44% Heterosexual   ● / 56% LGBTQ+

## Gender

● / 1% Genderqueer   ● / 1% Agender   ● / 5% Trans   ● / 16% Boys+Men   ● / 77% Girls+Women

* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.

# South Dakota*

**2,270**
Conversations

**1,314**
Texters in Crisis

**62%**
Shared Something for First Time
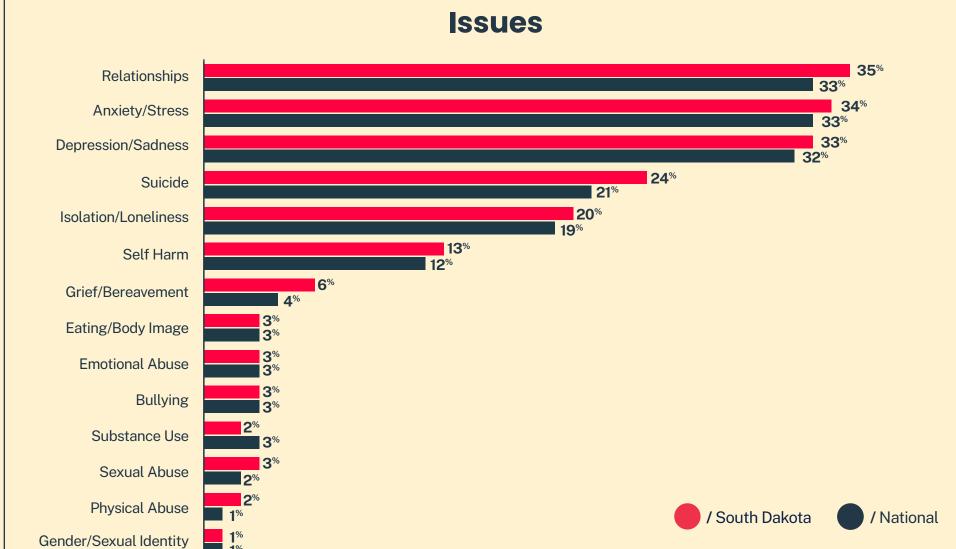
**34**
Suicide De-escalations

**17**
Active Rescues

## Issues

| Issue | South Dakota | National |
|---|---|---|
| Relationships | 35% | 33% |
| Anxiety/Stress | 34% | 33% |
| Depression/Sadness | 33% | 32% |
| Suicide | 24% | 21% |
| Isolation/Loneliness | 20% | 19% |
| Self Harm | 13% | 12% |
| Grief/Bereavement | 6% | 4% |
| Eating/Body Image | 3% | 3% |
| Emotional Abuse | 3% | 3% |
| Bullying | 3% | 3% |
| Substance Use | 2% | 3% |
| Sexual Abuse | 3% | 2% |
| Physical Abuse | 2% | 1% |
| Gender/Sexual Identity | 1% | 1% |

○ / South Dakota   ● / National

## Age

| Age | % |
|---|---|
| < 14 yrs | 13% |
| 14-17 yrs | 34% |
| 18-24 yrs | 28% |
| 25-34 yrs | 12% |
| 35-44 yrs | 8% |
| 45-54 yrs | 3% |
| 55-64 yrs | 2% |
| > 64 yrs | <1% |

## Race/Ethnicity

| Race/Ethnicity | % |
|---|---|
| White | 79% |
| Hispanic/Latinx | 16% |
| Black/African American | 5% |
| Asian | 5% |
| Native American/Native Alaskan/Indigenous | 4% |
| Native Hawaiian/Pacific Islander | <1% |
| Middle Eastern/North African/Arab | <1% |

## Sexual Orientation

● / 45% Heterosexual   ● / 55% LGBTQ+

## Gender

● / <1% Genderqueer   ● / 1% Agender   ● / 4% Trans   ● / 21% Boys+Men   ● / 73% Girls+Women

* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.

# Tennessee*

**20,424**
Conversations
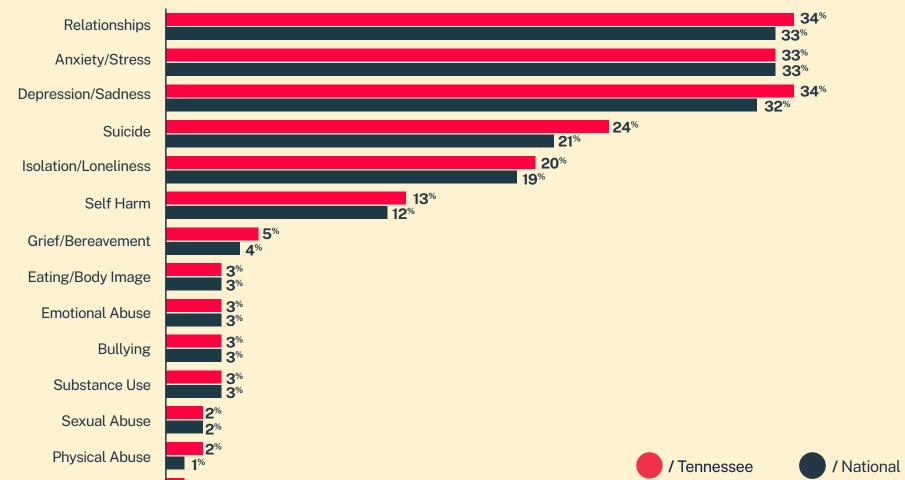
**12,325**
Texters in Crisis

**61%**
Shared Something for First Time

**237**
Suicide De-escalations
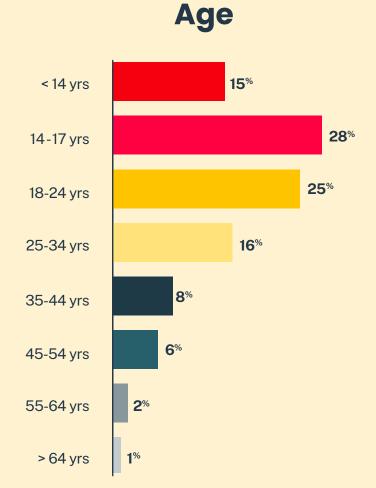
**104**
Active Rescues
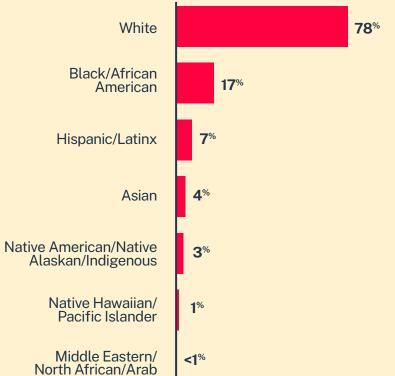
## Issues
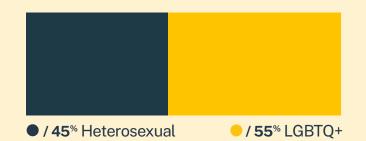
| Issue | Tennessee | National |
|---|---|---|
| Relationships | 34% | 33% |
| Anxiety/Stress | 33% | 33% |
| Depression/Sadness | 34% | 32% |
| Suicide | 24% | 21% |
| Isolation/Loneliness | 20% | 19% |
| Self Harm | 13% | 12% |
| Grief/Bereavement | 5% | 4% |
| Eating/Body Image | 3% | 3% |
| Emotional Abuse | 3% | 3% |
| Bullying | 3% | 3% |
| Substance Use | 3% | 3% |
| Sexual Abuse | 2% | 2% |
| Physical Abuse | 2% | 1% |
| Gender/Sexual Identity | 1% | 1% |

● / Tennessee  ● / National

## Age

| Age | % |
|---|---|
| < 14 yrs | 15% |
| 14-17 yrs | 28% |
| 18-24 yrs | 25% |
| 25-34 yrs | 16% |
| 35-44 yrs | 8% |
| 45-54 yrs | 6% |
| 55-64 yrs | 2% |
| > 64 yrs | 1% |

## Race/Ethnicity

| Race/Ethnicity | % |
|---|---|
| White | 78% |
| Black/African American | 17% |
| Hispanic/Latinx | 7% |
| Asian | 4% |
| Native American/Native Alaskan/Indigenous | 3% |
| Native Hawaiian/Pacific Islander | 1% |
| Middle Eastern/North African/Arab | <1% |

## Sexual Orientation

● / 45% Heterosexual  ● / 55% LGBTQ+

## Gender

● / 1% Genderqueer  ● / 1% Agender  ● / 6% Trans  ● / 17% Boys+Men  ● / 74% Girls+Women

* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.

# Texas*

## Age

| | |
|---|---|
| < 14 yrs | 17% |
| 14-17 yrs | 29% |
| 18-24 yrs | 23% |
| 25-34 yrs | 16% |
| 35-44 yrs | 8% |
| 45-54 yrs | 5% |
| 55-64 yrs | 2% |
| > 64 yrs | 1% |

**80,209**
Conversations

**48,884**
Texters in Crisis

**63%**
Shared Something for First Time
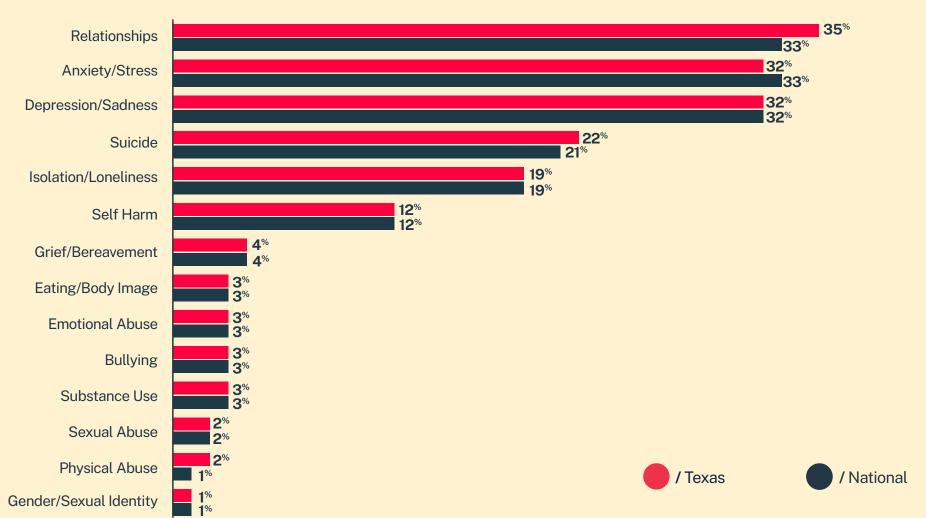
**653**
Suicide De-escalations

**325**
Active Rescues
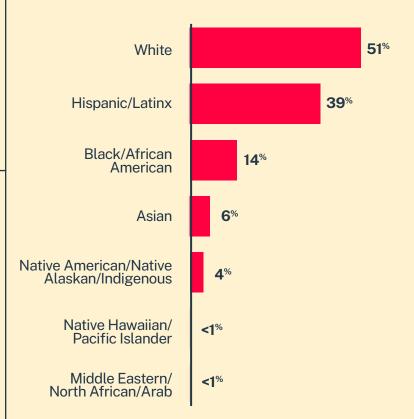
## Issues

| Issue | Texas | National |
|---|---|---|
| Relationships | 35% | 33% |
| Anxiety/Stress | 32% | 33% |
| Depression/Sadness | 32% | 32% |
| Suicide | 22% | 21% |
| Isolation/Loneliness | 19% | 19% |
| Self Harm | 12% | 12% |
| Grief/Bereavement | 4% | 4% |
| Eating/Body Image | 3% | 3% |
| Emotional Abuse | 3% | 3% |
| Bullying | 3% | 3% |
| Substance Use | 3% | 3% |
| Sexual Abuse | 2% | 2% |
| Physical Abuse | 2% | 1% |
| Gender/Sexual Identity | 1% | 1% |

● / Texas   ● / National

## Race/Ethnicity

| | |
|---|---|
| White | 51% |
| Hispanic/Latinx | 39% |
| Black/African American | 14% |
| Asian | 6% |
| Native American/Native Alaskan/Indigenous | 4% |
| Native Hawaiian/Pacific Islander | <1% |
| Middle Eastern/North African/Arab | <1% |

## Sexual Orientation

● / **45%** Heterosexual    ● / **55%** LGBTQ+

## Gender

● / **1%** Genderqueer   ● / **2%** Agender   ● / **6%** Trans   ● / **18%** Boys+Men   ● / **74%** Girls+Women

\* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.

# Utah*

**10,640**
Conversations

**5,976**
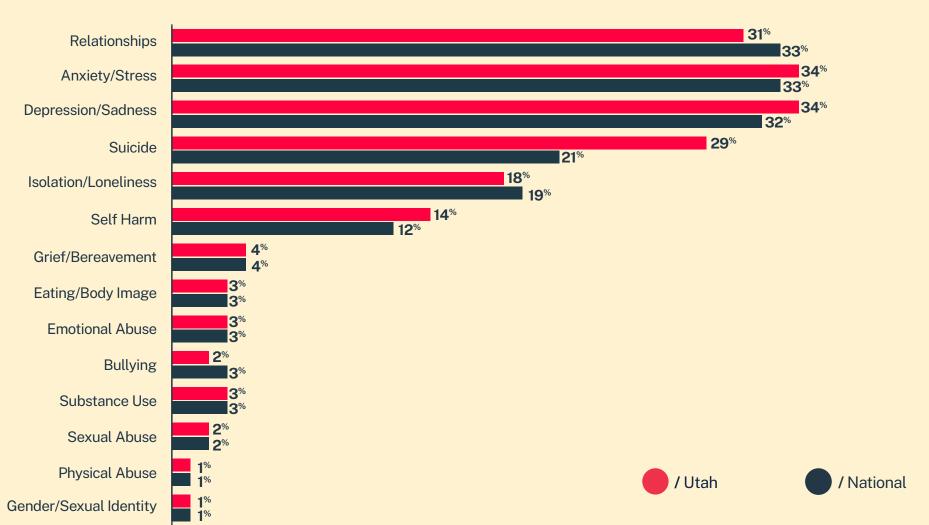Texters in Crisis

**60%**
Shared Something for First Time
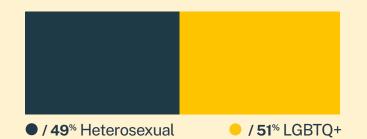
**199**
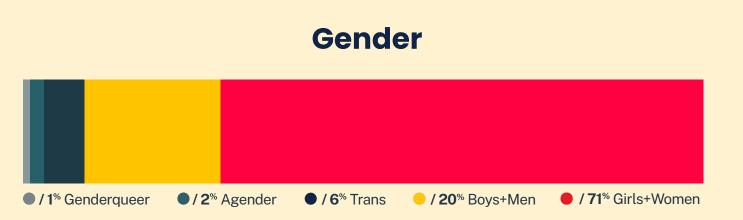Suicide De-escalations

**44**
Active Rescues
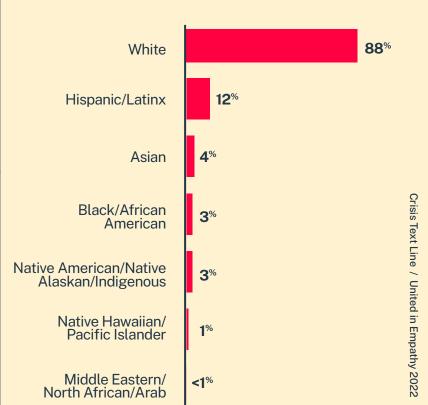
## Issues

| Issue | Utah | National |
|---|---|---|
| Relationships | 31% | 33% |
| Anxiety/Stress | 34% | 33% |
| Depression/Sadness | 34% | 32% |
| Suicide | 29% | 21% |
| Isolation/Loneliness | 18% | 19% |
| Self Harm | 14% | 12% |
| Grief/Bereavement | 4% | 4% |
| Eating/Body Image | 3% | 3% |
| Emotional Abuse | 3% | 3% |
| Bullying | 2% | 3% |
| Substance Use | 3% | 3% |
| Sexual Abuse | 2% | 2% |
| Physical Abuse | 1% | 1% |
| Gender/Sexual Identity | 1% | 1% |

● / Utah   ● / National

## Age

| Age | |
|---|---|
| < 14 yrs | 9% |
| 14-17 yrs | 27% |
| 18-24 yrs | 30% |
| 25-34 yrs | 19% |
| 35-44 yrs | 9% |
| 45-54 yrs | 4% |
| 55-64 yrs | 2% |
| > 64 yrs | 1% |

## Race/Ethnicity

| Race/Ethnicity | |
|---|---|
| White | 88% |
| Hispanic/Latinx | 12% |
| Asian | 4% |
| Black/African American | 3% |
| Native American/Native Alaskan/Indigenous | 3% |
| Native Hawaiian/Pacific Islander | 1% |
| Middle Eastern/North African/Arab | <1% |

## Sexual Orientation

● / 49% Heterosexual   ● / 51% LGBTQ+

## Gender

● / 1% Genderqueer   ● / 2% Agender   ● / 6% Trans   ● / 20% Boys+Men   ● / 71% Girls+Women

* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.
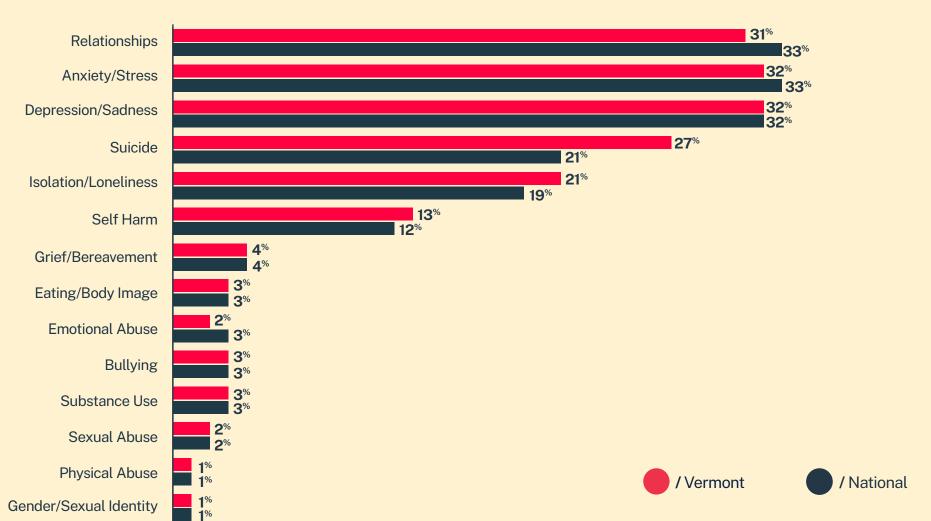
# Vermont*

**3,110**
Conversations
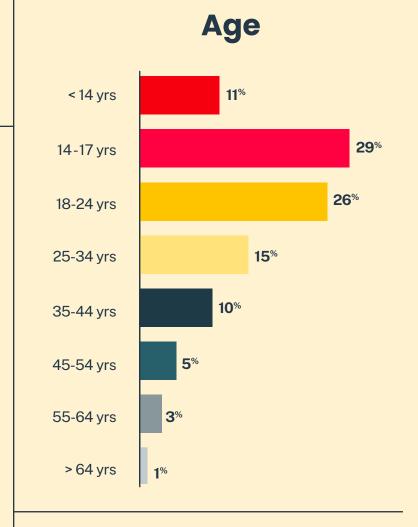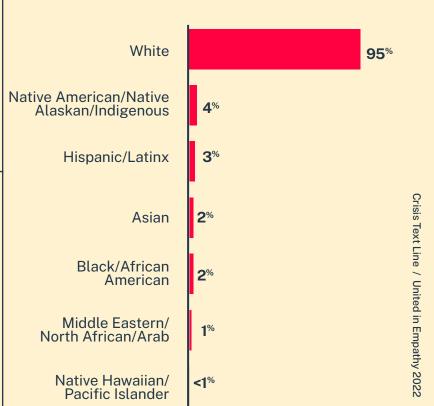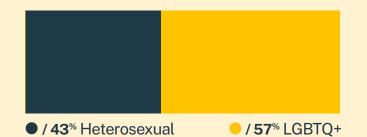
**1,538**
Texters in Crisis

**49%**
Shared Something for First Time

**35**
Suicide De-escalations

**52**
Active Rescues

## Issues

| Issue | Vermont | National |
|---|---|---|
| Relationships | 31% | 33% |
| Anxiety/Stress | 32% | 33% |
| Depression/Sadness | 32% | 32% |
| Suicide | 27% | 21% |
| Isolation/Loneliness | 21% | 19% |
| Self Harm | 13% | 12% |
| Grief/Bereavement | 4% | 4% |
| Eating/Body Image | 3% | 3% |
| Emotional Abuse | 2% | 3% |
| Bullying | 3% | 3% |
| Substance Use | 3% | 3% |
| Sexual Abuse | 2% | 2% |
| Physical Abuse | 1% | 1% |
| Gender/Sexual Identity | 1% | 1% |

● / Vermont    ● / National

## Age

| Age | % |
|---|---|
| < 14 yrs | 11% |
| 14-17 yrs | 29% |
| 18-24 yrs | 26% |
| 25-34 yrs | 15% |
| 35-44 yrs | 10% |
| 45-54 yrs | 5% |
| 55-64 yrs | 3% |
| > 64 yrs | 1% |

## Race/Ethnicity

| Race/Ethnicity | % |
|---|---|
| White | 95% |
| Native American/Native Alaskan/Indigenous | 4% |
| Hispanic/Latinx | 3% |
| Asian | 2% |
| Black/African American | 2% |
| Middle Eastern/North African/Arab | 1% |
| Native Hawaiian/Pacific Islander | <1% |

## Sexual Orientation

● / 43% Heterosexual    ● / 57% LGBTQ+

## Gender

● / 2% Genderqueer    ● / 3% Agender    ● / 5% Trans    ● / 19% Boys+Men    ● / 71% Girls+Women

\* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.

# Virginia*

**26,379**
Conversations

**14,800**
Texters in Crisis

**60%**
Shared Something for First Time
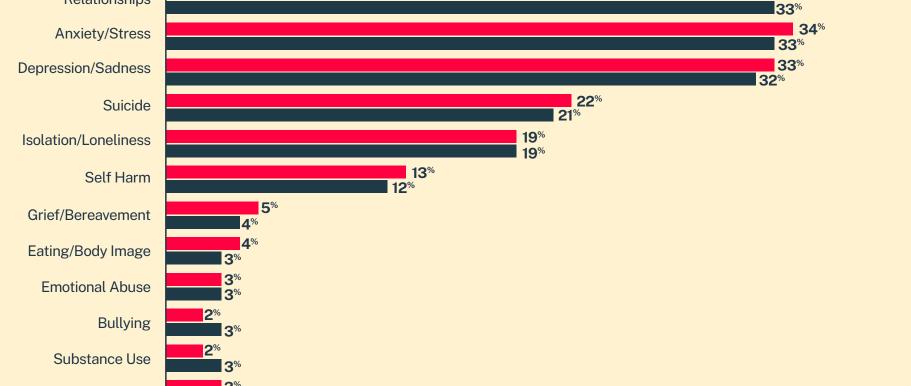
**274**
Suicide De-escalations

**116**
Active Rescues

## Issues

| Issue | Virginia | National |
|---|---|---|
| Relationships | 33% | 33% |
| Anxiety/Stress | 34% | 33% |
| Depression/Sadness | 33% | 32% |
| Suicide | 22% | 21% |
| Isolation/Loneliness | 19% | 19% |
| Self Harm | 13% | 12% |
| Grief/Bereavement | 5% | 4% |
| Eating/Body Image | 4% | 3% |
| Emotional Abuse | 3% | 3% |
| Bullying | 2% | 3% |
| Substance Use | 2% | 3% |
| Sexual Abuse | 3% | 2% |
| Physical Abuse | 1% | 1% |
| Gender/Sexual Identity | 1% | 1% |
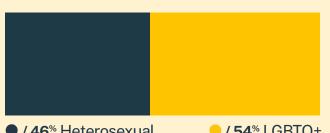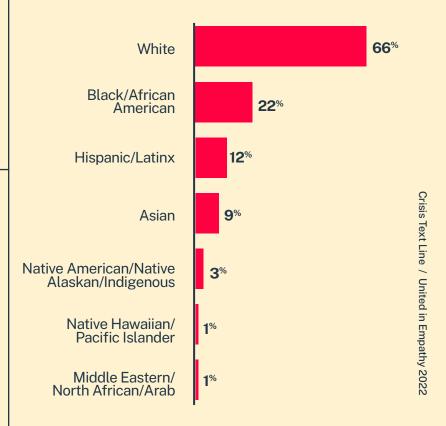
⬤ / Virginia    ⬤ / National

## Age

- < 14 yrs — 13%
- 14-17 yrs — 30%
- 18-24 yrs — 25%
- 25-34 yrs — 17%
- 35-44 yrs — 8%
- 45-54 yrs — 4%
- 55-64 yrs — 3%
- > 64 yrs — 1%

## Race/Ethnicity

- White — 66%
- Black/African American — 22%
- Hispanic/Latinx — 12%
- Asian — 9%
- Native American/Native Alaskan/Indigenous — 3%
- Native Hawaiian/Pacific Islander — 1%
- Middle Eastern/North African/Arab — 1%

## Sexual Orientation

- ⬤ / 46% Heterosexual
- ⬤ / 54% LGBTQ+

## Gender

- ⬤ / 1% Genderqueer
- ⬤ / 2% Agender
- ⬤ / 6% Trans
- ⬤ / 16% Boys+Men
- ⬤ / 75% Girls+Women

\* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.
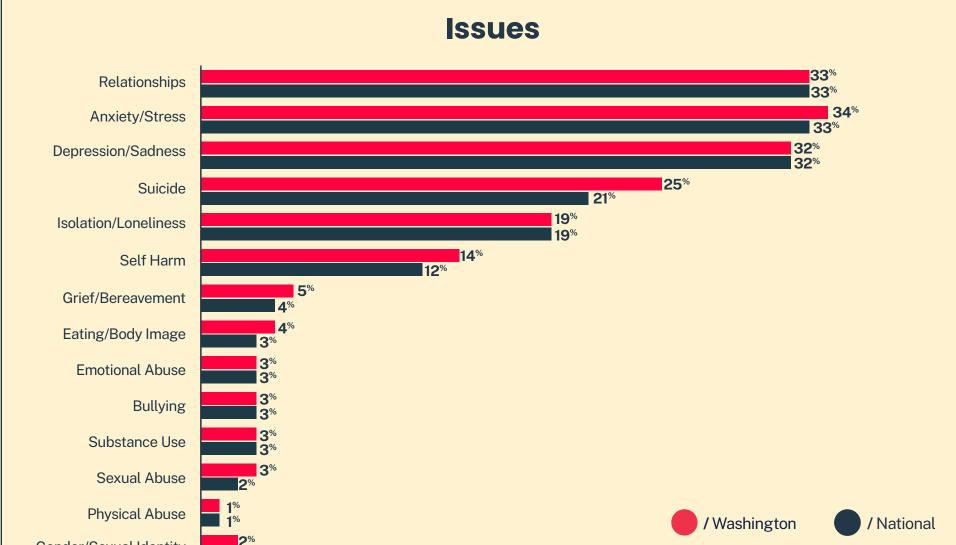
# Washington*

**28,043**
Conversations

**15,325**
Texters in Crisis

**59%**
Shared Something for First Time

**307**
Suicide De-escalations

**180**
Active Rescues

## Issues

| Issue | Washington | National |
|---|---|---|
| Relationships | 33% | 33% |
| Anxiety/Stress | 34% | 33% |
| Depression/Sadness | 32% | 32% |
| Suicide | 25% | 21% |
| Isolation/Loneliness | 19% | 19% |
| Self Harm | 14% | 12% |
| Grief/Bereavement | 5% | 4% |
| Eating/Body Image | 4% | 3% |
| Emotional Abuse | 3% | 3% |
| Bullying | 3% | 3% |
| Substance Use | 3% | 3% |
| Sexual Abuse | 3% | 2% |
| Physical Abuse | 1% | 1% |
| Gender/Sexual Identity | 2% | 1% |

● / Washington  ● / National

## Age

| Age | % |
|---|---|
| < 14 yrs | 14% |
| 14-17 yrs | 29% |
| 18-24 yrs | 23% |
| 25-34 yrs | 16% |
| 35-44 yrs | 9% |
| 45-54 yrs | 6% |
| 55-64 yrs | 3% |
| > 64 yrs | 1% |

## Race/Ethnicity

| Race/Ethnicity | % |
|---|---|
| White | 76% |
| Hispanic/Latinx | 15% |
| Asian | 11% |
| Black/African American | 7% |
| Native American/Native Alaskan/Indigenous | 6% |
| Native Hawaiian/Pacific Islander | 2% |
| Middle Eastern/North African/Arab | <1% |

## Sexual Orientation

● / 40% Heterosexual   ● / 60% LGBTQ+

## Gender

● / 1% Genderqueer   ● / 2% Agender   ● / 7% Trans   ● / 16% Boys+Men   ● / 73% Girls+Women

* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.

# West Virginia*

## Age

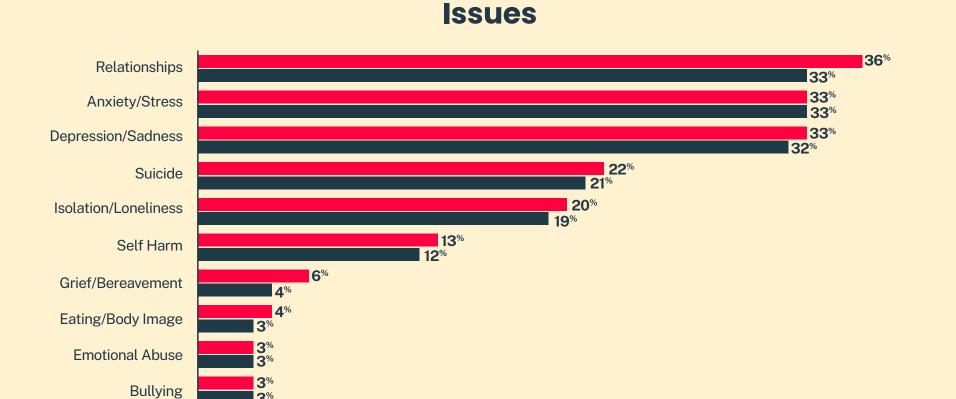| | |
|---|---|
| < 14 yrs | 16% |
| 14-17 yrs | 32% |
| 18-24 yrs | 24% |
| 25-34 yrs | 15% |
| 35-44 yrs | 6% |
| 45-54 yrs | 4% |
| 55-64 yrs | 2% |
| > 64 yrs | 1% |

**5,616**
Conversations

**3,252**
Texters in Crisis
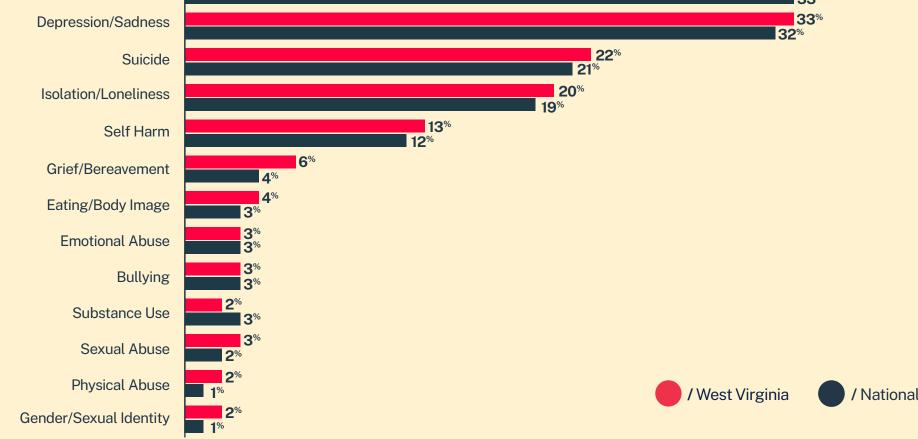
**66%**
Shared Something for First Time

**65**
Suicide De-escalations
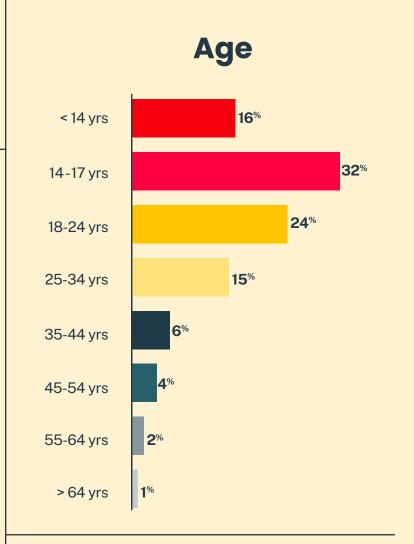
**19**
Active Rescues

## Issues
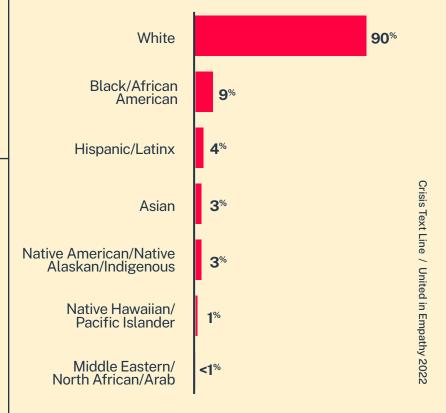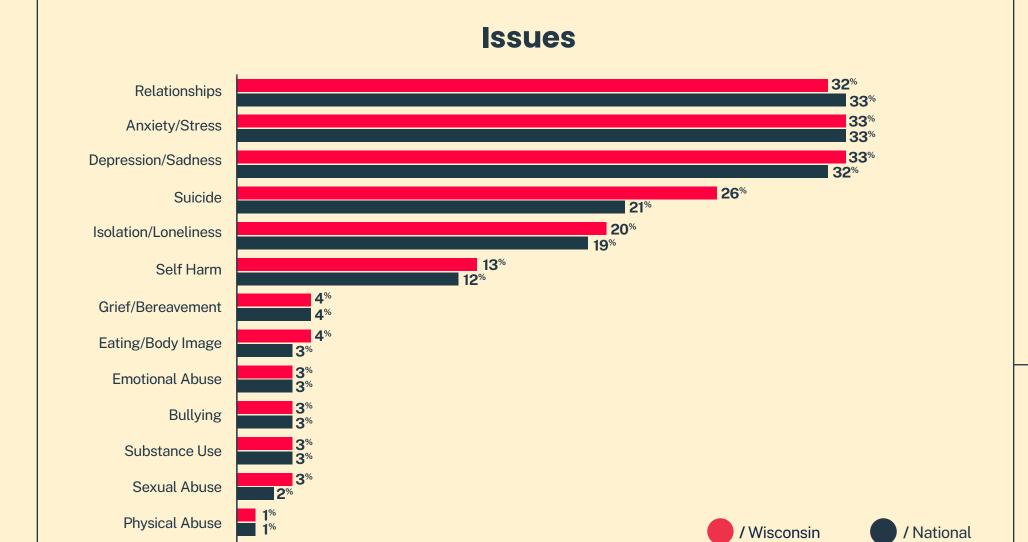
| Issue | West Virginia | National |
|---|---|---|
| Relationships | 36% | 33% |
| Anxiety/Stress | 33% | 33% |
| Depression/Sadness | 33% | 32% |
| Suicide | 22% | 21% |
| Isolation/Loneliness | 20% | 19% |
| Self Harm | 13% | 12% |
| Grief/Bereavement | 6% | 4% |
| Eating/Body Image | 4% | 3% |
| Emotional Abuse | 3% | 3% |
| Bullying | 3% | 3% |
| Substance Use | 2% | 3% |
| Sexual Abuse | 3% | 2% |
| Physical Abuse | 2% | 1% |
| Gender/Sexual Identity | 2% | 1% |

● / West Virginia  ● / National

## Race/Ethnicity

| | |
|---|---|
| White | 90% |
| Black/African American | 9% |
| Hispanic/Latinx | 4% |
| Asian | 3% |
| Native American/Native Alaskan/Indigenous | 3% |
| Native Hawaiian/Pacific Islander | 1% |
| Middle Eastern/North African/Arab | <1% |

## Sexual Orientation

● / 39% Heterosexual    ● / 61% LGBTQ+

## Gender

● / <1% Agender   ● / 1% Genderqueer   ● / 6% Trans   ● / 17% Boys+Men   ● / 75% Girls+Women
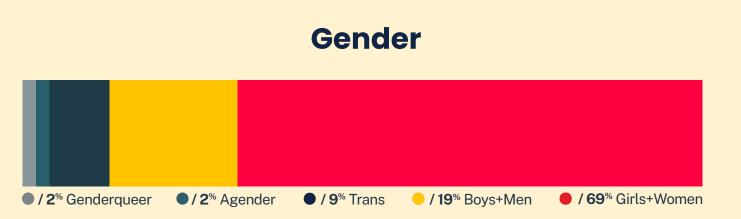
* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.

# Wisconsin*

## Age

| | |
|---|---|
| < 14 yrs | 16% |
| 14-17 yrs | 32% |
| 18-24 yrs | 25% |
| 25-34 yrs | 14% |
| 35-44 yrs | 7% |
| 45-54 yrs | 4% |
| 55-64 yrs | 2% |
| > 64 yrs | <1% |

## Issues

| Issue | Wisconsin | National |
|---|---|---|
| Relationships | 32% | 33% |
| Anxiety/Stress | 33% | 33% |
| Depression/Sadness | 33% | 32% |
| Suicide | 26% | 21% |
| Isolation/Loneliness | 20% | 19% |
| Self Harm | 13% | 12% |
| Grief/Bereavement | 4% | 4% |
| Eating/Body Image | 4% | 3% |
| Emotional Abuse | 3% | 3% |
| Bullying | 3% | 3% |
| Substance Use | 3% | 3% |
| Sexual Abuse | 3% | 2% |
| Physical Abuse | 1% | 1% |
| Gender/Sexual Identity | 1% | 1% |

● / Wisconsin   ● / National

**19,464** Conversations

**10,766** Texters in Crisis

**60%** Shared Something for First Time

**271** Suicide De-escalations

**127** Active Rescues

## Race/Ethnicity

| | |
|---|---|
| White | 83% |
| Hispanic/Latinx | 9% |
| Black/African American | 9% |
| Native American/Native Alaskan/Indigenous | 5% |
| Asian | 3% |
| Native Hawaiian/Pacific Islander | <1% |
| Middle Eastern/North African/Arab | <1% |

## Sexual Orientation

● / 48% Heterosexual   ● / 52% LGBTQ+

## Gender

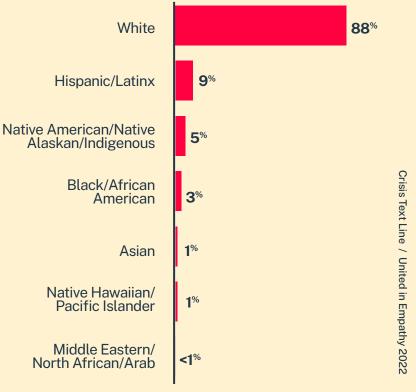● / 1% Genderqueer   ● / 2% Agender   ● / 5% Trans   ● / 15% Boys+Men   ● / 77% Girls+Women

* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.

# Wyoming*

**1,513**
Conversations

**949**
Texters in Crisis

**66%**
Shared Something for First Time

**23**
Suicide De-escalations

**4**
Active Rescues

## Issues

| Issue | Wyoming | National |
|---|---|---|
| Relationships | 31% | 33% |
| Anxiety/Stress | 33% | 33% |
| Depression/Sadness | 32% | 32% |
| Suicide | 24% | 21% |
| Isolation/Loneliness | 17% | 19% |
| Self Harm | 15% | 12% |
| Grief/Bereavement | 5% | 4% |
| Eating/Body Image | 3% | 3% |
| Emotional Abuse | 3% | 3% |
| Bullying | 2% | 3% |
| Substance Use | 4% | 3% |
| Sexual Abuse | 3% | 2% |
| Physical Abuse | 1% | 1% |
| Gender/Sexual Identity | 1% | 1% |

● / Wyoming    ● / National

## Age

| Age | % |
|---|---|
| < 14 yrs | 13% |
| 14-17 yrs | 29% |
| 18-24 yrs | 23% |
| 25-34 yrs | 19% |
| 35-44 yrs | 7% |
| 45-54 yrs | 5% |
| 55-64 yrs | 2% |
| > 64 yrs | 1% |

## Race/Ethnicity

| Race/Ethnicity | % |
|---|---|
| White | 88% |
| Hispanic/Latinx | 9% |
| Native American/Native Alaskan/Indigenous | 5% |
| Black/African American | 3% |
| Asian | 1% |
| Native Hawaiian/Pacific Islander | 1% |
| Middle Eastern/North African/Arab | <1% |

## Sexual Orientation

● / 37% Heterosexual    ● / 63% LGBTQ+

## Gender

● / 2% Genderqueer    ● / 2% Agender    ● / 9% Trans    ● / 19% Boys+Men    ● / 69% Girls+Women

* State was estimated using area codes, which is approximately 70% accurate based on historical data. All demographic data is based on the voluntary post-conversation survey that approximately 21% of texters complete.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.

# 4

## Explore by Demographics

# Asian Texters

2022 Mental Health Insights*

## 20,103
Conversations

## 6,913
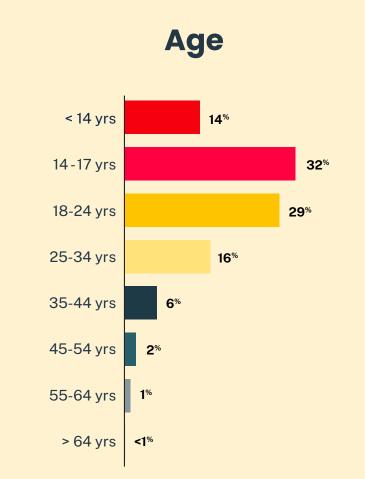Texters in Crisis

## 62%
Shared Something for First Time

## Issues

| Issue | % |
|---|---|
| Relationships | 37% |
| Anxiety/Stress | 39% |
| Depression/Sadness | 32% |
| Suicide | 22% |
| Isolation/Loneliness | 21% |
| Self Harm | 13% |
| Grief/Bereavement | 3% |
| Eating/Body Image | 4% |
| Emotional Abuse | 3% |
| Bullying | 3% |
| Substance Abuse | 2% |
| Sexual Abuse | 3% |
| Physical Abuse | 2% |
| Gender/Sexual Identity | 2% |

## Age

| Age | % |
|---|---|
| < 14 yrs | 14% |
| 14 - 17 yrs | 32% |
| 18 - 24 yrs | 29% |
| 25 - 34 yrs | 16% |
| 35 - 44 yrs | 6% |
| 45 - 54 yrs | 2% |
| 55 - 64 yrs | 1% |
| > 64 yrs | <1% |

## Race/Ethnicity

| Race/Ethnicity | % |
|---|---|
| Asian | 100% |
| White | 23% |
| Hispanic/Latinx | 9% |
| Black/African American | 8% |
| Native American/Native Alaskan/Indigenous | 4% |
| Native Hawaiian/Pacific Islander | 4% |
| Middle Eastern/North African/Arab | <1% |

## Sexual Orientation

- ● / 45% Heterosexual
- ● / 55% LGBTQ+

## Gender

- ● / 1% Genderqueer
- ● / 3% Agender
- ● / 6% Trans
- ● / 18% Boys+Men
- ● / 76% Girls+Women

* Only includes those who responded to our voluntary post-conversation survey in 2022 and identified as Asian. On average, approximately 21% of our texters overall complete this survey.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.
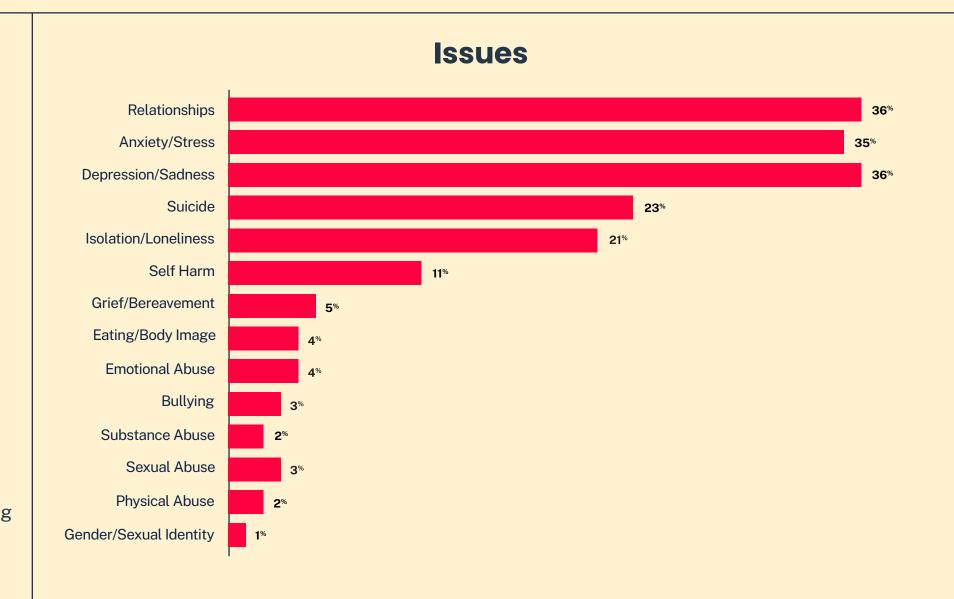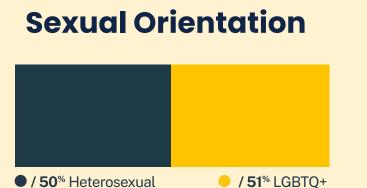
# Black/African American Texters

## 2022 Mental Health Insights*

**37,326**
Conversations
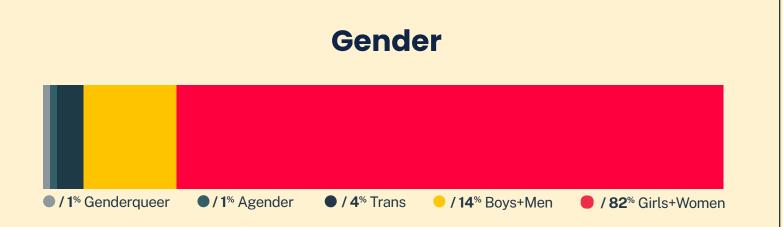
**14,619**
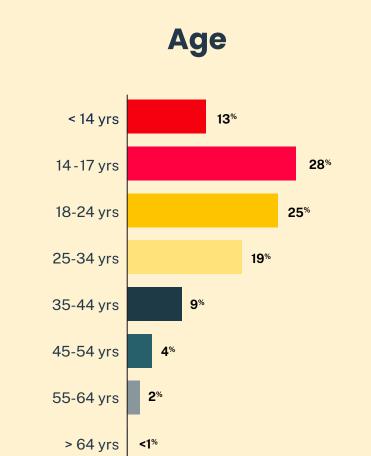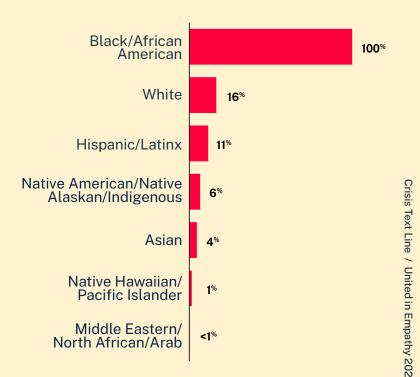Texters in Crisis

**64%**
Shared Something for First Time

## Issues

| Issue | % |
|---|---|
| Relationships | 36% |
| Anxiety/Stress | 35% |
| Depression/Sadness | 36% |
| Suicide | 23% |
| Isolation/Loneliness | 21% |
| Self Harm | 11% |
| Grief/Bereavement | 5% |
| Eating/Body Image | 4% |
| Emotional Abuse | 4% |
| Bullying | 3% |
| Substance Abuse | 2% |
| Sexual Abuse | 3% |
| Physical Abuse | 2% |
| Gender/Sexual Identity | 1% |

## Age

| Age | % |
|---|---|
| < 14 yrs | 13% |
| 14 - 17 yrs | 28% |
| 18-24 yrs | 25% |
| 25-34 yrs | 19% |
| 35-44 yrs | 9% |
| 45-54 yrs | 4% |
| 55-64 yrs | 2% |
| > 64 yrs | <1% |

## Race/Ethnicity

| Race/Ethnicity | % |
|---|---|
| Black/African American | 100% |
| White | 16% |
| Hispanic/Latinx | 11% |
| Native American/Native Alaskan/Indigenous | 6% |
| Asian | 4% |
| Native Hawaiian/Pacific Islander | 1% |
| Middle Eastern/North African/Arab | <1% |

## Sexual Orientation

● / **50%** Heterosexual     ● / **51%** LGBTQ+

## Gender

● / **1%** Genderqueer   ● / **1%** Agender   ● / **4%** Trans   ● / **14%** Boys+Men   ● / **82%** Girls+Women

* Only includes those who responded to our voluntary post-conversation survey in 2022 and identified as Black/African American. On average, approximately 21% of our texters overall complete this survey.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.

# Hispanic/Latinx Texters

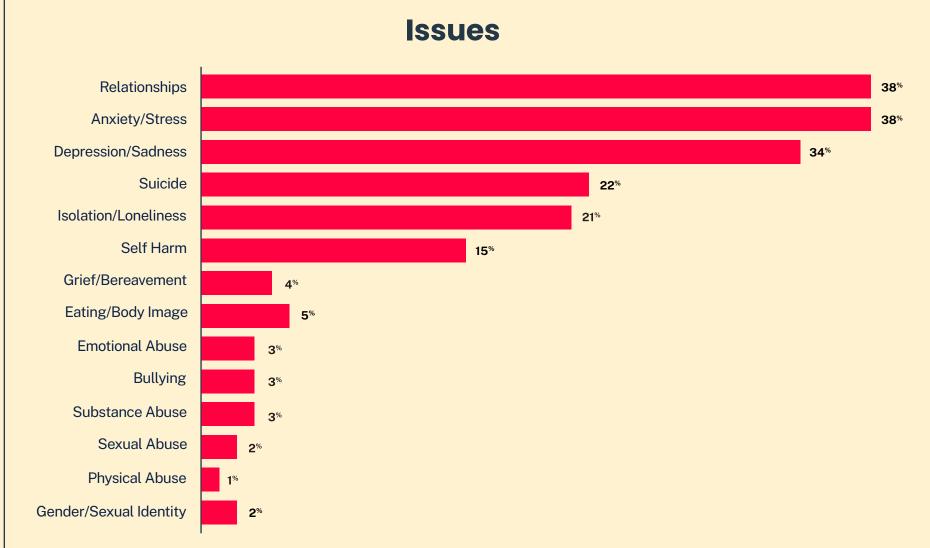## 2022 Mental Health Insights*

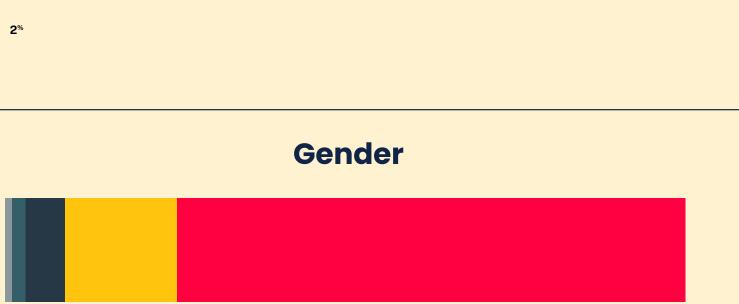**45,604**
Conversations

**18,086**
Texters in Crisis

**67%**
Shared Something for First Time
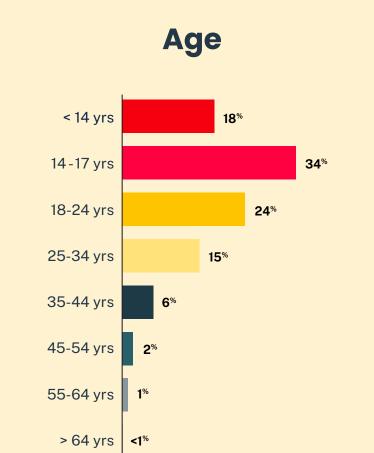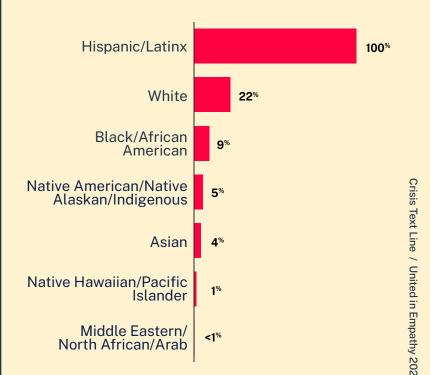
## Issues

| Issue | % |
|---|---|
| Relationships | 38% |
| Anxiety/Stress | 38% |
| Depression/Sadness | 34% |
| Suicide | 22% |
| Isolation/Loneliness | 21% |
| Self Harm | 15% |
| Grief/Bereavement | 4% |
| Eating/Body Image | 5% |
| Emotional Abuse | 3% |
| Bullying | 3% |
| Substance Abuse | 3% |
| Sexual Abuse | 2% |
| Physical Abuse | 1% |
| Gender/Sexual Identity | 2% |

## Age

| Age | % |
|---|---|
| < 14 yrs | 18% |
| 14 - 17 yrs | 34% |
| 18 - 24 yrs | 24% |
| 25 - 34 yrs | 15% |
| 35 - 44 yrs | 6% |
| 45 - 54 yrs | 2% |
| 55 - 64 yrs | 1% |
| > 64 yrs | <1% |

## Race/Ethnicity

| Race/Ethnicity | % |
|---|---|
| Hispanic/Latinx | 100% |
| White | 22% |
| Black/African American | 9% |
| Native American/Native Alaskan/Indigenous | 5% |
| Asian | 4% |
| Native Hawaiian/Pacific Islander | 1% |
| Middle Eastern/North African/Arab | <1% |

## Sexual Orientation

● / **43%** Heterosexual   ● / **58%** LGBTQ+

## Gender

● / **1%** Genderqueer   ● / **2%** Agender   ● / **6%** Trans   ● / **17%** Boys+Men   ● / **77%** Girls+Women

* Only includes those who responded to our voluntary post-conversation survey in 2022 and identified as Hispanic, Latinx or Spanish origin. On average, approximately 21% of our texters overall complete this survey.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.
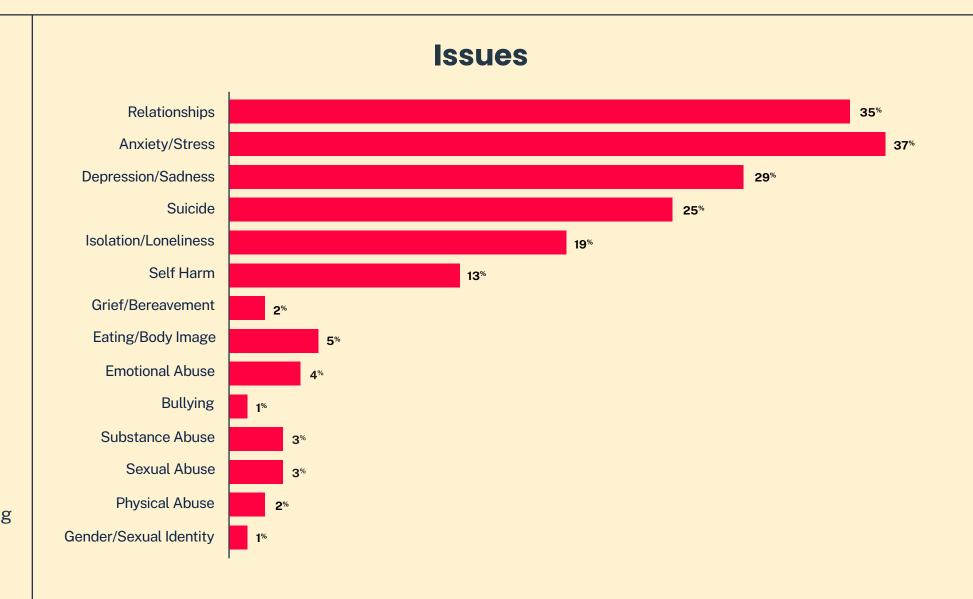
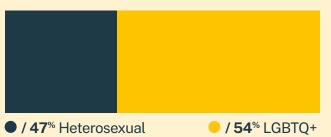# Middle Eastern/North African/Arab Texters

2022 Mental Health Insights*

## Age

| | |
|---|---|
| < 14 yrs | 16% |
| 14 - 17 yrs | 43% |
| 18-24 yrs | 26% |
| 25-34 yrs | 9% |
| 35-44 yrs | 3% |
| 45-54 yrs | 2% |
| 55-64 yrs | 1% |
| > 64 yrs | <1% |

## Issues

**1,005** Conversations

**385** Texters in Crisis
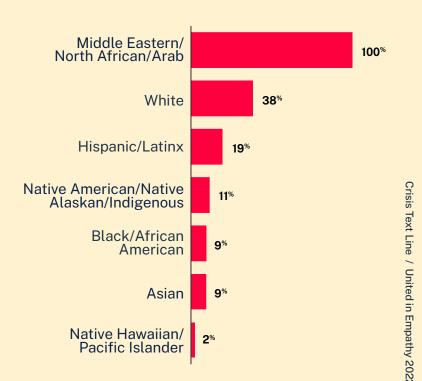
**62%** Shared Something for First Time

| Issue | % |
|---|---|
| Relationships | 35% |
| Anxiety/Stress | 37% |
| Depression/Sadness | 29% |
| Suicide | 25% |
| Isolation/Loneliness | 19% |
| Self Harm | 13% |
| Grief/Bereavement | 2% |
| Eating/Body Image | 5% |
| Emotional Abuse | 4% |
| Bullying | 1% |
| Substance Abuse | 3% |
| Sexual Abuse | 3% |
| Physical Abuse | 2% |
| Gender/Sexual Identity | 1% |

## Race/Ethnicity

| | |
|---|---|
| Middle Eastern/North African/Arab | 100% |
| White | 38% |
| Hispanic/Latinx | 19% |
| Native American/Native Alaskan/Indigenous | 11% |
| Black/African American | 9% |
| Asian | 9% |
| Native Hawaiian/Pacific Islander | 2% |

## Sexual Orientation

● / **47%** Heterosexual
● / **54%** LGBTQ+

## Gender

● / **<1%** Agender
● / **2%** Trans
● / **3%** Genderqueer
● / **9%** Boys+Men
● / **87%** Girls+Women

*\* Only includes those who responded to our voluntary post-conversation survey in 2022 and identified as Middle Eastern/North African/Arab. On average, approximately 21% of our texters overall complete this survey.*
*Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.*
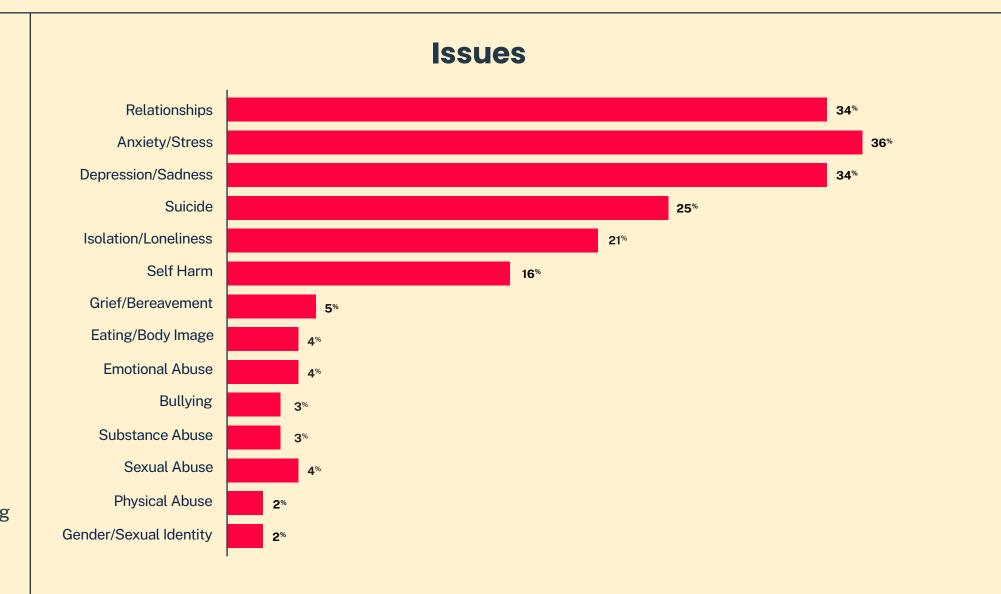
# Native American/Native Alaskan/ Indigenous Texters
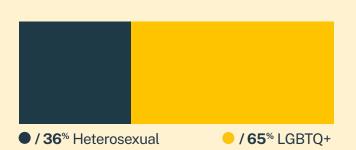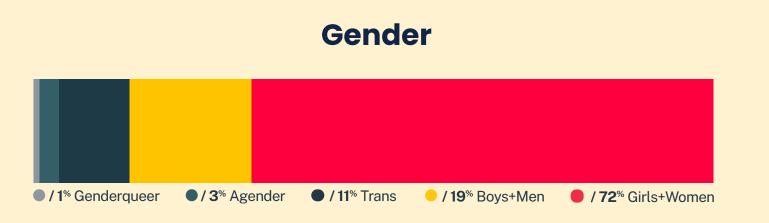
## 2022 Mental Health Insights*

**10,147**
Conversations
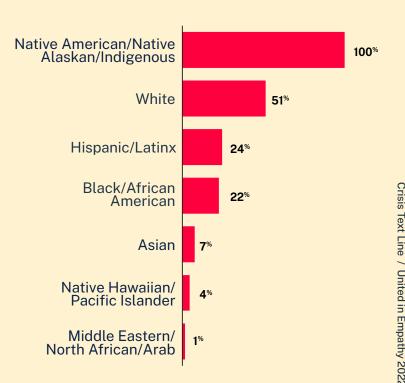
**3,909**
Texters in Crisis

**64%**
Shared Something for First Time

## Issues

| Issue | % |
|---|---|
| Relationships | 34% |
| Anxiety/Stress | 36% |
| Depression/Sadness | 34% |
| Suicide | 25% |
| Isolation/Loneliness | 21% |
| Self Harm | 16% |
| Grief/Bereavement | 5% |
| Eating/Body Image | 4% |
| Emotional Abuse | 4% |
| Bullying | 3% |
| Substance Abuse | 3% |
| Sexual Abuse | 4% |
| Physical Abuse | 2% |
| Gender/Sexual Identity | 2% |

## Age

| Age | % |
|---|---|
| < 14 yrs | 15% |
| 14 - 17 yrs | 33% |
| 18 - 24 yrs | 20% |
| 25 - 34 yrs | 15% |
| 35 - 44 yrs | 10% |
| 45 - 54 yrs | 4% |
| 55 - 64 yrs | 2% |
| > 64 yrs | <1% |

## Race/Ethnicity

| Race/Ethnicity | % |
|---|---|
| Native American/Native Alaskan/Indigenous | 100% |
| White | 51% |
| Hispanic/Latinx | 24% |
| Black/African American | 22% |
| Asian | 7% |
| Native Hawaiian/Pacific Islander | 4% |
| Middle Eastern/North African/Arab | 1% |

## Sexual Orientation

● / **36%** Heterosexual
● / **65%** LGBTQ+

## Gender

● / **1%** Genderqueer  ● / **3%** Agender  ● / **11%** Trans  ● / **19%** Boys+Men  ● / **72%** Girls+Women

* Only includes those who responded to our voluntary post-conversation survey in 2022 and identified as Native American/Native Alaskan/Indigenous. On average, approximately 21% of our texters overall complete this survey. Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.
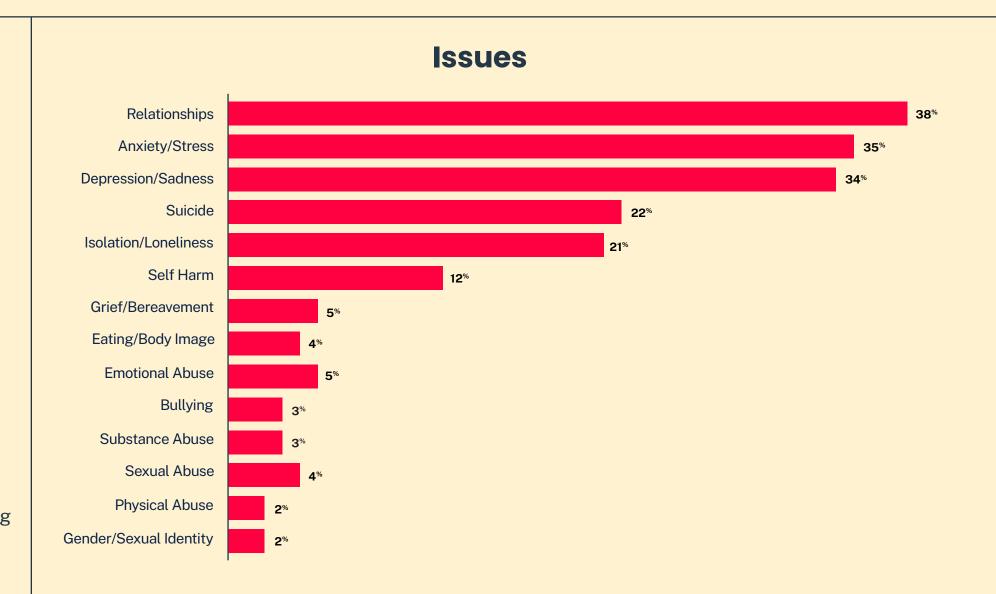
# Native Hawaiian/Pacific Islander

2022 Mental Health Insights*

**2,633**
Conversations

**942**
Texters in Crisis
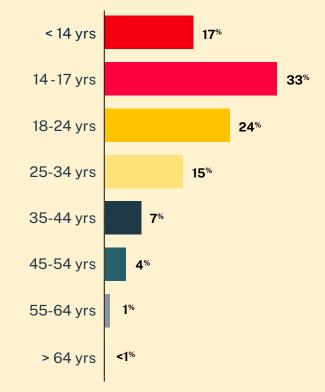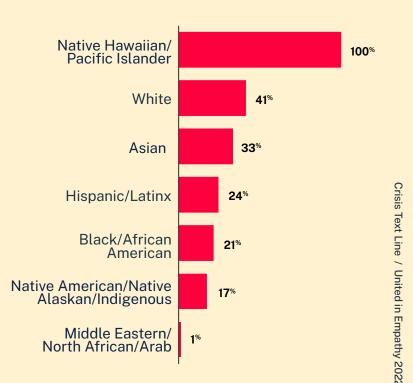
**66%**
Shared Something for First Time

## Issues

| Issue | % |
|---|---|
| Relationships | 38% |
| Anxiety/Stress | 35% |
| Depression/Sadness | 34% |
| Suicide | 22% |
| Isolation/Loneliness | 21% |
| Self Harm | 12% |
| Grief/Bereavement | 5% |
| Eating/Body Image | 4% |
| Emotional Abuse | 5% |
| Bullying | 3% |
| Substance Abuse | 3% |
| Sexual Abuse | 4% |
| Physical Abuse | 2% |
| Gender/Sexual Identity | 2% |

## Age

| Age | % |
|---|---|
| < 14 yrs | 17% |
| 14-17 yrs | 33% |
| 18-24 yrs | 24% |
| 25-34 yrs | 15% |
| 35-44 yrs | 7% |
| 45-54 yrs | 4% |
| 55-64 yrs | 1% |
| > 64 yrs | <1% |

## Race/Ethnicity

| Race/Ethnicity | % |
|---|---|
| Native Hawaiian/Pacific Islander | 100% |
| White | 41% |
| Asian | 33% |
| Hispanic/Latinx | 24% |
| Black/African American | 21% |
| Native American/Native Alaskan/Indigenous | 17% |
| Middle Eastern/North African/Arab | 1% |

## Sexual Orientation

● / **44%** Heterosexual      ● / **56%** LGBTQ+

## Gender

● / **1%** Genderqueer   ● / **3%** Agender   ● / **7%** Trans   ● / **18%** Boys+Men   ● / **77%** Girls+Women

* Only includes those who responded to our voluntary post-conversation survey in 2022 and identified as Native Hawaiian/Pacific Islander. On average, approximately 21% of our texters overall complete this survey.
Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.
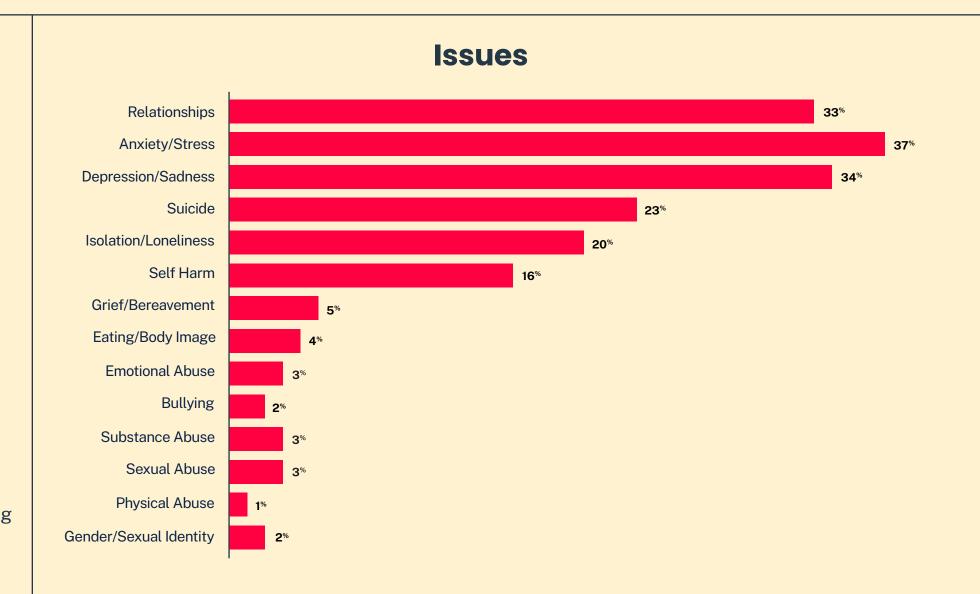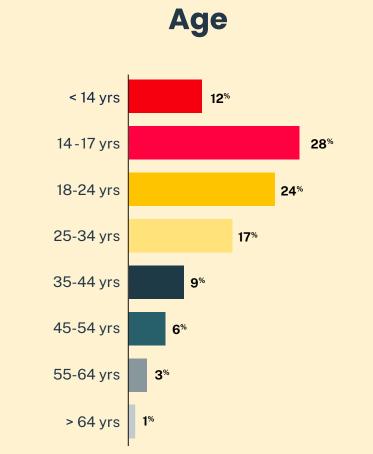
# White Texters

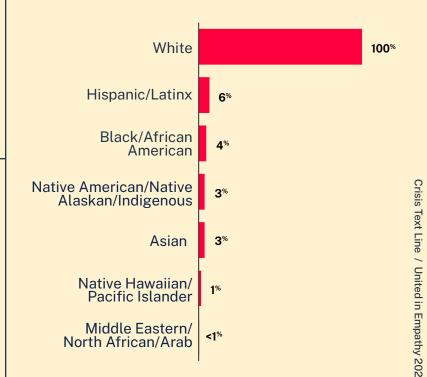2022 Mental Health Insights*
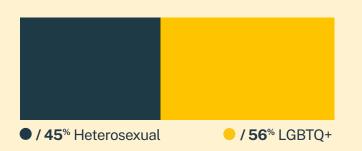
**164,971**
Conversations

**62,011**
Texters in Crisis
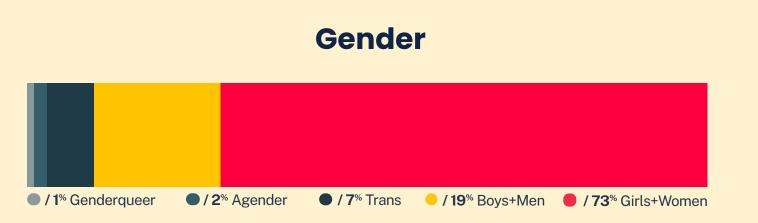
**60%**
Shared Something for First Time

## Issues

| Issue | % |
|---|---|
| Relationships | 33% |
| Anxiety/Stress | 37% |
| Depression/Sadness | 34% |
| Suicide | 23% |
| Isolation/Loneliness | 20% |
| Self Harm | 16% |
| Grief/Bereavement | 5% |
| Eating/Body Image | 4% |
| Emotional Abuse | 3% |
| Bullying | 2% |
| Substance Abuse | 3% |
| Sexual Abuse | 3% |
| Physical Abuse | 1% |
| Gender/Sexual Identity | 2% |

## Age

| Age | % |
|---|---|
| < 14 yrs | 12% |
| 14-17 yrs | 28% |
| 18-24 yrs | 24% |
| 25-34 yrs | 17% |
| 35-44 yrs | 9% |
| 45-54 yrs | 6% |
| 55-64 yrs | 3% |
| > 64 yrs | 1% |

## Race/Ethnicity

| Race/Ethnicity | % |
|---|---|
| White | 100% |
| Hispanic/Latinx | 6% |
| Black/African American | 4% |
| Native American/Native Alaskan/Indigenous | 3% |
| Asian | 3% |
| Native Hawaiian/Pacific Islander | 1% |
| Middle Eastern/North African/Arab | <1% |

## Sexual Orientation

● / **45%** Heterosexual          ● / **56%** LGBTQ+

## Gender

● / **1%** Genderqueer   ● / **2%** Agender   ● / **7%** Trans   ● / **19%** Boys+Men   ● / **73%** Girls+Women

*\* Only includes those who responded to our voluntary post-conversation survey in 2022 and identified as White. On average, approximately 21% of our texters overall complete this survey.*
*Please note that the total percentages in the race, gender, and sexuality charts will not add up to a 100% because texters might identify with multiple identities.*

# About Crisis Text Line

Crisis Text Line is a nonprofit organization that provides free, confidential, 24/7, high-quality text-based mental health support and crisis intervention in English and Spanish. Since its launch in 2013, Crisis Text Line has trained over 59,000 volunteers who have collectively supported more than 8 million crisis conversations initiated by people in their moments of need.

We are committed to creating an empathetic world where nobody feels alone. During those conversations, people shared their deepest, sometimes scary and difficult feelings with us. We've asked about suicidal thoughts, and most importantly, supported texters in moving from a hot moment of crisis to a place of calm.

# How the Service Works

/ Crisis Text Line is for everyone of any age who needs support coping with painful emotions, regardless of the reasons. Your crisis is our priority, and we are always here to support you.

/ To receive confidential, anonymous support, you can connect via text, web chat and WhatsApp. To reach a live, trained volunteer Crisis Counselor, you can text **HELLO** to **741741** or **443-SUPPORT** in WhatsApp or text **HOLA** to **741741** or **442-AYUDAME** in WhatsApp for Spanish or connect with us via **web chat**.

/ When you text us, you will receive an automated response to let you know you have reached Crisis Text Line. We will then provide you with our Terms of Service[06] and ask you to share a bit more about your crisis while you briefly wait to be connected with a real-life person ready to support you. We triage conversations in order of severity.

/ Your trained volunteer Crisis Counselor will help you sort through your feelings by asking questions, empathizing, and actively listening. The goal of any conversation is to guide you to a calm, safe place. Sometimes that means providing a referral to further help, or developing a safety plan and sometimes it just means being there and listening.

/ Throughout your conversation, your Crisis Counselor will collaborate with you to help you discover strengths within yourself and things within your reach that you can do to help you feel better during and beyond the conversation.

/ All along, our clinical supervisors monitor every conversation, give feedback in real-time and provide additional support when necessary for volunteer Crisis Counselors.

[06] When you continue texting after receiving the link, this gives your consent to those terms and for connecting you to a volunteer Crisis Counselor. We realize that you may be under stress when you reach out to us, and we will continue to work to evaluate additional safe and appropriate ways to obtain your consent in your moment of crisis. However, we've set up our service to remove as many barriers to support as possible, such as not requiring most personally identifiable information, and offering simple ways to request to delete your information after a conversation.