2022 Mental Health Insights

Crisis Text Line  /  United in Empathy 2022

Utah*

10,640 Conversations
5,976 Texters in Crisis
60% Shared Something for First Time
199 Suicide De-escalations
44 Active Rescues

Issues

- Relationships 31%
- Anxiety/Stress 33%
- Depression/Sadness 34%
- Suicide 34%
- Isolation/Loneliness 21%
- Self Harm 19%
- Grief/Bereavement 18%
- Eating/Body Image 14%
- Emotional Abuse 12%
- Bullying 4%
- Substance Use 3%
- Sexual Abuse 3%
- Physical Abuse 2%
- Gender/Sexual Identity 1%

Race/Ethnicity

- White 88%
- Hispanic/Latinx 12%
- Asian 4%
- Black/African American 3%
- Native American/Alaskan/Indigenous 3%
- Native Hawaiian/Pacific Islander 1%
- Middle Eastern/North African/Arab 1%

Sexual Orientation

- / 49% Heterosexual
- / 51% LGBTQ+

Gender

- / 1st Genderqueer
- / 2nd Agender
- / 6th Trans
- / 20th Boys/Men
- / 71st 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.