2022 Mental Health Insights

**Idaho**

### Conversations
- **5,041**

### Texters in Crisis
- **2,959**

### 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%

### Issues
- **Relationships**: 32%
- **Anxiety/Stress**: 33%
- **Depression/Sadness**: 33%
- **Suicide**: 27%
- **Isolation/Loneliness**: 19%
- **Self Harm**: 16%
- **Grief/Bereavement**: 12%
- **Eating/Body Image**: 4%
- **Emotional Abuse**: 4%
- **Bullying**: 3%
- **Substance Use**: 3%
- **Sexual Abuse**: 3%
- **Physical Abuse**: 3%
- **Gender/Sexual Identity**: 2%

### 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
- **1st Genderqueer**
- **2nd Agender**
- **6th Trans**
- **18th Boys-Men**
- **73rd Girls-Women**

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*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.*