North Carolina

27,714 Conversations
16,761 Texters in Crisis
64% Shared Something for First Time
225 Suicide De-escalations
126 Active Rescues

Issues
- Relationships: 34%
- Anxiety/Stress: 33%
- Depression/Sadness: 33%
- Suicide: 32%
- Isolation/Loneliness: 21%
- Self Harm: 12%
- Grief/Bereavement: 12%
- Eating/Body Image: 10%
- Emotional Abuse: 9%
- Bullying: 9%
- Substance Use: 7%
- Sexual Abuse: 5%
- Physical Abuse: 5%
- Gender/Sexual Identity: 3%

Age
- < 14 yrs: 14%
- 14-17 yrs: 28%
- 18-24 yrs: 24%
- 25-34 yrs: 17%
- 35-44 yrs: 10%
- 45-54 yrs: 5%
- 55-64 yrs: 3%
- > 64 yrs: 1%

Race/Ethnicity
- White: 67%
- Black/African American: 24%
- Hispanic/Latinx: 11%
- Asian: 4%
- Native American/Native Alaskan/Indigenous: 4%
- Native Hawaiian/Pacific Islander: <1%
- Middle Eastern/North African/Arab: <1%

Sexual Orientation
- / 45° Heterosexual
- / 55° LGBTQ+

Gender
- / 1° Genderqueer
- / 1° Agender
- / 5° Trans
- / 16° Boys+Men
- / 76° 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.