2022 Mental Health Insights
Crisis Text Line  /  United in Empathy 2022

Colorado*

17,435 Conversations
10,182 Texters in Crisis
60% Shared Something for First Time
171 Suicide De-escalations
72 Active Rescues

Issues

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

Race/Ethnicity

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

Sexual Orientation

- 43% Heterosexual
- 57% LGBTQ+

Gender

- 1st Genderqueer
- 2nd Agender
- 6th Trans
- 21st Boys+Men
- 69th 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.