2022 Mental Health Insights

Crisis Text Line  /  United in Empathy 2022

Kentucky

13,930
Conversations

8,344
Texters in Crisis

62%
Shared Something for First Time

124
Suicide De-escalations

93
Active Rescues

Issues

Relationships 34%
Anxiety/Stress 33%
Depression/Sadness 33%
Suicide 32%
Isolation/Loneliness 19%
Self Harm 12%
Grief/Bereavement 6%
Eating/Body Image 4%
Emotional Abuse 3%
Bullying 3%
Substance Use 3%
Sexual Abuse 3%
Physical Abuse 2%
Gender/Sexual Identity 1%

Sexual Orientation

49% Heterosexual
51% LGBTQ+

Gender

/ 1st Genderqueer
/ 2nd Agender
/ 6th Trans
/ 19th Boys+Men
/ 73th Girls+Women

Race/Ethnicity

White 86%
Black/African American 10%
Hispanic/Latinx 6%
Asian 3%
Native American/Native Alaskan/Indigenous 3%
Native Hawaiian/Pacific Islander <1%
Middle Eastern/North African/Arab <1%

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.