2022 Mental Health Insights

**Texas**

**80,209**
Conversations

**48,884**
Texters in Crisis

**63%**
Shared Something for First Time

**653**
Suicide De-escalations

**325**
Active Rescues

### Issues

- **Relationships**
- **Anxiety/Stress**
- **Depression/Sadness**
- **Suicide**
- **Isolation/Loneliness**
- **Self Harm**
- **Grief/Bereavement**
- **Eating/Body Image**
- **Emotional Abuse**
- **Bullying**
- **Substance Use**
- **Sexual Abuse**
- **Physical Abuse**
- **Gender/Sexual Identity**

### Race/Ethnicity

- **White** 51%
- **Hispanic/Latinx** 39%
- **Black/African American** 14%
- **Asian** 6%
- **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
- **2%** Agender
- **6%** Trans
- **18%** Boys-Men
- **74%** 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.*