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 31%
Suicide 32%
Isolation/Loneliness 18%
Self Harm 12%
Grief/Bereavement 15%
Eating/Body Image 3%
Emotional Abuse 3%
Bullying 3%
Substance Use 3%
Sexual Abuse 3%
Physical Abuse 1%
Gender/Sexual Identity 1%

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

Sexual Orientation
• 47% Heterosexual
• 53% LGBTQ+

Gender
• 2% 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 100% because texters might identify with multiple identities.