Alabama* 2022 Mental Health Insights

Crisis Text Line  /  United in Empathy 2022

12,092 Conversations

7,937 Texters in Crisis

62% Shared Something for First Time

116 Suicide De-escalations

71 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

- Alabama
- National

Age

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

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

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

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