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**: 35%
- **Anxiety/Stress**: 34%
- **Depression/Sadness**: 33%
- **Suicide**: 31%
- **Isolation/Loneliness**: 21%
- **Self Harm**: 19%
- **Grief/Bereavement**: 12%
- **Eating/Body Image**: 10%
- **Emotional Abuse**: 6%
- **Bullying**: 4%
- **Substance Use**: 3%
- **Sexual Abuse**: 3%
- **Physical Abuse**: 3%
- **Gender/Sexual Identity**: 1%

### Age

- < 14 yrs: 26%
- 14-17 yrs: 23%
- 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: 5%
- Native Hawaiian/Pacific Islander: 1%
- Middle Eastern/North African/Arab: <1%

### Sexual Orientation

- / 57th Heterosexual
- / 43rd LGBTQ+

### Gender

- / 1st Genderqueer
- / 1st Agender
- / 4th Trans
- / 17th Boys+Men
- / 77th 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.