# New Hampshire

**4,639** Conversations

**2,574** Texters in Crisis

**60%** Shared Something for First Time

**56** Suicide De-escalations

**10** Active Rescues

## Issues

- **Relationships**: 33% / National 32%
- **Anxiety/Stress**: 36% / National 33%
- **Depression/Sadness**: 33% / National 33%
- **Suicide**: 22% / National 32%
- **Isolation/Loneliness**: 19% / National 19%
- **Self Harm**: 12% / National 14%
- **Grief/Bereavement**: 4% / National 5%
- **Eating/Body Image**: 3% / National 4%
- **Emotional Abuse**: 3% / National 3%
- **Bullying**: 3% / National 3%
- **Substance Use**: 3% / National 3%
- **Sexual Abuse**: 3% / National 2%
- **Physical Abuse**: 1% / National 1%
- **Gender/Sexual Identity**: 2% / National 1%

## Age

- **< 14 yrs**: 13% / National 31%
- **14-17 yrs**: 31% / National 17%
- **18-24 yrs**: 25% / National 9%
- **25-34 yrs**: 17% / National 3%
- **35-44 yrs**: 9% / National 1%
- **45-54 yrs**: 3% / National 1%
- **55-64 yrs**: 1% / National 1%
- **> 64 yrs**: 1% / National 1%

## Race/Ethnicity

- White: 91% / National
- Hispanic/Latinx: 8% / National
- Asian: 5% / National
- Black/African American: 4% / National
- Native American/Native Alaskan/Indigenous: 2% / National
- Native Hawaiian/Pacific Islander: <1% / National
- Middle Eastern/North African/Arab: <1% / National

## Sexual Orientation

- / 44% Heterosexual
- / 56% LGBTQ+

## Gender

- / 1% Agender
- / 2% Genderqueer
- / 5% Trans
- / 20% Boys+Men
- / 72% 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.*