United in Empathy

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

2022
# Contents

## 1 Executive Summary
- Summary / 01
- How To Use This Report / 03
- Data Privacy / 03
- Limitations And Scope / 04

## 2 Nationwide Analysis
- Key Questions / 05
  - Higher Volumes / 07
  - Relationships, Bullying, and Substance Use / 09
  - From Music To Volunteering / 17
- National Summary / 21

## 3 Explore by Region
- Alabama / 25
- Alaska / 27
- Arizona / 29
- Arkansas / 31
- California / 33
- Colorado / 35
- Connecticut / 37
- Delaware / 39
- D.C. / 41
- Florida / 43
- Georgia / 45
- Hawaii / 47
- Idaho / 49
- Illinois / 51
- Indiana / 53
- Iowa / 55
- Kansas / 57
- Kentucky / 59
- Louisiana / 61
- Maine / 63
- Maryland / 65
- Massachusetts / 67
- Michigan / 69
- Minnesota / 71
- Mississippi / 73
- Missouri / 75
- Montana / 77
- Nebraska / 79
- Nevada / 81
- New Hampshire / 83
- New Jersey / 85
- New Mexico / 87
- New York / 89
- North Carolina / 91
- North Dakota / 93
- Ohio / 95
- Oklahoma / 97
- Oregon / 99
- Pennsylvania / 101
- Puerto Rico / 103
- Rhode Island / 105
- South Carolina / 107
- South Dakota / 109
- Tennessee / 111
- Texas / 113
- Utah / 115
- Vermont / 117
- Virginia / 119
- Washington / 121
- West Virginia / 123
- Wisconsin / 125
- Wyoming / 127

## 4 Explore by Demographics
- Asian / 131
- Black / 133
- Hispanic / Latinx / 135
- Middle Eastern / North African / Arab / 137
- Native American/Native Alaskan/Indigenous / 139
- Native Hawaiian / Pacific Islander / 141
- White / 143
We analyzed these conversations to explore top mental health issues, social stressors, and coping strategies. 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 texters. 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.
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 250 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. For the purposes of this report, we analyzed only meaningful conversations received through our 741 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.

Nationwide Analysis

Crisis Text Line  /  United in Empathy 2022

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/ 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

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.

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

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.

We experienced higher volume in the evenings, on weekdays, and around the holidays in 2022.

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%.

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.

We received the highest share of conversations on Mondays.

Crisis Text Line Conversations by Day of the Week in 2022

We received the highest share of conversations on Mondays.

Crisis Text Line Conversations by Time Shift in 2022

We experienced the heaviest traffic in the evening hours between 6pm and 12am in 2022.

Daily Number of Crisis Text Line Conversations in 2022

We experienced high volume in December 2022, similar to past years.

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

Sample size
1,277,423 conversations in 2022 (U.S. only).
What mental health issues and social stressors emerged?

Relationships, bullying, and substance use surged in conversations.

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.16

**Conversation Issues in 2022 as a Percentage of Conversations**

The top conversation issue was “relationships”.

- 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.

“Everyone just hates me and I can’t do anything right.”

/Anonymous Texters

“I just want to feel happy, whatever that is.”

/Anonymous Texters

---

16 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.

*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.
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.

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 741/741 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% 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.

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.*
These issues have been 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.

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

These issues have been 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.

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.

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 last year, going from 2.5% to 2.6% of conversations.

“\text{I’m using fentanyl and I’m having a hard time breaking free.}”

/Anonymous Texter

For a list of the keywords used to identify these conversations and any questions about methodology, please email us at research@crisistextline.org. 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.

\(P\)-value = 0.00000

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.
What helped our texters cope?

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

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.

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 were the second most commonly used coping tools by our texters. Approximately 1 in 5 texters mentioned this as a helpful strategy.

Common Coping Strategies in Crisis Text Line Conversations in 2022

<table>
<thead>
<tr>
<th>Strategy</th>
<th>Percentage of Conversations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Listening to music</td>
<td>24%</td>
</tr>
<tr>
<td>Rest/good to bed</td>
<td>20%</td>
</tr>
<tr>
<td>Friends/connections</td>
<td>14%</td>
</tr>
<tr>
<td>Mental health support</td>
<td>12%</td>
</tr>
<tr>
<td>TV/video/podcasts</td>
<td>10%</td>
</tr>
<tr>
<td>Visual arts</td>
<td>9%</td>
</tr>
<tr>
<td>Exercise</td>
<td>8%</td>
</tr>
<tr>
<td>Meditation/breathing/yoga</td>
<td>7%</td>
</tr>
<tr>
<td>Books/audio books</td>
<td>6%</td>
</tr>
<tr>
<td>Pets</td>
<td>5%</td>
</tr>
<tr>
<td>Video games</td>
<td>5%</td>
</tr>
<tr>
<td>Taking a walk</td>
<td>5%</td>
</tr>
<tr>
<td>Writing</td>
<td>5%</td>
</tr>
<tr>
<td>Nature</td>
<td>3%</td>
</tr>
<tr>
<td>Performing music</td>
<td>3%</td>
</tr>
<tr>
<td>School-based activities</td>
<td>2%</td>
</tr>
<tr>
<td>Cooking</td>
<td>2%</td>
</tr>
<tr>
<td>Performance art/theater</td>
<td>1%</td>
</tr>
<tr>
<td>Volunteer</td>
<td>&lt;1%</td>
</tr>
</tbody>
</table>

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.
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

**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%

**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%

**Race/Ethnicity**

- White: 67%
- Hispanic/Latinx: 19%
- Black/African American: 16%
- Asian: 7%
- Native American/Native Alaskan/Indigenous: 4%
- Middle Eastern/North African/Arab: 1%
- Native Hawaiian/Pacific Islander: 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 100% because texters might identify with multiple identities.*

**1,323,230 Conversations**

**730,785 Texters in Crisis**

61% Shared Something for First Time

**11,103 Suicide De-escalations**

**5,724 Active Rescues**

1,323,230 Conversations - 730,785 Texters in Crisis - 61% Shared Something for First Time - 11,103 Suicide De-escalations - 5,724 Active Rescues
<table>
<thead>
<tr>
<th>Region</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alabama</td>
<td>25</td>
</tr>
<tr>
<td>Alaska</td>
<td>27</td>
</tr>
<tr>
<td>Arizona</td>
<td>29</td>
</tr>
<tr>
<td>Arkansas</td>
<td>31</td>
</tr>
<tr>
<td>California</td>
<td>33</td>
</tr>
<tr>
<td>Colorado</td>
<td>35</td>
</tr>
<tr>
<td>Connecticut</td>
<td>37</td>
</tr>
<tr>
<td>Delaware</td>
<td>39</td>
</tr>
<tr>
<td>D.C.</td>
<td>41</td>
</tr>
<tr>
<td>Florida</td>
<td>43</td>
</tr>
<tr>
<td>Georgia</td>
<td>45</td>
</tr>
<tr>
<td>Hawaii</td>
<td>47</td>
</tr>
<tr>
<td>Idaho</td>
<td>49</td>
</tr>
<tr>
<td>Illinois</td>
<td>51</td>
</tr>
<tr>
<td>Indiana</td>
<td>53</td>
</tr>
<tr>
<td>Iowa</td>
<td>55</td>
</tr>
<tr>
<td>Kansas</td>
<td>57</td>
</tr>
<tr>
<td>Kentucky</td>
<td>59</td>
</tr>
<tr>
<td>Louisiana</td>
<td>61</td>
</tr>
<tr>
<td>Maine</td>
<td>63</td>
</tr>
<tr>
<td>Maryland</td>
<td>65</td>
</tr>
<tr>
<td>Massachusetts</td>
<td>67</td>
</tr>
<tr>
<td>Michigan</td>
<td>69</td>
</tr>
<tr>
<td>Minnesota</td>
<td>71</td>
</tr>
<tr>
<td>Mississippi</td>
<td>73</td>
</tr>
<tr>
<td>Missouri</td>
<td>75</td>
</tr>
<tr>
<td>Montana</td>
<td>77</td>
</tr>
<tr>
<td>Nebraska</td>
<td>79</td>
</tr>
<tr>
<td>Nevada</td>
<td>81</td>
</tr>
<tr>
<td>New Hampshire</td>
<td>83</td>
</tr>
<tr>
<td>New Jersey</td>
<td>85</td>
</tr>
<tr>
<td>New Mexico</td>
<td>87</td>
</tr>
<tr>
<td>New York</td>
<td>89</td>
</tr>
<tr>
<td>North Carolina</td>
<td>91</td>
</tr>
<tr>
<td>North Dakota</td>
<td>93</td>
</tr>
<tr>
<td>Ohio</td>
<td>95</td>
</tr>
<tr>
<td>Oklahoma</td>
<td>97</td>
</tr>
<tr>
<td>Oregon</td>
<td>99</td>
</tr>
<tr>
<td>Pennsylvania</td>
<td>101</td>
</tr>
<tr>
<td>Puerto Rico</td>
<td>103</td>
</tr>
<tr>
<td>Rhode Island</td>
<td>105</td>
</tr>
<tr>
<td>South Carolina</td>
<td>107</td>
</tr>
<tr>
<td>South Dakota</td>
<td>109</td>
</tr>
<tr>
<td>Tennessee</td>
<td>111</td>
</tr>
<tr>
<td>Texas</td>
<td>113</td>
</tr>
<tr>
<td>Utah</td>
<td>115</td>
</tr>
<tr>
<td>Vermont</td>
<td>117</td>
</tr>
<tr>
<td>Virginia</td>
<td>119</td>
</tr>
<tr>
<td>Washington</td>
<td>121</td>
</tr>
<tr>
<td>West Virginia</td>
<td>123</td>
</tr>
<tr>
<td>Wisconsin</td>
<td>125</td>
</tr>
<tr>
<td>Wyoming</td>
<td>127</td>
</tr>
</tbody>
</table>
Alabama*

12,092 Conversations
7,937 Texters in Crisis
62% Shared Something for First Time
116 Suicide De-escalations
71 Active Rescues

Issues

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

Age

< 14 yrs 14%  18%
14-17 yrs 28%  18%
18-24 yrs 24%  24%
25-34 yrs 18%  21%
35-44 yrs 9%  9%
45-54 yrs 6%  6%
55-64 yrs 2%  2%
> 64 yrs 1%  1%

Race/Ethnicity

White 66%  38%
Black/African American 28%  18%
Hispanic/Latinx 7%  3%
Asian 3%  3%
Native American/Native Alaskan/Indigenous 3%  3%
Native Hawaiian/ Pacific Islander 1%  2%
Middle Eastern/ North African/Arab <1%  <1%

Sexual Orientation

/ 48% Heterosexual  / 52% LGBTQ+

Gender

/ 1% Genderqueer  / 2% Agender  / 3% 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 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**

- **36%** Relationships
- **33%** Anxiety/Stress
- **32%** Depression/Sadness
- **32%** Suicides
- **27%** Isolation/Loneliness
- **21%** Self Harm
- **19%** Grief/Bereavement
- **19%** Eating/Body Image
- **18%** Emotional Abuse
- **17%** Bullying
- **15%** Substance Use
- **13%** Sexual Abuse
- **11%** Physical Abuse
- **10%** Gender/Sexual Identity

**Race/Ethnicity**

- **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
- **73%** Girls

- *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 100% because texters might identify with multiple identities.*
**Arizona**

**20,704**
Conversations

**11,807**
Texters in Crisis

**63%**
Shared Something for First Time

**175**
Suicide De-escalations

**76**
Active Rescues

---

**Issues**

- Relationships: 36%
- Anxiety/Stress: 33%
- Depression/Sadness: 35%
- Suicide: 29%
- Isolation/Loneliness: 22%
- Self Harm: 19%
- Grief/Bereavement: 12%
- Eating/Body Image: 13%
- Emotional Abuse: 5%
- Bullying: 4%
- Substance Use: 3%
- Sexual Abuse: 2%
- Physical Abuse: 1%
- Gender/Sexual Identity: 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%

---

*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 100% because texters might identify with multiple identities.*
California* | 33 / 34

### Issues

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

### Race/Ethnicity

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

### 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 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

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

### 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

- **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 100% because texters might identify with multiple identities.*
Delaware*

3,541 Conversations
1,980 Texters in Crisis
62% Shared Something for First Time
32 Suicide De-escalations
14 Active Rescues

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

Age
- < 14 yrs: 19% / Delaware, 25% / National
- 14-17 yrs: 25% / Delaware, 25% / National
- 18-24 yrs: 12% / Delaware, 10% / National
- 25-34 yrs: 10% / Delaware, 5% / National
- 35-44 yrs: 3% / Delaware, 3% / National
- 45-54 yrs: 5% / Delaware, 3% / National
- 55-64 yrs: 7% / Delaware, 3% / National
- > 64 yrs: 1% / Delaware, 1% / National

Race/Ethnicity
- White: 69% / Delaware, 69% / National
- Black/African American: 18% / Delaware, 18% / National
- Hispanic/Latinx: 13% / Delaware, 13% / National
- Asian: 5% / Delaware, 5% / National
- Native American/Native Alaskan/Indigenous: 5% / Delaware, 5% / National
- Native Hawaiian/Pacific Islander: <1% / Delaware, <1% / National
- Middle Eastern/North African/Arab: <1% / Delaware, <1% / National

Sexual Orientation
- 40% Heterosexual / Delaware, 40% Heterosexual / National
- 60% LGBTQ+ / Delaware, 60% LGBTQ+ / National

Gender
- 3% Genderqueer / Delaware, 3% Genderqueer / National
- 2% Agender / Delaware, 2% Agender / National
- 7% Trans / Delaware, 7% Trans / National
- 13% Boys+Men / Delaware, 13% Boys+Men / National
- 75% Girls+Women / Delaware, 75% Girls+Women / National

* 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 100% because texters might identify with multiple identities.
District of Columbia*

3,461 Conversations

2,171 Texters in Crisis

64% Shared Something for First Time

23 Suicide De-escalations

10 Active Rescues

Issues

Relationships
Anxiety/Stress
Depression/Sadness
Suicide
Isolation/Loneliness
Self Harm
Grief/Bereavement
Eating/Body Image
Emotional Abuse
Bullying
Substance Use
Sexual Abuse
Physical Abuse
Gender/Sexual Identity

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%

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 100% because texters might identify with multiple identities.
64% Shared Something for First Time

Issues

Relationships 35% / Florida 35% / National
Anxiety/Stress 34% / Florida 34% / National
Depression/Sadness 33% / Florida 33% / National
Suicide 20% / Florida 20% / National
Isolation/Loneliness 20% / Florida 20% / National
Self Harm 19% / Florida 19% / National
Grief/Bereavement 12% / Florida 12% / National
Eating/Body Image 11% / Florida 11% / National
Emotional Abuse 11% / Florida 11% / National
Bullying 11% / Florida 11% / National
Substance Use 10% / Florida 10% / National
Sexual Abuse 8% / Florida 8% / National
Physical Abuse 4% / Florida 4% / National
Gender/Sexual Identity 2% / Florida 2% / National

Sexual Orientation

45% Heterosexual / Florida
55% LGBTQ+ / Florida

Race/Ethnicity

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

Gender

1st Genderqueer / Florida
2nd Agender / Florida
6th Trans / Florida
18th Boys+Men / Florida
74th Girls+Women / Florida

* 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 100% because texters might identify with multiple identities. 

Crisis Text Line / United in Empathy 2022
**Georgia**

**29,578** Conversations

**18,365** Texters in Crisis

**63%** Shared Something for First Time

**254** Suicide De-escalations

**113** Active Rescues

**Issues**

- **Relationships**: 34%
- **Anxiety/Stress**: 33%
- **Depression/Sadness**: 31%
- **Suicide**: 21%
- **Isolation/Loneliness**: 21%
- **Self Harm**: 11%
- **Grief/Bereavement**: 6%
- **Eating/Body Image**: 4%
- **Emotional Abuse**: 3%
- **Bullying**: 3%
- **Substance Use**: 3%
- **Sexual Abuse**: 2%
- **Physical Abuse**: 1%
- **Gender/Sexual Identity**: 1%

**Race/Ethnicity**

- **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%

**Gender**

- **50% Heterosexual**
- **50% LGBTQ+**

- **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 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**

- Relationships: 36%
- Anxiety/Stress: 31%
- Depression/Sadness: 31%
- Suicide: 32%
- Isolation/Loneliness: 26%
- Self Harm: 21%
- Grief/Bereavement: 19%
- Eating/Body Image: 12%
- Emotional Abuse: 12%
- Bullying: 9%
- Substance Use: 8%
- Sexual Abuse: 8%
- Physical Abuse: 2%
- Gender/Sexual Identity: 1%

**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**

- Heterosexual: 50%
- LGBTQ+: 50%

**Gender**

- Genderqueer: 1%
- Agender: 2%
- Trans: 3%
- Boys+Men: 76%
- Girls+Women: 24%

---

*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 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

- **Relationships**: 33%
- **Anxiety/Stress**: 33%
- **Depression/Sadness**: 33%
- **Suicide**: 32%
- **Isolation/Loneliness**: 19%
- **Self Harm**: 16%
- **Grief/Bereavement**: 12%
- **Eating/Body Image**: 7%
- **Emotional Abuse**: 7%
- **Bullying**: 5%
- **Substance Use**: 3%
- **Sexual Abuse**: 3%
- **Physical Abuse**: 3%
- **Gender/Sexual Identity**: 2%

### 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

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

Age
- <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
- White: 64%
- Hispanic/Latinx: 19%
- Black/African American: 19%
- 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
- / 1st Genderqueer
- / 2nd Agender
- / 5th Trans
- / 17th Boys+Men
- / 75th 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.
20,988 Conversations
12,617 Texters in Crisis
61% Shared Something for First Time
223 Suicide De-escalations
111 Active Rescues

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

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
- 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*

8,487 Conversations

4,938 Texters in Crisis

62% Shared Something for First Time

146 Suicide De-escalations

55 Active Rescues

### Issues

- **Relationships**: 34%
- **Anxiety/Stress**: 33%
- **Depression/Sadness**: 33%
- **Suicide**: 31%
- **Isolation/Loneliness**: 21%
- **Self Harm**: 19%
- **Grief/Bereavement**: 15%
- **Eating/Body Image**: 12%
- **Emotional Abuse**: 11%
- **Bullying**: 10%
- **Substance Use**: 9%
- **Sexual Abuse**: 8%
- **Physical Abuse**: 7%
- **Gender/Sexual Identity**: 6%

### Race/Ethnicity

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

### Gender

- **Male**: 31%
- **Female**: 27%
- **Non-binary**: 10%
- **Genderqueer**: 3%
- **Agender**: 1%
- **Trans**: 1%
- **Boys+Men**: 1%
- **Girls+Women**: 1%
- **Trans Men**: 1%
- **Trans Women**: 1%

### Sexual Orientation

- **Heterosexual**: 47%
- **LGBTQ+**: 53%

---

*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 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

- **Relationships**
- Anxiety/Stress
- Depression/Sadness
- Suicide
- Isolation/Loneliness
- Self Harm
- Grief/Bereavement
- Eating/Body Image
- Emotional Abuse
- Bullying
- Substance Use
- Sexual Abuse
- Physical Abuse
- Gender/Sexual Identity

**Race/Ethnicity**

- **White**
- Hispanic/Latinx
- Black/African American
- Native American/Native Alaskan/Indigenous
- Asian
- Native Hawaiian/Pacific Islander
- Middle Eastern/North African/Arab

**Gender**

- **/ 44% Heterosexual**
- **/ 56% LGBTQ**
- **/ 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

<table>
<thead>
<tr>
<th>Category</th>
<th>Kentucky</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Relationships</td>
<td>34%</td>
<td>33%</td>
</tr>
<tr>
<td>Anxiety/Stress</td>
<td>33%</td>
<td>33%</td>
</tr>
<tr>
<td>Depression/Sadness</td>
<td>33%</td>
<td>33%</td>
</tr>
<tr>
<td>Suicide</td>
<td>21%</td>
<td>23%</td>
</tr>
<tr>
<td>Isolation/Loneliness</td>
<td>19%</td>
<td>19%</td>
</tr>
<tr>
<td>Self Harm</td>
<td>12%</td>
<td>6%</td>
</tr>
<tr>
<td>Grief/Bereavement</td>
<td>12%</td>
<td>6%</td>
</tr>
<tr>
<td>Eating/Body Image</td>
<td>4%</td>
<td>4%</td>
</tr>
<tr>
<td>Emotional Abuse</td>
<td>3%</td>
<td>3%</td>
</tr>
<tr>
<td>Bullying</td>
<td>3%</td>
<td>3%</td>
</tr>
<tr>
<td>Substance Use</td>
<td>3%</td>
<td>3%</td>
</tr>
<tr>
<td>Sexual Abuse</td>
<td>3%</td>
<td>3%</td>
</tr>
<tr>
<td>Physical Abuse</td>
<td>1%</td>
<td>2%</td>
</tr>
<tr>
<td>Gender/Sexual Identity</td>
<td>1%</td>
<td>2%</td>
</tr>
</tbody>
</table>

#### Race/Ethnicity

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

#### 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%

*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 100% because texters might identify with multiple identities.*
Louisiana

- 13,251 Conversations
- 7,933 Texters in Crisis
- 62% Shared Something for First Time
- 83 Suicide De-escalations
- 39 Active Rescues

Issues

- Relationships
- Anxiety/Stress
- Depression/Sadness
- Suicide
- Isolation/Loneliness
- Self Harm
- Grief/Bereavement
- Eating/Body Image
- Emotional Abuse
- Bullying
- Substance Use
- Sexual Abuse
- Physical Abuse
- Gender/Sexual Identity

Race/Ethnicity

- White
- Black/African American
- Hispanic/Latinx
- Asian
- Native American/Native Alaskan/Indigenous
- Native Hawaiian/Pacific Islander
- Middle Eastern/North African/Arab

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 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

**Relationships**

- 30% 33% 36%

**Anxiety/Stress**

- 33% 32%

**Depression/Sadness**

- 32%

**Suicide**

- 21%

**Isolation/Loneliness**

- 24%

**Self Harm**

- 19%

**Grief/Bereavement**

- 19%

**Eating/Body Image**

- 4%

**Emotional Abuse**

- 4%

**Bullying**

- 3%

**Substance Use**

- 2%

**Sexual Abuse**

- 2%

**Physical Abuse**

- 1%

**Gender/Sexual Identity**

- 1%

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

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**

**21,259** Conversations

**11,887** Texters in Crisis

**60%** Shared Something for First Time

**160** Suicide De-escalations

**78** Active Rescues

### Issues

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

### 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

- **1st Genderqueer**
- **1st Agender**
- **4th Trans**
- **18th Boys/Men**
- **75th 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 100% because texters might identify with multiple identities.*
Massachusetts

24,233 Conversations
13,224 Texters in Crisis
58% Shared Something for First Time
183 Suicide De-escalations
76 Active Rescues

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

Race/Ethnicity
- White: 77% / Massachusetts, 77% / National
- Hispanic/Latinx: 15% / Massachusetts, 15% / National
- Black/African American: 11% / Massachusetts, 11% / National
- Asian: 7% / Massachusetts, 7% / National
- Native American/Native Alaskan/Indigenous: 2% / Massachusetts, 2% / National
- Middle Eastern/North African/Arab: 1% / Massachusetts, 1% / National
- Native Hawaiian/Pacific Islander: <1% / Massachusetts, <1% / National

Sexual Orientation
- Heterosexual: 42% / Massachusetts, 42% / National
- LGBTQ+: 58% / Massachusetts, 58% / National

Gender
- Heterosexual: 1% / Massachusetts, 1% / National
- Genderqueer: 1% / Massachusetts, 1% / National
- Agender: 2% / Massachusetts, 2% / National
- Trans: 5% / Massachusetts, 5% / National
- Boys+Men: 16% / Massachusetts, 16% / National
- Girls+Women: 76% / Massachusetts, 76% / National
**Michigan**

- **32,419** Conversations
- **18,540** Texters in Crisis
- **59%** Shared Something for First Time
- **334** Suicide De-escalations
- **141** Active Rescues

**Issues**

- **Relationships**
- **Anxiety/Stress**
- **Depression/Sadness**
- **Suicide**
- **Isolation/Loneliness**
- **Self Harm**
- **Grief/Bereavement**
- **Eating/Body Image**
- **Emotional Abuse**
- **Bullying**
- **Substance Use**
- **Sexual Abuse**
- **Physical Abuse**
- **Gender/Sexual Identity**

**Race/Ethnicity**

- **White**
- **Black/African American**
- **Hispanic/Latinx**
- **Asian**
- **Native American/Native Alaskan/Indigenous**
- **Native Hawaiian/Pacific Islander**
- **Middle Eastern/North African/Arab**

**Sexual Orientation**

- **48%** Heterosexual
- **52%** LGBTQ+

**Gender**

- **1st Genderqueer**
- **2nd Agender**
- **6th Trans**
- **16th Boys+Men**
- **75th 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 100% because texters might identify with multiple identities.*
**Minnesota**

**22,553**
Conversations

**12,227**
Texters in Crisis

**59%**
Shared Something for First Time

**332**
Suicide De-escalations

**110**
Active Rescues

**Issues**

- **Relationships**
- **Anxiety/Stress**
- **Depression/Sadness**
- **Suicide**
- **Isolation/Loneliness**
- **Self Harm**
- **Grief/Bereavement**
- **Eating/Body Image**
- **Emotional Abuse**
- **Bullying**
- **Substance Use**
- **Sexual Abuse**
- **Physical Abuse**
- **Gender/Sexual Identity**

**Race/Ethnicity**

- **White**
- **Black/African American**
- **Hispanic/Latinx**
- **Asian**
- **Native American/Native Alaskan/Indigenous**
- **Native Hawaiian/Pacific Islander**
- **Middle Eastern/North African/Arab**

**Sexual Orientation**

- **45%** Heterosexual
- **55%** LGBTQ+

**Gender**

- **1%** Agender
- **2%** Genderqueer
- **6%** Trans
- **15%** Boys
- **76%** Girls

*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

<table>
<thead>
<tr>
<th>Age</th>
<th>Mississippi (%)</th>
<th>National (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; 14 yrs</td>
<td>14%</td>
<td>14%</td>
</tr>
<tr>
<td>14-17 yrs</td>
<td>29%</td>
<td>29%</td>
</tr>
<tr>
<td>18-24 yrs</td>
<td>22%</td>
<td>22%</td>
</tr>
<tr>
<td>25-34 yrs</td>
<td>18%</td>
<td>18%</td>
</tr>
<tr>
<td>35-44 yrs</td>
<td>10%</td>
<td>10%</td>
</tr>
<tr>
<td>45-54 yrs</td>
<td>4%</td>
<td>4%</td>
</tr>
<tr>
<td>55-64 yrs</td>
<td>2%</td>
<td>2%</td>
</tr>
<tr>
<td>&gt; 64 yrs</td>
<td>1%</td>
<td>1%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Mississippi (%)</th>
<th>National (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>55%</td>
<td>55%</td>
</tr>
<tr>
<td>Black/African American</td>
<td>42%</td>
<td>42%</td>
</tr>
<tr>
<td>Hispanic/Latinx</td>
<td>6%</td>
<td>6%</td>
</tr>
<tr>
<td>Native American/Native Alaskan/Indigenous</td>
<td>5%</td>
<td>5%</td>
</tr>
<tr>
<td>Asian</td>
<td>3%</td>
<td>3%</td>
</tr>
<tr>
<td>Native Hawaiian/Pacific Islander</td>
<td>1%</td>
<td>1%</td>
</tr>
<tr>
<td>Middle Eastern/North African/Arab</td>
<td>&lt;1%</td>
<td>&lt;1%</td>
</tr>
</tbody>
</table>

Issues

<table>
<thead>
<tr>
<th>Issue</th>
<th>Mississippi (%)</th>
<th>National (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Relationships</td>
<td>34%</td>
<td>34%</td>
</tr>
<tr>
<td>Anxiety/Stress</td>
<td>33%</td>
<td>33%</td>
</tr>
<tr>
<td>Depression/Sadness</td>
<td>30%</td>
<td>30%</td>
</tr>
<tr>
<td>Suicide</td>
<td>32%</td>
<td>32%</td>
</tr>
<tr>
<td>Isolation/Loneliness</td>
<td>19%</td>
<td>19%</td>
</tr>
<tr>
<td>Self Harm</td>
<td>10%</td>
<td>10%</td>
</tr>
<tr>
<td>Grief/Bereavement</td>
<td>6%</td>
<td>6%</td>
</tr>
<tr>
<td>Eating/Body Image</td>
<td>3%</td>
<td>3%</td>
</tr>
<tr>
<td>Emotional Abuse</td>
<td>3%</td>
<td>3%</td>
</tr>
<tr>
<td>Bullying</td>
<td>3%</td>
<td>3%</td>
</tr>
<tr>
<td>Substance Use</td>
<td>3%</td>
<td>3%</td>
</tr>
<tr>
<td>Sexual Abuse</td>
<td>2%</td>
<td>2%</td>
</tr>
<tr>
<td>Physical Abuse</td>
<td>1%</td>
<td>1%</td>
</tr>
<tr>
<td>Gender/Sexual Identity</td>
<td>1%</td>
<td>1%</td>
</tr>
</tbody>
</table>

Sexual Orientation

<table>
<thead>
<tr>
<th>Orientation</th>
<th>Mississippi (%)</th>
<th>National (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heterosexual</td>
<td>52%</td>
<td>52%</td>
</tr>
<tr>
<td>LGBTQ+</td>
<td>48%</td>
<td>48%</td>
</tr>
</tbody>
</table>

Gender

<table>
<thead>
<tr>
<th>Gender</th>
<th>Mississippi (%)</th>
<th>National (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Genderqueer</td>
<td>1%</td>
<td>1%</td>
</tr>
<tr>
<td>Agender</td>
<td>1%</td>
<td>1%</td>
</tr>
<tr>
<td>Trans</td>
<td>1%</td>
<td>1%</td>
</tr>
<tr>
<td>Boys+Men</td>
<td>16%</td>
<td>16%</td>
</tr>
<tr>
<td>Girls+Women</td>
<td>80%</td>
<td>80%</td>
</tr>
</tbody>
</table>

* 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*

21,265 Conversations
12,133 Texters in Crisis
61% Shared Something for First Time
214 Suicide De-escalations
132 Active Rescues

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

Race/Ethnicity
- White: 81% / Missouri, 81% / National
- Black/African American: 14% / Missouri, 14% / National
- Hispanic/Latinx: 7% / Missouri, 7% / National
- Native American/Native Alaskan/Indigenous: 4% / Missouri, 4% / National
- Asian: 3% / Missouri, 3% / National
- Native Hawaiian/Pacific Islander: 1% / Missouri, 1% / National
- Middle Eastern/North African/Arab: <1% / Missouri, <1% / National

Sexual Orientation
- / 44% Heterosexual
- / 56% LGBTQ+

Gender
- / 1st Genderqueer
- / 2nd Agender
- / 6th Trans
- / 17th Boys+Men
- / 74th 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 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

- Relationships: 33%
- Anxiety/Stress: 33%
- Depression/Sadness: 33%
- Suicide: 32%
- Isolation/Loneliness: 20%
- Self Harm: 19%
- Grief/Bereavement: 15%
- Eating/Body Image: 12%
- Emotional Abuse: 7%
- Bullying: 5%
- Substance Use: 4%
- Sexual Abuse: 2%
- Physical Abuse: 1%
- Gender/Sexual Identity: 1%

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 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

- Relationships
- Anxiety/Stress
- Depression/Sadness
- Suicide
- Isolation/Loneliness
- Self Harm
- Grief/Bereavement
- Eating/Body Image
- Emotional Abuse
- Bullying
- Substance Use
- Sexual Abuse
- Physical Abuse
- Gender/Sexual Identity

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

- 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

- / 18% Boys
- / 73% Girls

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

4,639 Conversations

2,574 Texters in Crisis

60% Shared Something for First Time

56 Suicide De-escalations

10 Active Rescues

Issues

Relationships
Anxiety/Stress
Depression/Sadness
Suicide
Isolation/Loneliness
Self Harm
Grief/Bereavement
Eating/Body Image
Emotional Abuse
Bullying
Substance Use
Sexual Abuse
Physical Abuse
Gender/Sexual Identity

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 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

Relationships 33%
Anxiety/Stress 37%
Depression/Sadness 33%
Suicide 17%
Isolation/Loneliness 19%
Self Harm 12%
Grief/Bereavement 0%
Eating/Body Image 3%
Emotional Abuse 3%
Bullying 3%
Substance Use 3%
Sexual Abuse 3%
Physical Abuse 3%
Gender/Sexual Identity 3%

Sexual Orientation

/ 50% Heterosexual
/ 50% LGBTQ+

Gender

/ 1st Genderqueer
/ 1st Agender
/ 4th Trans
/ 16th Boys+Men
/ 77% Girls+Women

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%

* 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 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

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

### Age

- **< 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

- **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%
- **Genderqueer**: 1%
- **Agender**: 1%
- **Trans**: 1%
- **Boys+Men**: 1%
- **Girls+Women**: 1%
- **Genderqueer**: 1%
- **Agender**: 1%
- **Trans**: 1%
- **Boys+Men**: 1%
- **Girls+Women**: 1%

### Sexual Orientation

- **Heterosexual**: 40%
- **LGBTQ+**: 60%
- **Genderqueer**: 1%
- **Agender**: 1%
- **Trans**: 1%
- **Boys+Men**: 1%
- **Girls+Women**: 1%

---

*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**

**68,610**
Conversations

**38,643**
Texters in Crisis

**60%**
Shared Something for First Time

**489**
Suicide De-escalations

**233**
Active Rescues

---

### Issues

- **Relationships**: 34%
- **Anxiety/Stress**: 33%
- **Depression/Sadness**: 33%
- **Suicide**: 32%
- **Isolation/Loneliness**: 19%
- **Self Harm**: 10%
- **Grief/Bereavement**: 4%
- **Eating/Body Image**: 4%
- **Emotional Abuse**: 3%
- **Bullying**: 3%
- **Substance Use**: 3%
- **Sexual Abuse**: 2%
- **Physical Abuse**: 1%
- **Gender/Sexual Identity**: 1%

---

### 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

- **Heterosexual**: 48%
- **LGBTQ+**: 52%
- **Genderqueer**: 1%
- **Agender**: 1%
- **Trans**: 5%
- **Boys+Men**: 18%
- **Girls+Women**: 75%
- **Trans**: 1%

---

### Gender

- **Female**: 52%
- **Male**: 48%
North Carolina

27,714 Conversations

16,761 Texters in Crisis

64% Shared Something for First Time

225 Suicide De-escalations

126 Active Rescues

Issues

Age

Race/Ethnicity

Sexual Orientation

Gender

* 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 100% because texters might identify with multiple identities.

* North Carolina

/ National
North Dakota

2,024 Conversations
1,313 Texters in Crisis
64% Shared Something for First Time
34 Suicide De-escalations
10 Active Rescues

Issues

Relationships
Anxiety/Stress
Depression/Sadness
Suicide
Isolation/Loneliness
Self Harm
Grief/Bereavement
Eating/Body Image
Emotional Abuse
Bullying
Substance Use
Sexual Abuse
Physical Abuse
Gender/Sexual Identity

Race/Ethnicity

White
Native American/Native Alaskan/Indigenous
Hispanic/Latinx
Asian
Black/African American
Native Hawaiian/Pacific Islander
Middle Eastern/North African/Arab

Sexual Orientation

48% Heterosexual
52% LGBTQ+

Gender

1st Genderqueer
2nd Agender
8th Trans
18th Boys+Men
73rd 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 100% because texters might identify with multiple identities.
Ohio*

49,941 Conversations
27,719 Texters in Crisis
60% Shared Something for First Time
518 Suicide De-escalations
331 Active Rescues

Issues

Relationships 33%
Anxiety/Stress 33%
Depression/Sadness 34%
Suicide 33%
Isolation/Loneliness 21%
Self Harm 13%
Grief/Bereavement 5%
Eating/Body Image 4%
Emotional Abuse 3%
Bullying 3%
Substance Use 3%
Sexual Abuse 3%
Physical Abuse 3%
Gender/Sexual Identity 1%

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 100% because texters might identify with multiple identities.
Explore by Region
Crisis Text Line / United in Empathy 2022

Oklahoma

11,866 Conversations
7,289 Texters in Crisis
62% Shared Something for First Time
105 Suicide De-escalations
66 Active Rescues

Issues
- Relationships: 35%
- Anxiety/Stress: 33%
- Depression/Sadness: 32%
- Suicide: 32%
- Isolation/Loneliness: 21%
- Self Harm: 20%
- Grief/Bereavement: 19%
- Eating/Body Image: 12%
- Emotional Abuse: 12%
- Bullying: 11%
- Substance Use: 10%
- Sexual Abuse: 7%
- Physical Abuse: 6%
- Gender/Sexual Identity: 5%

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
- / 1st Genderqueer
- / 2nd Agender
- / 7th Trans
- / 17th Boys+Men
- / 73rd 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

- **Relationships**
- **Anxiety/Stress**
- **Depression/Sadness**
- **Suicide**
- **Isolation/Loneliness**
- **Self Harm**
- **Grief/Bereavement**
- **Eating/Body Image**
- **Emotional Abuse**
- **Bullying**
- **Substance Use**
- **Sexual Abuse**
- **Physical Abuse**
- **Gender/Sexual Identity**

### Age

- **< 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

- **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

- Relationships: 34%
- Anxiety/Stress: 33%
- Depression/Sadness: 33%
- Suicide: 32%
- Isolation/Loneliness: 20%
- Self Harm: 19%
- Grief/Bereavement: 19%
- Eating/Body Image: 19%
- Emotional Abuse: 19%
- Bullying: 19%
- Substance Use: 19%
- Sexual Abuse: 19%
- Physical Abuse: 19%
- Gender/sexual Identity: 19%

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 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
- Relationships 35%
- Anxiety/Stress 33%
- Depression/Sadness 33%
- Suicide 24%
- Isolation/Loneliness 21%
- Self Harm 20%
- Grief/Bereavement 19%
- Eating/Body Image 13%
- Emotional Abuse 12%
- Bullying 11%
- Substance Use 10%
- Sexual Abuse 9%
- Physical Abuse 9%
- Gender/Sexual Identity 1%

Race/Ethnicity
- White 79%
- Hispanic/Latin 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
- 1% 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 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

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

---

### 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 100% because texters might identify with multiple identities.*
Texas*

80,209 Conversations

48,884 Texters in Crisis

63% Shared Something for First Time

653 Suicide De-escalations

325 Active Rescues

Issues

- Relationships
- Anxiety/Stress
- Depression/Sadness
- Suicide
- Isolation/Loneliness
- Self Harm
- Grief/Bereavement
- Eating/Body Image
- Emotional Abuse
- Bullying
- Substance Use
- Sexual Abuse
- Physical Abuse
- Gender/Sexual Identity

Race/Ethnicity

- White
- Hispanic/Latinx
- Black/African American
- Asian
- Native American/Native Alaskan/Indigenous
- Native Hawaiian/Pacific Islander
- Middle Eastern/North African/Arab

Age

- < 14 yrs
- 14-17 yrs
- 18-24 yrs
- 25-34 yrs
- 35-44 yrs
- 45-54 yrs
- 55-64 yrs
- > 64 yrs

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 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

Age

Race/Ethnicity

Sexual Orientation

Gender

* 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 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

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

Conversations
Shared Something for First Time
< 14 yrs 29%
14-17 yrs 26%
18-24 yrs 15%
25-34 yrs 10%
35-44 yrs 5%
45-54 yrs 3%
55-64 yrs 3%
> 64 yrs 1%

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 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
- Relationships
- Anxiety/Stress
- Depression/Sadness
- Suicide
- Isolation/Loneliness
- Self Harm
- Grief/Bereavement
- Eating/Body Image
- Emotional Abuse
- Bullying
- Substance Use
- Sexual Abuse
- Physical Abuse
- Gender/Sexual Identity

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/Latino: 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

- **Relationships**
- **Anxiety/Stress**
- **Depression/Sadness**
- **Suicide**
- **Isolation/Loneliness**
- **Self Harm**
- **Grief/Bereavement**
- **Eating/Body Image**
- **Emotional Abuse**
- **Bullying**
- **Substance Use**
- **Sexual Abuse**
- **Physical Abuse**
- **Gender/Sexual Identity**

### Age

- < 14 yrs: 14%
- 14-17 yrs: 29%
- 18-24 yrs: 33%
- 25-34 yrs: 16%
- 35-44 yrs: 9%
- 45-54 yrs: 6%
- 55-64 yrs: 3%
- > 64 yrs: 1%

### 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%

---

*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 100% because texters might identify with multiple identities.
West Virginia*

5,616 Conversations

3,252 Texters in Crisis

66% Shared Something for First Time

65 Suicide De-escalations

19 Active Rescues

Issues

Relationships 36% 33%
Anxiety/Stress 33% 33%
Depression/Sadness 33% 33%
Suicide 32% 21%
Isolation/Loneliness 22% 21%
Self Harm 20% 19%
Grief/Bereavement 19% 12%
Eating/Body Image 13% 4%
Emotional Abuse 12% 4%
Bullying 11% 3%
Substance Use 11% 2%
Sexual Abuse 11% 2%
Physical Abuse 11% 1%
Gender/Sexual Identity 11% 2%

Age

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

Race/Ethnicity

White 90% 75%
Black/African American 9% 7%
Hispanic/Latinx 4% 8%
Asian 3% 3%
Native American/Native Alaskan/Indigenous 3% 3%
Native Hawaiian/Pacific Islander 1% 1%
Middle Eastern/North African/Arab <1% 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

19,464
Conversations

10,766
Texters in
Crisis

60%
Shared Something
for First Time

271
Suicide
De-escalations

127
Active
Rescues

Issues

Relationships
Anxiety/Stress
Depression/Sadness
Suicide
Isolation/Loneliness
Self Harm
Grief/Bereavement
Eating/Body Image
Emotional Abuse
Bullying
Substance Use
Sexual Abuse
Physical Abuse
Gender/Sexual Identity

Age

< 14 yrs
14-17 yrs
18-24 yrs
25-34 yrs
25-34 yrs
35-44 yrs
45-54 yrs
55-64 yrs
> 64 yrs

Race/Ethnicity

White
Hispanic/Latinx
Black/African American
Native American/Native Alaskan/Indigenous
Asian
Native Hawaiian/Pacific Islander
Middle Eastern/ North African/Arab

Sexual Orientation

Gender

/ 48% Heterosexual
/ 52% LGBTQ+

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

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

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.
**Explore by Demographics**

<table>
<thead>
<tr>
<th>Demographic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asian / Asian, Ancestry/Ethnicity</td>
<td>131</td>
</tr>
<tr>
<td>Black / African American</td>
<td>133</td>
</tr>
<tr>
<td>Hispanic / Latinx</td>
<td>135</td>
</tr>
<tr>
<td>Middle Eastern / North African / Arab</td>
<td>137</td>
</tr>
<tr>
<td>Native American / Native Alaskan / Indigenous</td>
<td>139</td>
</tr>
<tr>
<td>Native Hawaiian / Pacific Islander</td>
<td>141</td>
</tr>
<tr>
<td>White / White, Ancestry/Ethnicity</td>
<td>143</td>
</tr>
</tbody>
</table>
Asian Texters
2022 Mental Health Insights*

20,103 Conversations

6,913 Texters in Crisis

62% Shared Something for First Time

Issues

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

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

- 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 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

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

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%

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%

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

Relationships 38%
Anxiety/Stress 34%
Depression/Sadness 24%
Suicide 15%
Isolation/Loneliness 6%
Self Harm 2%
Grief/Bereavement 1%
Eating/Body Image 1%
Emotional Abuse 1%
Bullying 1%
Substance Abuse 1%
Sexual Abuse 1%
Physical Abuse 1%
Gender/Sexual Identity 1%

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

Heterosexual / 43%
LGBTQ+ / 58%

Gender

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

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%

* 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 100% because texters might identify with multiple identities.
Middle Eastern/North African/Arab Texters
2022 Mental Health Insights*

1,005 Conversations
385 Texters in Crisis
62% Shared Something for First Time

Issues
- Relationships: 35%
- Anxiety/Stress: 37%
- Depression/Sadness: 29%
- Suicide: 25%
- Isolation/Loneliness: 19%
- Self Harm: 13%
- Grief/Bereavement: 5%
- Eating/Body Image: 4%
- Emotional Abuse: 2%
- 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/Latino: 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

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%

* 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

- 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

- < 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

- 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
- / 1% 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 100% because texters might identify with multiple identities.
Native Hawaiian/Pacific Islander

2022 Mental Health Insights*

Issues

- 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%

2,633 Conversations

942 Texters in Crisis

66% Shared Something for First Time

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%

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%

Sexual Orientation

- Heterosexual: 44%
- LGBTQ+: 56%

Gender

- Genderqueer: 1%
- Agender: 3%
- Trans: 7%
- Boys/Men: 18%
- Girls/Women: 77%
White Texters
2022 Mental Health Insights*

164,971 Conversations
62,011 Texters in Crisis
60% Shared Something for First Time

Issues
- 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%

Race/Ethnicity
- White: 100%
- Hispanic/Latinx: 56%
- Black/African American: 53%
- Native American/Native Alaskan/Indigenous: 3%
- Asian: 3%
- Native Hawaiian/Pacific Islander: 3%
- Middle Eastern/North African/Arab: 1%

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%

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 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 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.