1.3 million conversations in a year of anxiety and stress
## Contents

### 1 Executive Summary
- Summary / 01
- About This Report / 02

### 2 Mental Health Trends in the U.S
- Key Questions / 03
  - Conversation Traffic / 04
  - Top Issues / 05
  - Anxiety and Stress Learnings / 08
  - Coping Strategies / 13
- National Summary / 16

### 3 Geographic Details by State, Plus Washington, D.C. and Puerto Rico

<table>
<thead>
<tr>
<th>State</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alabama</td>
<td>17</td>
</tr>
<tr>
<td>Alaska</td>
<td>18</td>
</tr>
<tr>
<td>Arizona</td>
<td>19</td>
</tr>
<tr>
<td>Arkansas</td>
<td>20</td>
</tr>
<tr>
<td>California</td>
<td>21</td>
</tr>
<tr>
<td>Colorado</td>
<td>22</td>
</tr>
<tr>
<td>Connecticut</td>
<td>23</td>
</tr>
<tr>
<td>Delaware</td>
<td>24</td>
</tr>
<tr>
<td>Florida</td>
<td>25</td>
</tr>
<tr>
<td>Georgia</td>
<td>26</td>
</tr>
<tr>
<td>Hawaii</td>
<td>27</td>
</tr>
<tr>
<td>Idaho</td>
<td>28</td>
</tr>
<tr>
<td>Illinois</td>
<td>29</td>
</tr>
<tr>
<td>Indiana</td>
<td>30</td>
</tr>
<tr>
<td>Iowa</td>
<td>31</td>
</tr>
<tr>
<td>Kansas</td>
<td>32</td>
</tr>
<tr>
<td>Kentucky</td>
<td>33</td>
</tr>
<tr>
<td>Louisiana</td>
<td>34</td>
</tr>
<tr>
<td>Maine</td>
<td>35</td>
</tr>
<tr>
<td>Maryland</td>
<td>36</td>
</tr>
<tr>
<td>Massachusetts</td>
<td>37</td>
</tr>
<tr>
<td>Michigan</td>
<td>38</td>
</tr>
<tr>
<td>Minnesota</td>
<td>39</td>
</tr>
<tr>
<td>Mississippi</td>
<td>40</td>
</tr>
<tr>
<td>Missouri</td>
<td>41</td>
</tr>
<tr>
<td>Montana</td>
<td>42</td>
</tr>
<tr>
<td>Nebraska</td>
<td>43</td>
</tr>
<tr>
<td>Nevada</td>
<td>44</td>
</tr>
<tr>
<td>New Hampshire</td>
<td>45</td>
</tr>
<tr>
<td>New Jersey</td>
<td>46</td>
</tr>
<tr>
<td>New Mexico</td>
<td>47</td>
</tr>
<tr>
<td>New York</td>
<td>48</td>
</tr>
<tr>
<td>North Carolina</td>
<td>49</td>
</tr>
<tr>
<td>North Dakota</td>
<td>50</td>
</tr>
<tr>
<td>Ohio</td>
<td>51</td>
</tr>
<tr>
<td>Oklahoma</td>
<td>52</td>
</tr>
<tr>
<td>Oregon</td>
<td>53</td>
</tr>
<tr>
<td>Pennsylvania</td>
<td>54</td>
</tr>
<tr>
<td>Puerto Rico</td>
<td>55</td>
</tr>
<tr>
<td>Rhode Island</td>
<td>56</td>
</tr>
<tr>
<td>South Carolina</td>
<td>57</td>
</tr>
<tr>
<td>South Dakota</td>
<td>58</td>
</tr>
<tr>
<td>Tennessee</td>
<td>59</td>
</tr>
<tr>
<td>Texas</td>
<td>60</td>
</tr>
<tr>
<td>Utah</td>
<td>61</td>
</tr>
<tr>
<td>Vermont</td>
<td>62</td>
</tr>
<tr>
<td>Virginia</td>
<td>63</td>
</tr>
<tr>
<td>Washington</td>
<td>64</td>
</tr>
<tr>
<td>Washington D.C.</td>
<td>65</td>
</tr>
<tr>
<td>West Virginia</td>
<td>66</td>
</tr>
<tr>
<td>Wisconsin</td>
<td>67</td>
</tr>
<tr>
<td>Wyoming</td>
<td>68</td>
</tr>
</tbody>
</table>
We engaged in over 1.3 million conversations with texters throughout 2023.

We examined these conversations to explore top mental health issues, stressors, and coping strategies.

Executive Summary

Crisis Text Line has a unique understanding of the state of the mental health crisis in the United States. Each year, we support over a million conversations with texters in need across the country, or more than 3,500 daily. Since we provide mental health support 24/7, we have insight into the timing, language, and key issues across the U.S, almost in real time. Our conversations present a special snapshot of what people in crisis talked about last year.

For our 5th annual United in Empathy Report, we analyzed 1.3 million conversations from 2023 to learn about emerging mental health trends. Here is what we found:

1. Mondays and evenings were associated with the heaviest traffic in 2023.
2. Anxiety and stress were the top issues that texters brought to us, followed by relationships, depression and sadness, suicide, and isolation and loneliness.
3. Self-harm and bullying surged for a third consecutive year and anxiety increased compared to 2022. These trends may be related. For example, involvement in bullying, whether as a victim or perpetrator, can increase the risk for both self-harm and anxiety.
4. Despite a lot of stressful current events in 2023, texters reached out first and foremost to discuss issues closer to home: concerns over personal relationships, finances, and school.
5. Texters found many creative ways to cope with anxiety and stress, primarily by talking to loved ones, family, friends, and therapists but also by listening to music and playing video games.

We hope these insights can support those dedicated to improving the lives of people in need of mental health support such as policymakers, educators, parents, clinicians, volunteers, and others. For questions about Crisis Text Line's research, please contact us at research@crisistextline.org.
About This Report

This report is a summary of Crisis Text Line’s trends in our conversation traffic and content across the United States based on anonymized conversations. On our website, you will find a series of fact sheets that accompany this report that highlight:

1. National trends in 2023
2. Insights for each U.S. state
3. Statistics by a set of self-identified demographic groups

Crisis Text Line Data
Crisis Text Line data is unique. It provides a special snapshot of mental health across the United States because:

1. We are in direct conversation with people in crisis. What we learn from them is not simply the result of a survey; it is in-the-moment reporting about how people feel, and how they describe these feelings. We don’t prompt them to categorize their issues. We ask what their crisis is and listen.
2. We have a sense of emerging trends almost in real time. For example, in March 2020, as the world was shutting down, we experienced an unusual spike of conversation volume. We also see the psychological impact of natural disasters, mass shootings, and other events in our data.
3. We have a long-term perspective based on a large dataset of nearly 10 million conversations (almost 300 million individual text messages) that we collected over 10 years. A lot has changed in U.S. society over this time, and we can see how events like presidential elections and the COVID-19 pandemic affected people’s mental health across the country.
4. Our insights are derived from a combination of several sources: anonymized conversations, Crisis Counselor assessments, an optional post-conversation survey on demographics, metadata on timing, and estimated location based on area codes. We also have the privilege of having a clinical team who lend their expertise in interpreting what we see.

Research Ethics at Crisis Text Line
There is a mental health emergency in the United States, and Crisis Text Line has been on the frontlines of this crisis. We believe it is our duty to support research efforts that might contribute solutions to help with this emergency in an ethical manner. Texters who reach out to Crisis Text Line agree at the start of the conversation to our privacy policy and terms of service in order to use our service, which detail what information we collect and how we may use it, including for research such as the United in Empathy report. We care deeply about protecting the privacy and security of our texters, and go to great lengths to protect, store, analyze, and share insights from our anonymized crisis conversations to ethically help the world address mental health issues.

Crisis Text Line’s research is overseen by an Institutional Review Board (IRB).

Data Privacy
At Crisis Text Line, we rigorously safeguard texter information through encryption, access control, intrusion detection, and other precautionary methods to ensure texter data is safe and secure. Crisis Text Line’s analytic database is anonymized and de-identified. Personally identifiable information including first names, email addresses, URLs, social media handles, geographic locations, and any numbers with 4+ digits are removed and replaced with the word “SCRUBBED”. For questions on data privacy and security, please email info@crisistextline.org.

Limitations and Scope
Our texters are not representative of the United States population. For this report, the analysis of mental health issues texters discuss with us is based on the subjective assessment of the Crisis Counselors who took the conversation. Crisis Counselors can tag multiple issues per conversation. Our service is anonymous and confidential. We can only estimate texter location based on the first six digits of their phone numbers. This method allows us to correctly estimate location at the state level 86% of the time. Demographic findings in the fact sheets were based on our optional post-conversation survey, which is completed by approximately 20% of texters.

Diverse, young, and predominantly girls and women
Crisis Text Line serves a young, racially and ethnically diverse texter population, most of whom identify as girls or women. Two out of every three texters who took the post-conversation survey were 24 years old or younger, 8% identify as Asian; 15% as Black or African American; 20% as Hispanic or Latinx; 2% as Middle Eastern, North African, or Arab; 4% as Native American or Alaska Native; 1% as Native Hawaiian or Pacific Islander; 63% as White. Fifty-two percent of texters identified with a gender or sexuality under the LGBTQ+ umbrella. Individuals from varied backgrounds may face different stressors, so awareness of texter demographics is important when considering the issues discussed.

Exclusions
We excluded conversations received in our capacity as a national 988 provider in all analyses of conversation issues and demographics. We also excluded Spanish conversations because of technical constraints. In addition, we excluded pranks, tests, and conversations where the texter dropped off before being connected with a Crisis Counselor. Our goal was to provide relevant analysis to contribute meaningful insights to the mental health discourse in the United States. When we analyzed coping strategies, we limited conversations to those where at least one coping strategy was mentioned.
Mental Health Trends in the United States

Introduction
As a free, confidential, and 24/7 mental health support service, Crisis Text Line offers a unique understanding of mental health trends in the United States. We exchange over 3,500 conversations with texters across the country every day. We see mental health trends like increases in depression or anxiety among our texters almost in real time. A vast dataset of nearly 10 million anonymized and de-identified conversations allows us to examine stressors, coping strategies, and the language our texters use to describe crises in general. Analyzing these conversations enables us to recognize emerging mental health trends across the United States.

In 2023, we exchanged over 1.3 million conversations with people in crisis.1 We analyzed the timing of conversations to learn if texters were more likely to text at night versus daytime or during the week versus the weekend. We explored the issues that texters brought us as well as the coping strategies they turned to, in order to learn not just about crises but also what helped them.

2023 was a year of anxiety based on Crisis Text Line conversations. In this report, we share a deeper dive into these conversations to identify the stressors that prompted our texters to discuss anxiety and stress, and the coping resources they reached for to find relief and support.

We sought to answer four key questions:

1. What did Crisis Text Line conversation traffic look like?
2. What mental health issues emerged?
3. What can we learn about anxiety and stress—the top issues in 2023?
4. What helped texters cope with anxiety and stress?

---

1 In 2023, Crisis Text Line supported over 1.3 million conversations with people in crisis. However, a portion of these conversations were received in Crisis Text Line’s capacity as a service provider of text and chat to 988. For the rest of the report, these 988 conversations are filtered out from any of the insights, and refer to only conversations received through texting /410/41.
1. What did Crisis Text Line conversation traffic look like?

We experienced higher volume in the evenings and on Mondays.

**When do texters contact Crisis Text Line?**

We received the most conversation traffic in the evening hours in 2023.

- 12am-6am: 15%
- 6am-12pm: 16%
- 12pm-6pm: 26%
- 6pm-12am: 42%

**What days do texters contact Crisis Text Line the most?**

We receive the most conversation volume on Mondays and the least on Saturdays in 2023.

- Monday: 15%
- Tuesday: 15%
- Wednesday: 15%
- Thursday: 14%
- Friday: 14%
- Saturday: 13%
- Sunday: 15%

Our traffic was heaviest in the evening hours.

Similar to 2022, we experienced by far the highest volume between 6pm and midnight. We received over 40% of conversations during that period, followed by the afternoon hours between 12pm and 6pm, which was the second busiest time period.

Texters reached out most on Mondays.

The highest volume days were Mondays, with over 15% of conversations, and the lowest were Saturdays with 13%. Fridays and Saturdays tend to be lower volume days, although our traffic overall is quite evenly distributed across the week, as the chart below illustrates. Still, there is a notable dip as texters head into the weekend and an increase in conversations as Monday approaches.
2. What mental health issues emerged?

2023 was a year of anxiety and stress; bullying increased for a third consecutive year since 2020.

<table>
<thead>
<tr>
<th>Mental Health Issue</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anxiety/Stress</td>
<td>35%</td>
</tr>
<tr>
<td>Relationships</td>
<td>33%</td>
</tr>
<tr>
<td>Depression/Sadness</td>
<td>30%</td>
</tr>
<tr>
<td>Suicide</td>
<td>18%</td>
</tr>
<tr>
<td>Isolation/Loneliness</td>
<td>17%</td>
</tr>
<tr>
<td>Self-Harm</td>
<td>13%</td>
</tr>
<tr>
<td>Grief/Bereavement</td>
<td>4%</td>
</tr>
<tr>
<td>Eating/Body Image</td>
<td>3%</td>
</tr>
<tr>
<td>Bullying</td>
<td>3%</td>
</tr>
<tr>
<td>Substance Abuse</td>
<td>3%</td>
</tr>
<tr>
<td>Emotional Image</td>
<td>3%</td>
</tr>
<tr>
<td>Sexual Abuse</td>
<td>2%</td>
</tr>
<tr>
<td>Unspecified Abuse</td>
<td>2%</td>
</tr>
<tr>
<td>Physical Abuse</td>
<td>2%</td>
</tr>
<tr>
<td>Gender/Sexual Identity</td>
<td>1%</td>
</tr>
<tr>
<td>Racism</td>
<td>0%</td>
</tr>
</tbody>
</table>

When texters reach out to us, Crisis Counselors log the issues that were discussed over the course of the conversations. Every year, we examine the most prominent issues to learn about emerging mental health trends.

Thirty-five percent of texters discussed stress and anxiety with us in 2023, making these the most prominent topics of conversation on our platform. Anxiety and stress were followed closely by relationships (34%); depression and sadness (30%); suicide (18%); and isolation and loneliness (17%).

When texting reached us in 2023, over 1 in 3 texters talked to us about anxiety and stress.

---

1 The prominence of anxiety and stress in our data is mirrored by high anxiety and stress in the U.S. population in general: in the Household Pulse Survey, over 32% of U.S. adults reported symptoms of depression and anxiety in 2023.

2 Based on the Census Bureau's Household Pulse survey, stress and anxiety have been on an improving trajectory since peaking during the early pandemic months. However, the APA's findings suggest that they topped out higher than before the pandemic.
I keep everything inside and struggle so much.

People from my school just bully me.

Every day is so stressful.

I've been having panic attacks.
The issues that increased in 2023: anxiety and stress; self-harm; bullying (again)

Each year, we keep an eye on mental health issues that increased in our conversations with texters compared to the prior year. This year, three themes emerged.

1. Anxiety and stress: texters felt pressured by personal relationships, school, and finances.

Anxiety and stress increased slightly last year from 34% in 2022 to 35% in 2023. This aligns with observations of experts at the American Psychological Association (APA), who noted that people in the United States are more anxious than before the pandemic. This may be due to Americans experiencing the psychological impacts of a collective trauma, global conflicts, racial injustice, climate disasters, and other stressors.


Self-harm, or harm that a person inflicts on themselves intentionally, is mentioned on average in 12-13% of Crisis Text Line conversations. In January 2023 however, it peaked at 15%. Self-harm has also been steadily rising since 2017 when it was only tagged in about 9-10% of conversations.

3. Bullying has been surging for a third consecutive year.

One of the most notable trends in recent years is that bullying increased for a third consecutive year since schools reopened after the school closures of 2020. This has also been noted by other researchers, who reported a surge in bullying once schools reopened, and high levels of bullying compared to 2019. The dip in 2020 when schools were closed is similar to what we tend to see in summer months when school is out, as the chart to the left indicates.

The increases in bullying, self-harm, and anxiety and stress might be related. For example, research suggests that bullying-related experiences, whether as a victim or a perpetrator, increase the risk for both self-harm and for anxiety.
As we mentioned earlier, anxiety and stress were the most commonly discussed issues in our conversations in 2023. This is why we decided to take a closer look at the related stressors that texters discussed the most. We also looked at the coping strategies that helped them cope when faced with anxiety and stress based on anonymized conversations with us.

We are often asked if current events, climate change, and financial insecurities have impacted conversations about anxiety. In order to know more, we used Machine Learning (ML) to cluster anxiety or stress-related conversation topics based on the language that texters used.

“College costs a lot of money”
/Anonymous Texter
What Anonymous Texters Say About Anxiety and Stress

“I made a mistake with infidelity”

“I failed a course last semester”

“I’ve been dealing with my spouse’s addiction”

“My mom yelled at me”

“There’s too much on my plate”
2023 was certainly full of stressful public events in the U.S. and around the world: political turmoil, interest rate hikes, violent racial and religious attacks, international conflict, and an abundance of discussions about AI safety as Generative AI was widely adopted around the world.

We used a Machine Learning (ML) method called topic modeling to identify specific stressors that our texters referred to in conversations about anxiety and stress.

We found that the most common stressors were: *family relationships* (including parents and siblings), *romantic relationships*, *finances and work*, *school and college*, *friendships*, *adult relationships* (involving spouses, children, and family planning), and *social media*.  

---

1. To do this, we isolated the first few anonymized messages that texters exchanged with us where they explained what prompted them to reach out. We then only kept the ones with a negative emotional charge in order to focus on stressors as opposed to other statements.

2. We found that many texters talked to us directly about diagnoses or clinical symptoms related to mental health: panic attacks, eating disorders, self-harm, PTSD, and OCD. We set these categories apart for the sake of this analysis, so that we could focus on other environmental stressors that might have prompted texters to reach out.
Based on the prominence of certain words, and a brief qualitative review of anonymized conversations, these were some of the topics that texters mentioned related to these categories:

1. Family relationships
Conversations about family relationships often revolved around family arguments with parents, siblings, expectations, or a fear of telling family members how texters really felt.

2. Romantic relationships
Texters often discussed arguments and fights, fear of losing their partner, and grieving over breakups.

3. Financial/work stress
Conversations about financial and work stress were often related to fears of not being able to pay bills, fear of losing a job, or being unemployed. Some texters mentioned losing dogs to eviction, or struggles to pay for dog care like grooming or vet bills.
4. School/college
These conversations about school and college often touched on anxiety over coursework or grades, or fear of losing scholarships or pressure experienced over student loans.

5. Friendship stress
Conversations about friendship stress spanned a wide range, from concerns about losing friends to a conflict, to friends talking behind each others' back, bullying, or being ignored.

6. Adult family stress
Conversations about adult family stress revolved around conflict between spouses and family planning. For example: themes of infidelity, addiction, or divorce, or worries about being pregnant, unplanned pregnancies, making a decision about the pregnancy, financial stress, or the stress of trying to conceive.

7. Social media
Social media-related conversations about stress often involved the stress of actual or possible negative publicity associated with social media. Being asked for money or the fear of being scammed (or being victims of fraud) also came up.
4. What helped texters cope with anxiety and stress?

Talking to parents, friends, and therapists was most common.

Every year, we assess the ways that our texters coped when in crisis. This year, we focused on conversations about stress and anxiety, the top mental health issues discussed in 2023. We were met with a powerful testament to the many creative ways that people sought relief and support when confronted with challenges to their mental health.

If we wish to find solutions to improve mental health for our texters, one of the best places to start is by listening to them. Every day, our Crisis Counselors help texters navigate through their immediate crisis and then make a plan to deal with similar issues in the future — by identifying specific resources that help them cope with mental health distress.

To surface a list of coping strategies, we used topic modeling to cluster Crisis Counselor notes.

1. Talking to someone – to parents, friends and others
2. Seeking out therapy or a conversation with a school counselor
3. Texting people (or texting Crisis Text Line)
4. Entertainment: listening to music and watching TV
5. Meditation, mindfulness, taking a shower, or taking a walk
6. Talking to friends or playing video games with friends
7. Journaling or writing
8. Exercise, yoga, and going to the gym
9. Going to bed and taking a nap
10. Breathing exercises
11. Reading books
12. Drawing and making art
I always listen to K-Pop to feel better.

I talk to my friends to see an outsider perspective.

I play Roblox with my friends.

I build Legos.

I FaceTime my best friend.

What Anonymous Texters Say About Coping with Anxiety and Stress
Often, people feel pressured to get over their stress.

You are not alone.
If you are in need of free mental health support, you can connect with a live volunteer Crisis Counselor by texting HELLO or HOLA to 741741 or reach us via web chat.

People with anxiety often feel that they are expected to get over their stress. Many wish for more emotional support. Some are carrying this weight alone because they don’t want to burden others, or aren’t comfortable discussing stressful topics like personal finances.

Carrying this burden alone is hard. We believe that coping strategies are indispensable tools for safeguarding and nurturing mental health in individuals. But beyond individual efforts, communities need to invest in resources that help people cope, such as mental health services, arts classes, exercise programming, parks, and walkable neighborhoods.

Aside from our primary service, our website acts as a resource hub, providing individuals with the tools and knowledge needed to navigate life’s challenges, whether it’s managing anxiety and stress or coping with loneliness and depression.

We are here for you, 24/7.

Connect for more analytics and info
From the moment we launched our service 10 years ago, an important part of our mission is to share insights in an effort to reduce stigma around mental health. We’d love to connect you with one of our experts.

For more analysis and information: crisistextline.org/empathy or email Press@crisistextline.org for media requests.

1 We identified six resources that young people need from their communities in order to cope with the stressors in their lives. Learn more about the findings at crisistextline.org/community-resilience

Mental Health Trends in the United States / 15
1.33M Conversations
723K Texters
7K De-escalations
6K Emergency Service Interventions
60% Shared something for first time
84% Found the conversation helpful
65% Reached out because they had no one else to talk to

Issues
- Anxiety/Stress: 34.7%
- Relationships: 33.4%
- Depression/Sadness: 29.8%
- Suicide: 17.9%
- Isolation/Loneliness: 17.0%
- Self-harm: 13.3%
- Grief: 3.6%
- Eating/Body image: 3.3%
- Emotional abuse: 3.0%
- Substance use: 2.8%
- Sexual abuse: 2.4%
- Abuse (unspecified): 1.6%
- Physical abuse: 1.5%
- Gender/Sexual identity: 1.0%

Race/Ethnicity
- Asian: 7.6%
- Black/African American: 14.8%
- Hispanic/Latinx: 19.7%
- Middle Eastern/North African/Arab: 1.5%
- Native American/...: 3.9%
- Native Hawaiian/Pacific Islander: 1.0%
- White: 62.7%

Age
- 13 or younger: 15.0%
- 14-17: 28.5%
- 18-24: 23.6%
- 25-34: 16.3%
- 35-44: 8.4%
- 45-54: 4.8%
- 55-64: 2.5%
- 65+: 0.9%

Gender
- Agender: 1.5%
- Boy/Man: 16.9%
- Genderfluid: 3.7%
- Genderqueer: 2.0%
- Girl/Woman: 69.1%
- Intersex: 0.2%
- Non-binary: 6.6%
- Trans: 5.8%
- Two Spirit: 0.4%
- Write In: 2.9%

Sexual Orientation
- LGBTQ+: 51.7%
- Straight or Heterosexual: 48.3%

Disclaimer: Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.
10K Conversations
6K Texters
65 De-escalations
60 Emergency Service Interventions
64% Shared something for first time
86% Found the conversation helpful
60% Reached out because they had no one else to talk to

Issues
- Relationships: 35.5%
- Anxiety/Stress: 33.4%
- Depression/Sadness: 34.7%
- Suicide: 17.7%
- Isolation/Loneliness: 17.9%
- Self-harm: 11.9%
- Grief: 3.6%
- Substance use: 3.6%
- Bullying: 3.3%
- Eating/Body image: 3.2%
- Emotional abuse: 3.2%
- Sexual abuse: 2.5%
- Physical abuse: 1.5%
- Abuse (unspecified): 1.4%
- Gender/Sexual identity: 0.9%

Race/Ethnicity
- Asian: 3.0%
- Black/African American: 25.0%
- Hispanic/Latina: 5.5%
- Middle Eastern/North African: 0.5%
- Native American: 3.9%
- Native Hawaiian/Pacific Islander: 0.7%
- White: 68.9%

Age
- 13 or younger: 12.9%
- 14-17: 27.7%
- 18-24: 24.5%
- 25-34: 17.6%
- 35-44: 8.7%
- 45-54: 6.0%
- 55-64: 2.3%
- 65+: 0.3%

Gender
- Agender: 1.5%
- Boy/Male: 14.7%
- Genderfluid: 2.3%
- Genderqueer: 0.4%
- Girl/Women: 74.2%
- Intersex: 0.1%
- Non-binary: 5.6%
- Trans: 4.3%
- Two Spirit: 0.2%
- Write In: 2.5%

Sexual Orientation
- LGBTQ+: 47.1%
- Straight or Heterosexual: 52.9%

Disclaimer: Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.
2K Conversations
1K Texters
14 De-escalations
19 Emergency Service Interventions
64% Shared something for first time
86% Found the conversation helpful
70% Reached out because they had no one else to talk to

Issues
- Depression/Sadness: State: 33.5%, National: 29.8%
- Anxiety/Stress: State: 32.7%, National: 34.7%
- Relationships: State: 32.5%, National: 33.4%
- Suicide: State: 17.9%, National: 17.4%
- Isolation/Loneliness: State: 17.4%, National: 17.0%
- Self-harm: State: 14.5%, National: 13.3%
- Grief: State: 4.8%, National: 3.0%
- Eating/Body image: State: 3.6%, National: 3.3%
- Substance use: State: 3.4%, National: 2.8%
- Sexual abuse: State: 2.9%, National: 2.4%
- Emotional abuse: State: 2.9%, National: 3.0%
- Bullying: State: 2.3%, National: 3.3%
- Physical abuse: State: 2.0%, National: 1.5%
- Abuse (unspecified): State: 1.7%, National: 1.6%
- Gender/Sexual identity: State: 1.1%, National: 1.0%

Race/Ethnicity
- Asian: State: 9.7%
- Black/African American: State: 5.1%
- Hispanic/Latinx: State: 8.0%
- Middle Eastern/North African/Arab: State: 1.1%
- Native American / Native Alaskan / Indigenous: State: 28.6%
- Native Hawaiian / Pacific Islander: State: 1.7%
- White: State: 69.1%

Age
- 13 or younger: State: 15.3%
- 14-17: State: 27.0%
- 18-24: State: 25.9%
- 25-34: State: 12.2%
- 35-44: State: 10.6%
- 45-54: State: 3.7%
- 55-64: State: 2.6%
- 65+: State: 2.6%

Gender
- Agender: State: 1.7%
- Boy/Man: State: 14.9%
- Genderfluid: State: 2.3%
- Genderqueer: State: 1.7%
- Girl/Woman: State: 65.5%
- Non-binary: State: 12.1%
- Trans: State: 6.3%
- Two Spirit: State: 1.1%
- Write In: State: 4.6%

Sexual Orientation
- LGBTQ+: State: 64.8%
- Straight or Heterosexual: State: 35.2%

 Disclaimer: Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.
16K Conversations

10K Texters

129 De-escalations

79 Emergency Service Interventions

62% Shared something for first time

85% Found the conversation helpful

66% Reached out because they had no one else to talk to

Issues

- Anxiety/Stress
- Relationships
- Depression/Sadness
- Suicide
- Isolation/Loneliness
- Self-harm
- Grief
- Eating/Body image
- Substance use
- Bullying
- Emotional abuse
- Sexual abuse
- Abuse (unspecified)
- Physical abuse
- Gender/Sexual identity

Race/Ethnicity

- Asian
- Black/African American
- Hispanic/Latino
- Middle Eastern/North African
- Native American/Native Hawaiian/Pacific Islander
- White

Age

- 13 or younger
- 14-17
- 18-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65+

Gender

- Agender
- Boy/Male
- Genderfluid
- Genderqueer
- Girl/Woman
- Intersex
- Non-binary
- Trans
- Two Spirit
- Write In

Sexual Orientation

- LGBTQ+
- Straight or Heterosexual

Disclaimer: Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.
7K Conversations
4K Texters
43 De-escalations
44 Emergency Service Interventions
59% Shared something for first time
86% Found the conversation helpful
66% Reached out because they had no one else to talk to

Issues
- Relationships: 33.5% State, 33.4% National
- Anxiety/Stress: 33.4% State, 34.7% National
- Depression/Sadness: 30.5% State, 29.8% National
- Isolation/Loneliness: 17.3% State, 17.0% National
- Suicide: 16.9% State, 17.9% National
- Self-harm: 13.6% State, 13.3% National
- Grief: 4.5% State, 3.6% National
- Bullying: 3.5% State, 3.3% National
- Eating/Body image: 3.3% State, 3.3% National
- Substance use: 3.1% State, 2.8% National
- Emotional abuse: 2.9% State, 3.0% National
- Sexual abuse: 2.2% State, 2.4% National
- Physical abuse: 1.5% State, 1.5% National
- Abuse (unspecified): 1.5% State, 1.6% National
- Gender/Sexual identity: 0.7% State, 1.0% National

Race/Ethnicity
- Asian: 3.6% State, 3.6% National
- Black/African American: 14.8% State, 14.8% National
- Hispanic/Latina: 9.7% State, 9.7% National
- Middle Eastern/North African/Arab: 1.1% State, 1.1% National
- Native American: 4.1% State, 4.1% National
- Native Hawaiian/Pacific Islander: 0.6% State, 0.6% National
- White: 74.6% State, 74.6% National

Age
- 13 or younger: 13.3% State, 13.3% National
- 14-17: 27.8% State, 27.8% National
- 18-24: 21.9% State, 21.9% National
- 25-34: 18.8% State, 18.8% National
- 35-44: 10.0% State, 10.0% National
- 45-54: 4.8% State, 4.8% National
- 55-64: 2.4% State, 2.4% National
- 65+: 0.9% State, 0.9% National

Gender
- Agender: 0.9% State, 0.9% National
- Boy/Man: 18.0% State, 18.0% National
- Genderfluid: 3.3% State, 3.3% National
- Genderqueer: 1.8% State, 1.8% National
- Girl/Woman: 69.6% State, 69.6% National
- Intersex: 0.2% State, 0.2% National
- Non-binary: 6.2% State, 6.2% National
- Trans: 5.5% State, 5.5% National
- Two Spirit: 0.2% State, 0.2% National
- Write In: 2.7% State, 2.7% National

Sexual Orientation
- LGBTQ+: 45.3% State, 45.3% National
- Straight or Heterosexual: 54.7% State, 54.7% National
97K Conversations
56K Texters
447 De-escalations
344 Emergency Service Interventions
59% Shared something for first time
87% Found the conversation helpful
65% Reached out because they had no one else to talk to

Issues
- Anxiety/Stress: 34.7%
- Relationships: 34.7%
- Depression/Sadness: 33.4%
- Isolation/Loneliness: 17.2%
- Suicide: 17.2%
- Self-harm: 11.6%
- Grief: 3.3%
- Eating/Body image: 3.3%
- Bullying: 3.3%
- Emotional abuse: 2.9%
- Substance use: 2.8%
- Sexual abuse: 2.4%
- Abuse (unspecified): 1.6%
- Physical abuse: 1.3%
- Gender/Sexual identity: 0.9%

Race/Ethnicity
- Asian: 16.1%
- Black/African American: 9.0%
- Hispanic/Latino: 38.7%
- Middle Eastern/North African/Arab: 2.1%
- Native American/Alaskan/Indigenous: 3.9%
- Native Hawaiian/Pacific Islander: 1.7%
- White: 44.3%

Age
- 13 or younger: 12.6%
- 14-17: 27.4%
- 18-24: 24.1%
- 25-34: 18.4%
- 35-44: 8.6%
- 45-54: 4.8%
- 55-64: 2.9%
- 65+: 1.2%

Gender
- Agender: 1.3%
- Boy/Male: 16.3%
- Genderfluid: 3.2%
- Genderqueer: 2.1%
- Girl/Female: 71.4%
- Intersex: 0.2%
- Non-binary: 5.2%
- Trans: 4.8%
- Two Spirit: 0.5%
- Write In: 2.5%

Sexual Orientation
- LGBTQ+: 49.0%
- Straight or Heterosexual: 51.0%

Disclaimer: Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.
14K Conversations
8K Texters
113 De-escalations
74 Emergency Service Interventions
59% Shared something for first time
84% Found the conversation helpful
67% Reached out because they had no one else to talk to

Issues
- Anxiety/Stress
- Relationships
- Depression/Sadness
- Suicide
- Isolation/Loneliness
- Self-harm
- Substance use
- Grief
- Eating/Body image
- Bullying
- Emotional abuse
- Sexual abuse
- Abuse (unspecified)
- Physical abuse
- Gender/Sexual identity

Race/Ethnicity
- Asian
- Black/African American
- Hispanic/Latino
- Middle Eastern/North African/Arab
- Native American/Native Alaskan/Indigenous
- Native Hawaiian/Pacific Islander
- White

Age
- 13 or younger
- 14-17
- 18-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65+

Gender
- Female
- Male
- Non-binary
- Trans
- Intersex
- Agender
- Genderfluid
- Genderqueer
- Girl/Woman
- Boy/Man
- Two Spirit
- Write In

Sexual Orientation
- Straight or Heterosexual
- LGBTQ+

Disclaimer: Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.
9K Conversations
5K Texters
35 De-escalations
28 Emergency Service Interventions
56% Shared something for first time
85% Found the conversation helpful
67% Reached out because they had no one else to talk to

Issues:
- Anxiety/Stress
- Relationships
- Depression/Sadness
- Isolation/Loneliness
- Suicide
- Self-harm
  - Emotional abuse
  - Grief
  - Substance use
  - Bullying
  - Eating/Body image
  - Sexual abuse
  - Abuse (unspecified)
  - Physical abuse
  - Gender/Sexual identity

Race/Ethnicity:
- Asian 5.1%
- Black/African American 13.0%
- Hispanic/Latino 18.9%
- Middle Eastern/North African/Arab 1.2%
- Native American/Native Alaskan/Indigenous 2.2%
- Native Hawaiian/Pacific Islander 0.2%
- White 69.6%

Age:
- 13 or younger 11.6%
- 14-17 28.5%
- 18-24 25.7%
- 25-34 19.4%
- 35-44 7.1%
- 45-54 4.7%
- 55-64 2.0%
- 65+ 1.0%

Gender:
- Agender 0.8%
- Boy/Man 16.2%
- Genderfluid 3.5%
- Genderqueer 2.2%
- Girl/Woman 71.5%
- Intersex 0.2%
- Non-binary 5.4%
- Trans 4.4%
- Two Spirit 0.5%
- Write In 2.5%

Sexual Orientation:
- LGBTQ+ 54.6%
- Straight or Heterosexual 45.4%

Disclaimer: Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.
3K Conversations
2K Texters
17 De-escalations
7 Emergency Service Interventions

60% Shared something for first time
83% Found the conversation helpful
63% Reached out because they had no one else to talk to

Issues:
- Anxiety/Stress: 35.1%
- Relationships: 33.0%
- Depression/Sadness: 31.2%
- Isolation/Loneliness: 17.2%
- Suicide: 17.0%
- Self-harm: 12.3%
- Emotional abuse: 5.0%
- Grief: 4.1%
- Bullying: 3.3%
- Eating/Body image: 3.3%
- Sexual abuse: 3.0%
- Physical abuse: 2.9%
- Substance use: 2.8%
- Abuse (unspecified): 2.5%
- Gender/Sexual identity: 1.0%

Race/Ethnicity:
- Asian: 4.3%
- Black/African American: 25.7%
- Hispanic/Latina: 13.9%
- Middle Eastern/North African/Arab: 0.3%
- Native American/Native Alaskan/Indigenous: 4.6%
- Native Hawaiian/Pacific Islander: 0.7%
- White: 60.4%

Age:
- 13 or younger: 13.6%
- 14-17: 31.5%
- 18-24: 27.4%
- 25-34: 11.7%
- 35-44: 7.9%
- 45-54: 3.8%
- 55-64: 2.8%
- 65+: 1.3%

Gender:
- Agender: 1.0%
- Boy/Man: 15.0%
- Genderfluid: 3.3%
- Genderqueer: 2.0%
- Girl/Woman: 73.2%
- Intersex: 0.3%
- Non-binary: 6.9%
- Trans: 5.6%
- Write In: 2.0%

Sexual Orientation:
- LGBTQ+: 50.8%
- Straight or Heterosexual: 49.2%

Disclaimer: Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.
39K Conversations
25K Texters
204 De-escalations
156 Emergency Service Interventions
61% Shared something for first time
86% Found the conversation helpful
63% Reached out because they had no one else to talk to

Issues
- Relationships: 35.1% State, 33.4% National
- Anxiety/Stress: 35.1% State, 34.7% National
- Depression/Sadness: 30.4% State, 29.8% National
- Isolation/Loneliness: 17.6% State, 17.0% National
- Suicide: 15.2% State, 15.9% National
- Self-harm: 11.0% State, 11.3% National
- Grief: 3.5% State, 3.6% National
- Bullying: 3.2% State, 3.3% National
- Eating/Body image: 3.2% State, 3.3% National
- Emotional abuse: 3.1% State, 3.0% National
- Sexual abuse: 2.6% State, 2.4% National
- Substance use: 2.6% State, 2.8% National
- Abuse (unspecified): 1.7% State, 1.6% National
- Physical abuse: 1.3% State, 1.5% National
- Gender/Sexual identity: 0.9% State, 1.0% National

Race/Ethnicity
- Asian: 5.7% State, 5.7% National
- Black/African American: 18.2% State, 18.2% National
- Hispanic/Latina/o: 29.0% State, 29.0% National
- Middle Eastern/North African/Arab: 1.3% State, 1.3% National
- Native American/Native Alaskan/Indigenous: 2.4% State, 2.4% National
- Native Hawaiian/Pacific Islander: 0.5% State, 0.5% National
- White: 55.1% State, 55.1% National

Age
- 13 or younger: 15.7% State, 15.7% National
- 14-17: 28.0% State, 28.0% National
- 18-24: 24.4% State, 24.4% National
- 25-34: 15.9% State, 15.9% National
- 35-44: 6.9% State, 6.9% National
- 45-54: 4.9% State, 4.9% National
- 55-64: 2.9% State, 2.9% National
- 65+: 1.2% State, 1.2% National

Gender
- Agender: 1.4% State, 1.4% National
- Boy/Man: 17.4% State, 17.4% National
- Genderfluid: 3.4% State, 3.4% National
- Genderqueer: 1.7% State, 1.7% National
- Girl/Woman: 69.1% State, 69.1% National
- Intersex: 0.1% State, 0.1% National
- Non-binary: 5.8% State, 5.8% National
- Trans: 5.7% State, 5.7% National
- Two Spirit: 0.3% State, 0.3% National
- Write In: 3.4% State, 3.4% National

Sexual Orientation
- LGBTQ+: 52.0% State, 52.0% National
- Straight or Heterosexual: 48.0% State, 48.0% National

Disclaimer: Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.
23K Conversations

15K Texters

149 De-escalations

93 Emergency Service Interventions

62% Shared something for first time

87% Found the conversation helpful

67% Reached out because they had no one else to talk to

**Issues**
- Relationships: 34.5%
- Anxiety/Stress: 33.4%
- Depression/Sadness: 34.7%
- Suicide: 18.1%
- Isolation/Loneliness: 16.7%
- Self-harm: 12.7%
- Grief: 4.0%
- Bullying: 3.6%
- Eating/Body image: 3.7%
- Emotional abuse: 3.3%
- Substance use: 2.0%
- Sexual abuse: 2.4%
- Physical abuse: 1.6%
- Abuse (unspecified): 1.5%
- Gender/Sexual identity: 0.9%

**Race/Ethnicity**
- Asian: 4.5%
- Black/African American: 34.8%
- Hispanic/Latina: 12.2%
- Middle Eastern/North African/Arab: 1.1%
- Native American/Native Alaskan/Indigenous: 3.1%
- Native Hawaiian/Pacific Islander: 0.5%
- White: 52.9%

**Age**
- 13 or younger: 13.7%
- 14-17: 31.4%
- 18-24: 21.6%
- 25-34: 15.8%
- 35-44: 9.8%
- 45-54: 4.9%
- 55-64: 1.9%
- 65+: 0.9%

**Gender**
- Agender: 0.9%
- Boy/Man: 16.4%
- Genderfluid: 3.5%
- Genderqueer: 1.7%
- Girl/Woman: 70.6%
- Intersex: 0.2%
- Non-binary: 6.4%
- Trans: 4.8%
- Two Spirit: 0.3%
- Write In: 3.0%

**Sexual Orientation**
- LGBTQ+: 49.2%
- Straight or Heterosexual: 50.8%

Disclaimer: Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.
4K Conversations
2K Texters
36 De-escalations
10 Emergency Service Interventions
59% Shared something for first time
89% Found the conversation helpful
69% Reached out because they had no one else to talk to

Issues
- Relationships: State 36.9%, National 33.4%
- Anxiety/Stress: State 35.5%, National 34.7%
- Depression/Sadness: State 28.2%, National 29.8%
- Suicide: State 18.7%, National 17.9%
- Isolation/Loneliness: State 16.4%, National 17.0%
- Self-harm: State 9.2%, National 13.3%
- Grief: State 2.9%, National 3.6%
- Substance use: State 2.6%, National 2.8%
- Emotional abuse: State 2.5%, National 3.0%
- Bullying: State 2.5%, National 3.3%
- Eating/Body image: State 2.3%, National 3.3%
- Sexual abuse: State 2.1%, National 2.4%
- Abuse (unspecified): State 1.5%, National 1.6%
- Gender/Sexual identity: State 0.8%, National 1.0%
- Physical abuse: State 0.8%, National 1.5%

Race/Ethnicity
- Asian: State 49.2%
- Black/African American: State 6.0%
- Hispanic/Latino: State 14.0%
- Middle Eastern/North African/Arab: State 2.2%
- Native American / Native Alaskan / Indigenous: State 5.7%
- Native Hawaiian / Pacific Islander: State 31.1%
- White: State 44.8%

Age
- 18 or younger: State 12.5%
- 14-17: State 25.2%
- 18-24: State 24.0%
- 25-34: State 17.8%
- 35-44: State 9.8%
- 45-54: State 7.4%
- 55-64: State 1.8%
- 65+: State 1.5%

Gender
- Agender: State 1.8%
- Boy/Man: State 14.3%
- Genderfluid: State 1.5%
- Genderqueer: State 0.9%
- Girl/Woman: State 76.5%
- Non-binary: State 4.0%
- Trans: State 4.9%
- Two Spirit: State 0.9%
- Write In: State 1.2%

Sexual Orientation
- LGBTQ+: State 47.9%
- Straight or Heterosexual: State 52.1%

Disclaimer: Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.
4K Conversations
2K Texters
23 De-escalations
23 Emergency Service Interventions

61% Shared something for first time
88% Found the conversation helpful
62% Reached out because they had no one else to talk to

Issues
- Anxiety/Stress: 35.2% State, 34.7% National
- Relationships: 34.7% State, 34.7% National
- Depression/Sadness: 32.0% State, 29.8% National
- Suicide: 20.9% State, 17.9% National
- Isolation/Loneliness: 17.4% State, 17.0% National
- Self-harm: 17.2% State, 13.3% National
- Grief: 3.4% State, 3.0% National
- Eating/Body image: 3.2% State, 3.3% National
- Substance use: 3.1% State, 3.0% National
- Emotional abuse: 3.0% State, 3.0% National
- Bullying: 2.8% State, 2.6% National
- Sexual abuse: 2.3% State, 2.4% National
- Physical abuse: 1.3% State, 1.5% National
- Abuse (unspecified): 1.1% State, 1.6% National
- Gender/Sexual identity: 0.5% State, 1.0% National

Race/Ethnicity
- Asian: 4.5% State, 4.7% National
- Black/African American: 0.8% State, 0.9% National
- Hispanic/Latino: 14.6% State, 14.6% National
- Middle Eastern/North African/Arab: 0.3% State, 0.3% National
- Native American/Native Alaskan/Indigenous: 3.5% State, 3.3% National
- Native Hawaiian/Pacific Islander: 1.0% State, 1.0% National
- White: 81.4% State, 81.6% National

Age
- 13 or younger: 13.0% State, 13.0% National
- 14-17: 26.7% State, 26.7% National
- 18-24: 28.1% State, 28.1% National
- 25-34: 14.9% State, 14.9% National
- 35-44: 14.9% State, 14.9% National
- 45-54: 9.1% State, 9.1% National
- 45-54: 4.0% State, 4.0% National
- 55-64: 3.5% State, 3.5% National
- 65+: 0.7% State, 0.7% National

Gender
- Boy/Man: 16.9% State, 16.9% National
- Girl/Woman: 68.4% State, 68.4% National
- Trans: 4.6% State, 4.6% National
- Two Spirit: 0.7% State, 0.7% National
- Genderfluid: 2.4% State, 2.4% National
- Genderqueer: 1.9% State, 1.9% National
- Intersex: 0.2% State, 0.2% National
- Non-binary: 7.0% State, 7.0% National

Sexual Orientation
- LGBTQ+: 50.2% State, 50.2% National
- Straight or Heterosexual: 49.8% State, 49.8% National

Disclaimer: Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.

United in Empathy 2023 / crisistextline.org
34K Conversations
20K Texters
229 De-escalations
173 Emergency Service Interventions
61% Shared something for first time
86% Found the conversation helpful
67% Reached out because they had no one else to talk to

Issues
- Anxiety/Stress: 36.2%
- Relationships: 33.4%
- Depression/Sadness: 30.6%
- Isolation/Loneliness: 17.4%
- Suicide: 16.7%
- Self-harm: 12.9%
- Grief: 3.7%
- Eating/Body image: 3.5%
- Bullying: 3.1%
- Substance use: 2.8%
- Emotional abuse: 2.7%
- Sexual abuse: 2.2%
- Abuse (unspecified): 1.5%
- Physical abuse: 1.3%
- Gender/Sexual identity: 0.9%

Race/Ethnicity
- Asian: 6.6%
- Black/African American: 16.2%
- Hispanic/Latinx: 19.4%
- Middle Eastern/North African/Arab: 1.4%
- Native American/Native Alaskan/Indigenous: 2.6%
- Native Hawaiian/Pacific Islander: 0.7%
- White: 62.7%

Age
- 13 or younger: 14.5%
- 14-17: 27.2%
- 18-24: 24.8%
- 25-34: 16.8%
- 35-44: 8.5%
- 45-54: 4.8%
- 55-64: 2.3%
- 65+: 1.1%

Gender
- Agender: 1.6%
- Boy/Man: 16.4%
- Genderfluid: 3.3%
- Genderqueer: 1.9%
- Girl/Woman: 69.9%
- Intersex: 0.2%
- Non-binary: 6.2%
- Trans: 4.3%
- Two Spirit: 0.4%
- Write In: 2.8%

Sexual Orientation
- LGBTQ+: 48.6%
- Straight or Heterosexual: 51.4%

Disclaimers: Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.
16K Conversations

10K Texters

143 De-escalations

80 Emergency Service Interventions

60% Shared something for first time

85% Found the conversation helpful

64% Reached out because they had no one else to talk to

Issues

- Anxiety/Stress: 33.9%
- Relationships: 33.7%
- Depression/Sadness: 30.9%
- Suicide: 19.2%
- Isolation/Loneliness: 17.3%
- Self-harm: 12.9%
- Grief: 3.3%
- Eating/Body image: 2.9%
- Bullying: 2.8%
- Substance use: 2.9%
- Emotional abuse: 2.8%
- Sexual abuse: 2.2%
- Abuse (unspecified): 1.5%
- Physical abuse: 1.2%
- Gender/Sexual identity: 1.0%

Race/Ethnicity

- White: 80.5%
- Black/African American: 11.5%
- Hispanic/Latino: 9.3%
- Middle Eastern/North African/Arab: 0.6%
- Native American/Native Alaskan/Indigenous: 1.9%
- Native Hawaiian/Pacific Islander: 0.4%
- Asian: 2.8%

Age

- 13 or younger: 13.6%
- 14-17: 27.2%
- 18-24: 26.3%
- 25-34: 16.4%
- 35-44: 7.9%
- 45-54: 4.5%
- 55-64: 3.2%
- 65+: 0.9%

Gender

- Boy/Man: 17.1%
- Genderfluid: 3.3%
- Genderqueer: 2.0%
- Girl/Woman: 69.5%
- Agender: 1.6%
- Intersex: 0.1%
- Non-binary: 5.8%
- Trans: 5.7%
- Two Spirit: 0.2%
- Write In: 2.6%

Sexual Orientation

- LGBTQ+: 50.0%
- Straight or Heterosexual: 50.0%
7K Conversations
4K Texters
65 De-escalations
59 Emergency Service Interventions
60% Shared something for first time
87% Found the conversation helpful
60% Reached out because they had no one else to talk to

Issues:
- Anxiety/Stress
- Relationships
- Depression/Sadness
- Suicide
- Isolation/Loneliness
- Self-harm
- Grief
- Eating/Body image
- Substance use
- Bullying
- Emotional abuse
- Sexual abuse
- Abuse (unspecified)
- Gender/Sexual identity
- Physical abuse

Race/Ethnicity:
- Asian: 3.9%
- Black/African American: 7.1%
- Hispanic/Latino: 10.4%
- Middle Eastern/North African/Arab: 0.7%
- Native American/Native Alaskan/Indigenous: 2.5%
- Native Hawaiian/Pacific Islander: 0.2%
- White: 83.2%

Age:
- 13 or younger: 17.1%
- 14-17: 32.5%
- 18-24: 24.1%
- 25-34: 13.0%
- 35-44: 7.3%
- 45-54: 3.5%
- 55-64: 1.4%
- 65+: 1.0%

Gender:
- Agender: 1.0%
- Boy/Male: 15.4%
- Genderfluid: 4.1%
- Genderqueer: 2.0%
- Girl/Woman: 69.2%
- Intersex: 0.5%
- Non-binary: 6.3%
- Trans: 6.3%
- Two Spirit: 0.5%
- Write In: 2.4%

Sexual Orientation:
- LGBTQ+: 51.3%
- Straight or Heterosexual: 48.7%

Disclaimer: Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.
11K Conversations
7K Texters
66 De-escalations
60 Emergency Service Interventions
61% Shared something for first time
87% Found the conversation helpful
64% Reached out because they had no one else to talk to

Issues
- Relationships: State 34.0%, National 33.4%
- Anxiety/Stress: State 34.0%, National 33.6%
- Depression/Sadness: State 29.6%, National 29.8%
- Suicide: State 17.1%, National 17.9%
- Isolation/Loneliness: State 16.4%, National 17.0%
- Self-harm: State 14.0%, National 13.3%
- Grief: State 4.0%, National 3.6%
- Eating/Body image: State 2.9%, National 3.3%
- Bullying: State 2.9%, National 3.3%
- Substance use: State 3.2%, National 3.6%
- Emotional abuse: State 2.2%, National 2.8%
- Sexual abuse: State 2.5%, National 2.4%
- Physical abuse: State 1.5%, National 1.5%
- Abuse (unspecified): State 1.5%, National 1.6%
- Gender/Sexual identity: State 1.0%, National 1.0%

Race/Ethnicity
- Asian: State 3.1%, National 3.1%
- Black/African American: State 10.2%, National 10.2%
- Hispanic/Latina: State 6.0%, National 6.0%
- Middle Eastern/North African/Arab: State 0.9%, National 0.9%
- Native American: State 3.0%, National 3.0%
- Native Hawaiian/Pacific Islander: State 0.4%, National 0.4%
- White: State 82.8%, National 82.8%

Age
- 13 or younger: State 14.8%, National 14.8%
- 14-17: State 27.9%, National 27.9%
- 18-24: State 23.2%, National 23.2%
- 25-34: State 17.0%, National 17.0%
- 35-44: State 8.8%, National 8.8%
- 45-54: State 4.9%, National 4.9%
- 55-64: State 2.5%, National 2.5%
- 65+: State 0.9%, National 0.9%

Gender
- Boy/Male: State 16.8%, National 16.8%
- Genderfluid: State 2.9%, National 2.9%
- Genderqueer: State 1.5%, National 1.5%
- Girl/Woman: State 71.0%, National 71.0%
- Intersex: State 0.2%, National 0.2%
- Non-binary: State 4.9%, National 4.9%
- Trans: State 5.4%, National 5.4%
- Two Spirit: State 0.4%, National 0.4%
- Write in: State 3.2%, National 3.2%

Sexual Orientation
- LGBTQ+: State 50.1%, National 50.1%
- Straight or Heterosexual: State 49.9%, National 49.9%

Disclaimer: Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.

United in Empathy 2023 / crisistextline.org
11K Conversations
6K Texters
41 De-escalations
38 Emergency Service Interventions
64% Shared something for first time
85% Found the conversation helpful
61% Reached out because they had no one else to talk to

Issues
- Relationships: 16.7%, 17.0%, 16.7%
- Anxiety/Stress: 30.3%, 29.8%, 34.7%
- Depression/Sadness: 33.4%, 33.3%, 33.3%
- Isolation/Loneliness: 16.7%, 17.0%, 16.7%
- Suicide: 11.3%, 13.3%, 4.1%
- Self-harm: 3.7%, 3.3%, 2.8%
- Grief: 4.1%, 3.0%, 3.0%
- Bullying: 3.7%, 3.3%, 3.3%
- Eating/Body image: 2.8%, 3.3%, 3.3%
- Emotional abuse: 2.8%, 3.0%, 2.8%
- Substance use: 2.3%, 2.3%, 2.0%
- Sexual abuse: 2.4%, 1.7%, 1.6%
- Abuse (unspecified): 1.4%, 1.5%, 1.1%
- Physical abuse: 1.1%, 1.0%
- Gender/Sexual identity: 0.9%, 3.4%, 1.5%

Race/Ethnicity
- Asian: 3.3%
- Black/African American: 33.9%
- Hispanic/Latinx: 9.3%
- Middle Eastern/North African/Arab: 0.6%
- Native American/Native Alaskan/Indigenous: 3.6%
- Native Hawaiian/Pacific Islander: 0.6%
- White: 58.2%

Age
- 13 or younger: 14.5%
- 14-17: 28.7%
- 18-24: 22.0%
- 25-34: 15.3%
- 35-44: 9.6%
- 45-54: 6.3%
- 55-64: 2.3%
- 65+: 1.3%

Gender
- Agender: 0.9%
- Boy/Man: 15.3%
- Genderfluid: 3.4%
- Genderqueer: 1.5%
- Girl/Woman: 72.7%
- Intersex: 0.2%
- Non-binary: 5.0%
- Trans: 4.2%
- Two Spirit: 0.5%
- Write In: 2.1%

Sexual Orientation
- LGBTQ+: 46.5%
- Straight or Heterosexual: 53.5%

Disclaimer: Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.
4K Conversations
2K Texters
35 De-escalations
71 Emergency Service Interventions
56% Shared something for first time
86% Found the conversation helpful
61% Reached out because they had no one else to talk to

Issues
- Anxiety/Stress: 35.2%
- Depression/Sadness: 21.6%
- Relationships: 17.9%
- Suicide: 17.0%
- Isolation/Loneliness: 16.8%
- Self-harm: 14.4%
- Grief: 3.6%
- Eating/Body image: 3.3%
- Substance use: 2.8%
- Sexual abuse: 2.6%
- Bullying: 2.4%
- Emotional abuse: 2.0%
- Abuse (unspecified): 1.3%
- Physical abuse: 0.9%
- Gender/Sexual identity: 0.8%

Race/Ethnicity
- Asian: 3.9%
- Black/African American: 2.8%
- Hispanic/Latino: 3.1%
- Middle Eastern/North African/Arab: 1.7%
- Native American/Native Alaskan/Indigenous: 2.5%
- White: 91.9%

Age
- 13 or younger: 10.5%
- 14-17: 27.3%
- 18-24: 25.5%
- 25-34: 18.1%
- 35-44: 10.2%
- 45-54: 4.1%
- 55-64: 3.8%
- 65+: 0.5%

Gender
- Agender: 1.9%
- Boy/Man: 16.4%
- Genderfluid: 3.8%
- Genderqueer: 1.9%
- Girl/Woman: 66.1%
- Intersex: 0.3%
- Non-binary: 8.5%
- Trans: 8.7%
- Two Spirit: 0.5%
- Write In: 1.9%

Sexual Orientation
- LGBTQ+: 56.4%
- Straight or Heterosexual: 43.6%

Disclaimer: Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.
16K Conversations

9K Texters

86 De-escalations

58 Emergency Service Interventions

60% Shared something for first time

86% Found the conversation helpful

71% Reached out because they had no one else to talk to

Issues

- Anxiety/Stress: State 37.1% National 34.7%
- Relationships: State 34.4% National 33.4%
- Depression/Sadness: State 29.4% National 29.8%
- Isolation/Loneliness: State 17.7% National 17.0%
- Suicide: State 16.2% National 17.9%
- Self-harm: State 15.7% National 13.3%
- Grief: State 3.8% National 3.0%
- Eating/Body image: State 3.6% National 3.3%
- Bullying: State 3.0% National 3.3%
- Emotional abuse: State 2.2% National 3.0%
- Sexual abuse: State 2.1% National 2.4%
- Substance use: State 2.0% National 2.8%
- Abuse (unspecified): State 1.3% National 1.6%
- Physical abuse: State 1.2% National 1.5%
- Gender/Sexual identity: State 0.8% National 1.0%

Race/Ethnicity

- Asian: State 7.0% National 34.7%
- Black/African American: State 30.5% National 33.4%
- Hispanic/Latino: State 13.4% National 17.0%
- Middle Eastern/North African: State 1.6% National 17.9%
- Native American/Native Alaskan/Indigenous: State 2.8% National 13.3%
- Native Hawaiian/Pacific Islander: State 0.5% National 0.4%
- White: State 53.0% National 72.2%

Gender

- Agender: 1.8%
- Boy/Man: 14.5%
- Genderfluid: 3.2%
- Genderqueer: 2.4%
- Girl/Woman: 72.2%
- Intersex: 0.2%
- Non-binary: 6.2%
- Trans: 4.7%
- Two Spirit: 0.4%
- Write In: 2.3%

Sexual Orientation

- LGBTQ+: 53.1%
- Straight or Heterosexual: 46.9%

Disclaimer: Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.
19K Conversations
10K Texters
96 De-escalations
61 Emergency Service Interventions
58% Shared something for first time
84% Found the conversation helpful
61% Reached out because they had no one else to talk to

Issues
- Anxiety/Stress
- Relationships
- Depression/Sadness
- Isolation/Loneliness
- Suicide
- Self-harm
- Eating/Body image
- Grief
- Substance use
- Bullying
- Emotional abuse
- Sexual abuse
- Abuse (unspecified)
- Physical abuse
- Gender/Sexual identity

Race/Ethnicity
- White 71.1%
- Asian 7.4%
- Black/African American 10.9%
- Hispanic/Latino 14.8%
- Middle Eastern/North African/Arab 1.9%
- Native American / Native Alaskan / Indigenous 2.1%
- Native Hawaiian / Pacific Islander 0.2%

Age
- 13 or younger 10.7%
- 14-17 29.9%
- 18-24 27.4%
- 25-34 15.9%
- 35-44 8.2%
- 45-54 5.3%
- 55-64 2.0%
- 65+ 0.6%

Gender
- Boy/Male 16.1%
- Girl/Woman 70.1%
- Trans 5.3%
- Non-binary 7.4%
- Intersex 0.1%
- Genderfluid 3.3%
- Genderqueer 2.1%
- Agender 1.4%
- Two Spirit 0.4%
- Write In 2.8%

Sexual Orientation
- LGBTQ+ 54.2%
- Straight or Heterosexual 45.8%

Disclaimer: Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.
24K Conversations

14K Texters

187 De-escalations

140 Emergency Service Interventions

58% Shared something for first time

86% Found the conversation helpful

64% Reached out because they had no one else to talk to

2023 Mental Health Insights

Issues
- Anxiety/Stress
- Relationships
- Depression/Sadness
- Suicide
- Isolation/Loneliness
- Self-harm
- Grief
- Eating/Body image
- Bullying
- Substance use
- Emotional abuse
- Sexual abuse
- Abuse (unspecified)
- Gender/Sexual identity
- Physical abuse

Race/Ethnicity
- Asian
- Black/African American
- Hispanic/Latinx
- Middle Eastern/North African/Arab
- Native American / Native Alaskan / Indigenous
- Native Hawaiian / Pacific Islander
- White

Age
- 13 or younger
- 14-17
- 18-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65+

Gender
- Genderqueer
- Genderfluid
- Intersex
- Non-binary
- Trans
- Two Spirit
- Write In

Sexual Orientation
- LGBTQ+
- Straight or Heterosexual

Disclaimer: Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.

United in Empathy 2023 / crisistextline.org

Geographic Details / 38
**17K**
Conversations

**10K**
Texters

**171**
De-escalations

**138**
Emergency Service Interventions

**58%**
Shared something for first time

**83%**
Found the conversation helpful

**64%**
Reached out because they had no one else to talk to

---

**Issues**
- Anxiety/Stress: 34.6% State, 34.7% National
- Relationships: 31.7% State, 33.4% National
- Depression/Sadness: 28.0% State, 29.0% National
- Suicide: 20.1% State, 17.9% National
- Isolation/Loneliness: 15.9% State, 17.0% National
- Self-harm: 14.2% State, 13.3% National
- Eating/Body image: 3.9% State, 3.3% National
- Grief: 3.7% State, 3.6% National
- Substance use: 2.8% State, 2.6% National
- Bullying: 2.7% State, 3.3% National
- Emotional abuse: 2.7% State, 3.0% National
- Sexual abuse: 2.4% State, 2.1% National
- Abuse (unspecifed): 1.5% State, 1.6% National
- Physical abuse: 1.3% State, 1.5% National
- Gender/Sexual identity: 1.2% State, 1.0% National

**Race/Ethnicity**
- Asian: 6.0% State, 7.8% National
- Black/African American: 8.3% State, 7.6% National
- Hispanic/Latinx: 7.6% State, 6.4% National
- Middle Eastern/North African/Arab: 1.1% State, 1.6% National
- Native American/ Native Alaskan/ Indigenous: 6.4% State, 0.4% National
- Native Hawaiian/ Pacific Islander: 0.4% State, 0.3% National
- White: 79.8% State, 80.7% National

**Age**
- 13 or younger: 14.4% State, 15.7% National
- 14-17: 29.7% State, 32.0% National
- 18-24: 22.8% State, 23.5% National
- 25-34: 15.5% State, 16.2% National
- 35-44: 8.7% State, 6.3% National
- 45-54: 4.9% State, 5.4% National
- 55-64: 2.5% State, 2.7% National
- 65+: 1.5% State, 1.4% National

**Gender**
- Agender: 1.4% State, 1.6% National
- Boy/Man: 15.8% State, 15.3% National
- Genderfluid: 4.1% State, 3.8% National
- Genderqueer: 2.0% State, 1.5% National
- Girl/Woman: 69.1% State, 69.6% National
- Intersex: 0.4% State, 0.4% National
- Non-binary: 7.6% State, 7.3% National
- Trans: 6.7% State, 6.8% National
- Two Spirit: 0.5% State, 0.4% National
- Write In: 2.1% State, 2.1% National

**Sexual Orientation**
- LGBTQ+: 53.1% State, 53.0% National
- Straight or Heterosexual: 46.9% State, 49.3% National

---

**Disclaimer:** Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.
6K Conversations
4K Texters
46 De-escalations
35 Emergency Service Interventions
62% Shared something for first time
87% Found the conversation helpful
65% Reached out because they had no one else to talk to

Issues
- Relationships 36.4%
- Depression/Sadness 33.4%
- Anxiety/Stress 32.7%
- Suicide 18.5%
- Isolation/Loneliness 17.9%
- Self-harm 17.0%
- Grief 13.3%
- Bullying 13.2%
- Substance use 13.0%
- Eating/Body image 12.9%
- Emotional abuse 12.9%
- Sexual abuse 12.8%
- Physical abuse 12.7%
- Abuse (unspecified) 12.4%
- Gender/Sexual identity 12.4%

Race/Ethnicity
- Asian 2.2%
- Black/African American 36.7%
- Hispanic/Latino 4.8%
- Middle Eastern/North African/Arab 0.4%
- Native American / Native Alaskan / Indigenous 3.3%
- Native Hawaiian / Pacific Islander 0.4%
- White 56.3%

Age
- 13 or younger 15.5%
- 14-17 30.6%
- 18-24 21.9%
- 25-34 14.5%
- 35-44 7.4%
- 45-54 6.4%
- 55-64 3.4%
- 65+ 0.4%

Gender
- Agender 1.3%
- Boy/Man 17.1%
- Genderfluid 3.2%
- Genderqueer 1.3%
- Girl/Woman 74.1%
- Non-binary 3.4%
- Trans 3.6%
- Two Spirit 0.4%
- Write In 1.7%

Sexual Orientation
- LGBTQ+ 44.7%
- Straight or Heterosexual 55.3%

Disclaimer: Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.

Mississippi 2023 Mental Health Insights

United in Empathy 2023 / cristtextline.org
16K Conversations

10K Texters

126 De-escalations

65 Emergency Service Interventions

61% Shared something for first time

85% Found the conversation helpful

64% Reached out because they had no one else to talk to

Issues

- Anxiety/Stress
- Relationships
- Depression/Sadness
- Suicide
- Isolation/Loneliness
- Self-harm
- Grief
- Eating/Body image
- Emotional abuse
- Substance use
- Bullying
- Sexual abuse
- Abuse (unspecified)
- Physical abuse
- Gender/Sexual identity

Race/Ethnicity

- Asian
- Black/African American
- Hispanic/Latino
- Middle Eastern/North African/Arab
- Native American/Alaskan/Indigenous
- Native Hawaiian/Pacific Islander
- White

Age

- 13 or younger
- 14-17
- 18-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65+

Sexual Orientation

- LGBTQ+
- Straight or Heterosexual

Gender

- Agender
- Boy/Man
- Genderfluid
- Genderqueer
- Girl/Woman
- Intersex
- Non-binary
- Trans
- Two Spirit
- Write In

Geographic Details

Disclaimer: Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.
3K Conversations
2K Texters
29 De-escalations
17 Emergency Service Interventions
61% Shared something for first time
84% Found the conversation helpful
66% Reached out because they had no one else to talk to

Issues:
- Anxiety/Stress: 34.4% State, 29.8% National
- Relationships: 33.5% State, 33.4% National
- Depression/Sadness: 20.8% State, 17.0% National
- Suicide: 17.9% State, 17.0% National
- Isolation/Loneliness: 18.0% State, 17.0% National
- Self-harm: 16.8% State, 13.3% National
- Grief: 5.5% State, 3.6% National
- Eating/Body Image: 4.2% State, 3.3% National
- Substance Use: 4.0% State, 2.8% National
- Emotional Abuse: 3.7% State, 3.0% National
- Bullying: 3.0% State, 3.3% National
- Sexual Abuse: 2.4% State, 2.4% National
- Physical Abuse: 1.7% State, 1.5% National
- Abuse (unspecified): 1.4% State, 1.6% National
- Gender/Sexual Identity: 0.9% State, 1.0% National

Race/Ethnicity:
- Asian: 2.9% State, 3.6% National
- Black/African American: 2.5% State, 3.3% National
- Hispanic/Latinx: 5.0% State, 6.7% National
- Middle Eastern/North African/Arab: 0.4% State, 0.3% National
- Native American / Native Alaskan / Indigenous: 12.9% State, 12.8% National
- Native Hawaiian / Pacific Islander: 0.4% State, 0.3% National
- White: 82.4% State, 82.1% National

Age:
- 13 or younger: 14.1% State, 12.8% National
- 14-17: 29.6% State, 28.7% National
- 18-24: 21.7% State, 21.2% National
- 25-34: 16.4% State, 16.2% National
- 35-44: 9.2% State, 9.8% National
- 45-54: 4.9% State, 5.0% National
- 55-64: 3.0% State, 3.1% National
- 65+: 1.0% State, 0.9% National

Gender:
- Agender: 1.0% State, 1.0% National
- Boy/Male: 16.5% State, 16.5% National
- Genderfluid: 4.1% State, 4.1% National
- Genderqueer: 3.8% State, 3.8% National
- Girl/Woman: 68.7% State, 68.7% National
- Intersex: 0.7% State, 0.7% National
- Non-binary: 6.2% State, 6.2% National
- Trans: 6.2% State, 6.2% National
- Two Spirit: 0.3% State, 0.3% National
- Write In: 2.7% State, 2.7% National

Sexual Orientation:
- LGBTQ+: 51.9% State, 51.9% National
- Straight or Heterosexual: 48.1% State, 48.1% National

Disclaimer: Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.
4K Conversations

2K Texters

49 De-escalations

20 Emergency Service Interventions

59% Shared something for first time

85% Found the conversation helpful

62% Reached out because they had no one else to talk to

Issues
- Anxiety/Stress
- Relationships
- Depression/Sadness
- Suicide
- Isolation/Loneliness
- Self-harm
- Grief
- Eating/Body image
- Bullying
- Substance use
- Emotional abuse
- Sexual abuse
- Abuse (unspecified)
- Gender/Sexual identity
- Physical abuse

Race/Ethnicity
- Asian
- Black/African American
- Hispanic/Latinx
- Middle Eastern/North African/Arab
- Native American / Native Alaskan / Indigenous
- Native Hawaiian / Pacific Islander
- White

Age
- 13 or younger
- 14-17
- 18-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65+

Gender
- Agender
- Boy/Man
- Genderfluid
- Genderqueer
- Girl/Woman
- Intersex
- Non-binary
- Trans
- Two Spirit
- Write In

Sexual Orientation
- LGBTQ+
- Straight or Heterosexual

Disclaimer: Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.

United in Empathy 2023 / crisistextline.org
7K Conversations
4K Texters
40 De-escalations
39 Emergency Service Interventions
63% Shared something for first time
86% Found the conversation helpful
65% Reached out because they had no one else to talk to

Issues
- Anxiety/Stress: 34.7%
- Relationships: 34.6%
- Depression/Sadness: 30.5%
- Suicide: 18.8%
- Isolation/Loneliness: 18.3%
- Self-harm: 12.6%
- Grief: 3.5%
- Bullying: 3.3%
- Emotional abuse: 3.2%
- Substance use: 3.0%
- Eating/Body image: 2.9%
- Abuse (unspecified): 2.1%
- Sexual abuse: 1.9%
- Physical abuse: 1.6%
- Gender/Sexual identity: 0.8%

Race/Ethnicity
- Asian: 12.9%
- Black/African American: 12.6%
- Hispanic/Latino: 26.6%
- Middle Eastern/North African/Arab: 1.2%
- Native American/Native Alaskan/Indigenous: 6.9%
- Native Hawaiian/Pacific Islander: 2.9%
- White: 57.2%

Age
- 13 or younger: 17.9%
- 14-17: 27.9%
- 18-24: 22.5%
- 25-34: 14.7%
- 35-44: 8.2%
- 45-54: 4.0%
- 55-64: 3.4%
- 65+: 1.4%

Gender
- Agender: 1.0%
- Boy/Man: 17.2%
- Genderfluid: 3.9%
- Genderqueer: 2.5%
- Girl/Woman: 68.3%
- Non-binary: 5.6%
- Trans: 4.0%
- Write In: 3.0%

Sexual Orientation
- LGBTQ+: 55.4%
- Straight or Heterosexual: 44.6%

Disclaimer: Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.
New Hampshire Mental Health Insights

- **4K Conversations**
- **2K Texters**
- **28 De-escalations**
- **18 Emergency Service Interventions**

**Issues**
- Anxiety/Stress: 35.8%
- Relationships: 33.3%
- Depression/Sadness: 32.0%
- Isolation/Loneliness: 19.5%
- Suicide: 18.0%
- Self-harm: 17.9%
- Eating/Body image: 14.0%
- Grief: 13.3%
- Substance use: 11.3%
- Sexual abuse: 10.3%
- Emotional abuse: 9.0%
- Bullying: 2.5%
- Abuse (unspecified): 2.5%
- Gender/Sexual identity: 1.1%
- Physical abuse: 0.8%

**Race/Ethnicity**
- Asian: 4.2%
- Black/African American: 3.6%
- Hispanic/Latino: 6.0%
- Middle Eastern/North African/Arab: 1.2%
- Native American/Native Alaskan/Indigenous: 1.5%
- Native Hawaiian/Pacific Islander: 0.6%
- White: 88.7%

**Age**
- 13 or younger: 8.6%
- 14-17: 28.1%
- 18-24: 30.1%
- 25-34: 19.6%
- 35-44: 7.5%
- 45-54: 3.6%
- 55-64: 2.2%

**Gender**
- Agender: 1.2%
- Boy/Man: 15.0%
- Genderfluid: 4.1%
- Genderqueer: 2.3%
- Girl/Woman: 67.4%
- Non-binary: 7.3%
- Trans: 7.3%
- Write In: 3.5%

**Sexual Orientation**
- LGBTQ+: 58.3%
- Straight or Heterosexual: 41.7%

Disclaimer: Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.
23K Conversations
13K Texters
94 De-escalations
64 Emergency Service Interventions

58% Shared something for first time
86% Found the conversation helpful
63% Reached out because they had no one else to talk to

Issues
- Anxiety/Stress: 38.1%
- Relationships: 34.7%
- Depression/Sadness: 34.6%
- Isolation/Loneliness: 29.1%
- Suicide: 29.8%
- Self-harm: 20.1%

Race/Ethnicity
- Asian: 9.4%
- Black/African American: 16.4%
- Hispanic/Latino: 24.8%
- Middle Eastern/North African/Arab: 2.3%
- Native Hawaiian/Pacific Islander: 0.6%
- Native American/Native Alaskan/Indigenous: 3.3%
- White: 55.3%

Age
- 13 or younger: 13.0%
- 14-17: 27.5%
- 18-24: 25.9%
- 25-34: 18.8%
- 35-44: 6.9%
- 45-54: 4.5%
- 55-64: 2.5%
- 65+: 0.9%

Gender
- Agender: 1.4%
- Boy/Man: 16.0%
- Genderfluid: 2.0%
- Genderqueer: 1.6%
- Girl/Woman: 72.6%
- Intersex: 0.0%
- Non-binary: 4.8%
- Trans: 4.8%
- Two Spirit: 0.1%
- Write In: 2.3%

Sexual Orientation
- LGBTQ+: 48.9%
- Straight or Heterosexual: 51.1%

Disclaimer: Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.
**5K Conversations**

- Relationships: 34.9% State, 34.4% National
- Anxiety/Stress: 34.6% State, 34.7% National
- Depression/Sadness: 30.6% State, 29.8% National
- Isolation/Loneliness: 17.9% State, 17.0% National
- Suicide: 17.1% State, 17.9% National
- Self-harm: 13.3% State, 13.3% National
- Grief: 4.0% State, 3.6% National
- Substance use: 3.6% State, 2.8% National
- Bullying: 3.1% State, 3.3% National
- Eating/Body image: 2.7% State, 3.3% National
- Sexual abuse: 2.3% State, 2.4% National
- Emotional abuse: 2.3% State, 3.0% National
- Abuse (unspecified): 1.5% State, 1.6% National
- Physical abuse: 1.1% State, 1.5% National
- Gender/Sexual identity: 1.0% State, 1.0% National

**3K Texters**

- State: 54.3%
- National: 45.7%

**19 De-escalations**

- State: 52.6%
- National: 47.4%

**21 Emergency Service Interventions**

- State: 51.3%
- National: 48.7%

**65% Shared something for first time**

**83% Found the conversation helpful**

**61% Reached out because they had no one else to talk to**

**Race/Ethnicity**

- Asian: 3.6% State, 4.3% National
- Black/African American: 1.0% State, 4.3% National
- Hispanic/Latino/a: 51.3% State, 48.7% National
- Middle Eastern/North African/Arab: 1.0% State, 0.8% National
- Native American/Alaskan/Indigenous: 15.1% State, 16.0% National
- Native Hawaiian/Pacific Islander: 0.8% State, 3.6% National
- White: 44.6% State, 45.0% National

**Age**

- 13 or younger: 18.6% State, 16.4% National
- 14-17: 28.6% State, 19.3% National
- 18-24: 19.3% State, 16.0% National
- 25-34: 16.0% State, 9.3% National
- 35-44: 4.0% State, 3.6% National
- 45-54: 3.3% State, 3.3% National
- 55-64: 1.4% State, 2.4% National
- 65+: 1.1% State, 3.0% National

**Gender**

- Agender: 0.5% State, 0.5% National
- Boy/Man: 16.4% State, 15.6% National
- Genderfluid: 5.0% State, 5.0% National
- Genderqueer: 1.2% State, 1.2% National
- Girl/Woman: 71.2% State, 70.8% National
- Non-binary: 4.0% State, 3.6% National
- Trans: 4.5% State, 4.5% National
- Two Spirit: 0.2% State, 0.2% National
- Write In: 3.0% State, 3.0% National

**Sexual Orientation**

- LGBTQ+: 55.0% State, 54.5% National
- Straight or Heterosexual: 45.0% State, 45.5% National

**Disclaimer:** Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.
54K Conversations
31K Texters
278 De-escalations
205 Emergency Service Interventions
58% Shared something for first time
84% Found the conversation helpful
64% Reached out because they had no one else to talk to

Discolor: Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.
**21K Conversations**

- Anxiety/Stress: 29.8%
- Relationships: 34.7%
- Depression/Sadness: 33.4%
- Isolation/Loneliness: 17.0%
- Suicide: 17.0%
- Self-harm: 13.3%

**13K Texters**

- Anxiety/Stress: 34.1%
- Relationships: 34.1%
- Depression/Sadness: 30.4%
- Isolation/Loneliness: 17.0%
- Suicide: 17.0%
- Self-harm: 13.3%

**143 De-escalations**

- Anxiety/Stress: 12.5%
- Relationships: 4.2%
- Depression/Sadness: 3.2%
- Isolation/Loneliness: 2.8%
- Suicide: 3.1%

**99 Emergency Service Interventions**

- Anxiety/Stress: 4.2%
- Relationships: 3.2%
- Depression/Sadness: 3.2%
- Isolation/Loneliness: 2.9%

62% Shared something for first time

88% Found the conversation helpful

63% Reached out because they had no one else to talk to

**Race/Ethnicity**

- Asian: 4.1%
- Black/African American: 23.8%
- Hispanic/Latinx: 11.6%
- Middle Eastern/North African/Arab: 1.3%
- Native American/Indigenous: 4.0%
- Native Hawaiian/Pacific Islander: 0.6%
- White: 63.5%

**Issues**

- State
- National

**Sexual Orientation**

- LGBTQ+: 50.3%
- Straight or Heterosexual: 49.7%

**Gender**

- Boy/Man: 14.9%
- Genderfluid: 3.4%
- Genderqueer: 2.1%
- Girl/Woman: 71.8%
- Intersex: 0.3%
- Non-binary: 6.5%
- Trans: 4.4%
- Two Spirit: 0.5%
- Write In: 2.5%

**Age**

- 13 or younger: 13.5%
- 14-17: 28.3%
- 18-24: 25.9%
- 25-34: 16.0%
- 35-44: 8.7%
- 45-54: 4.5%
- 55-64: 2.3%
- 65+: 0.7%

**Geographic Details**

- United in Empathy 2023 / crisistextline.org

Disclaimer: Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.
**Issues**
- Anxiety/Stress: 32.2% (34.7% State, 29.8% National)
- Relationships: 31.3% (33.4% State, 29.4% National)
- Depression/Sadness: 27.9% (29.8% State, 25.9% National)
- Suicide: 19.2% (17.9% State, 20.5% National)
- Isolation/Loneliness: 16.2% (17.0% State, 15.4% National)
- Self-harm: 12.9% (13.3% State, 12.5% National)
- Substance use: 8.5% (9.1% State, 7.9% National)
- Bullying: 3.7% (4.0% State, 3.4% National)
- Grief: 3.7% (3.6% State, 3.7% National)
- Emotional abuse: 3.2% (3.3% State, 3.1% National)
- Eating/Body image: 2.8% (3.0% State, 2.6% National)
- Sexual abuse: 2.4% (2.4% State, 2.3% National)
- Abuse (unspecified): 1.3% (1.4% State, 1.2% National)
- Gender/Sexual identity: 0.7% (0.7% State, 0.6% National)
- Physical abuse: 0.7% (0.7% State, 0.7% National)

**Race/Ethnicity**
- Asian: 2.7% (2.9% State, 2.5% National)
- Black/African American: 5.5% (4.8% State, 6.2% National)
- Hispanic/Latinx: 6.8% (6.5% State, 7.1% National)
- Middle Eastern/North African/Arab: 0.7% (0.6% State, 0.8% National)
- Native American / Native Alaskan / Indigenous: 11.0% (11.2% State, 10.9% National)
- White: 82.2% (81.9% State, 82.5% National)

**Age**
- 13 or younger: 14.5% (14.2% State, 14.8% National)
- 14-17: 34.6% (34.4% State, 34.8% National)
- 18-24: 21.4% (21.2% State, 21.6% National)
- 25-34: 13.8% (13.6% State, 14.0% National)
- 35-44: 10.1% (10.0% State, 10.2% National)
- 45-54: 5.7% (5.6% State, 5.8% National)

**Gender**
- Agender: 0.6% (0.6% State, 0.6% National)
- Boy/Man: 16.2% (16.0% State, 16.4% National)
- Genderfluid: 3.2% (3.2% State, 3.2% National)
- Genderqueer: 1.3% (1.3% State, 1.3% National)
- Girl/Woman: 70.1% (70.0% State, 70.2% National)
- Intersex: 0.6% (0.6% State, 0.6% National)
- Non-binary: 7.1% (7.1% State, 7.1% National)
- Trans: 6.5% (6.5% State, 6.5% National)
- Two Spirit: 0.6% (0.6% State, 0.6% National)
- Write In: 3.2% (3.2% State, 3.2% National)

**Sexual Orientation**
- LGBTQ+: 51.0% (50.9% State, 51.1% National)
- Straight or Heterosexual: 49.0% (49.1% State, 48.9% National)

Disclaimer: Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.
39,000 Conversations
23,000 Texters
289 De-escalations
251 Emergency Service Interventions

60% Shared something for first time
86% Found the conversation helpful
63% Reached out because they had no one else to talk to

Issues:
- Anxiety/Stress: 34.7%
- Relationships: 33.4%
- Depression/Sadness: 29.8%
- Suicide: 18.5%
- Isolation/Loneliness: 17.2%
- Self-harm: 13.3%
- Grief: 3.0%
- Eating/Body image: 3.3%
- Bullying: 3.3%
- Substance use: 3.0%
- Emotional abuse: 2.8%
- Sexual abuse: 2.4%
- Abuse (unspecified): 1.6%
- Physical abuse: 1.5%
- Gender/Sexual identity: 1.0%

Race/Ethnicity:
- White: 80.0%
- Black/African American: 13.4%
- Hispanic/Latino: 5.9%
- Middle Eastern/North African/Arab: 1.2%
- Native American/Native Alaskan/Indigenous: 1.2%
- Native Hawaiian/Pacific Islander: 0.4%
- Asian: 3.7%

Age:
- 13 or younger: 13.8%
- 14-17: 29.6%
- 18-24: 23.9%
- 25-34: 15.0%
- 35-44: 9.7%
- 45-54: 4.5%
- 55-64: 2.7%
- 65+: 0.8%

Gender:
- Boy/Man: 17.2%
- Genderfluid: 4.0%
- Genderqueer: 1.9%
- Girl/Woman: 67.9%
- Intersex: 0.2%
- Non-binary: 6.8%
- Trans: 6.4%
- Two Spirit: 0.4%
- Write In: 2.4%
- Agender: 1.3%

Sexual Orientation:
- Straight or Heterosexual: 47.1%
- LGBTQ+: 52.9%

United in Empathy 2023 / cristextline.org
### 2023 Mental Health Insights

**9K Conversations**

- **Relationships**: 35.0% State, 33.4% National
- **Anxiety/Stress**: 34.1% State, 34.7% National
- **Depression/Sadness**: 29.7% State, 29.8% National
- **Isolation/Loneliness**: 17.3% State, 17.0% National
- **Suicide**: 17.3% State, 17.9% National
- **Self-harm**: 13.9% State, 13.3% National
- **Grief**: 4.8% State, 3.0% National
- **Emotional abuse**: 3.6% State, 3.0% National
- **Substance use**: 3.6% State, 2.8% National
- **Eating/Body image**: 3.4% State, 3.3% National
- **Bullying**: 3.0% State, 3.3% National
- **Sexual abuse**: 2.8% State, 2.4% National
- **Abuse (unspecified)**: 2.0% State, 1.6% National
- **Physical abuse**: 1.8% State, 1.5% National
- **Gender/Sexual identity**: 0.8% State, 1.0% National

**6K Texters**

- **Oklahoma Issues**
  - Anxiety/Stress: 35.0%
  - Depression/Sadness: 34.1%
  - Isolation/Loneliness: 29.7%
  - Suicide: 17.3%
  - Self-harm: 17.3%
  - Grief: 13.9%
  - Emotional abuse: 13.3%
  - Substance use: 13.1%
  - Eating/Body image: 13.0%
  - Bullying: 12.9%
  - Sexual abuse: 12.9%
  - Abuse (unspecified): 12.9%
  - Physical abuse: 12.9%
  - Gender/Sexual identity: 12.9%

**37 De-escalations**

- **52 Emergency Service Interventions**

**61%** Shared something for first time

**84%** Found the conversation helpful

**62%** Reached out because they had no one else to talk to

**Race/Ethnicity**

- **Asian**: 4.2%
- **Black/African American**: 11.7%
- **Hispanic/Latino**: 14.7%
- **Middle Eastern/North African/Arab**: 14.7%
- **Native American/Native Alaskan/Indigenous**: 18.2%
- **Native Hawaiian/Pacific Islander**: 0.9%
- **White**: 70.1%

**Gender**

- **Agender**: 0.7%
- **Boy/Man**: 17.0%
- **Genderfluid**: 3.1%
- **Genderqueer**: 1.6%
- **Girl/Woman**: 67.5%
- **Intersex**: 0.2%
- **Non-binary**: 7.5%
- **Trans**: 6.4%
- **Two Spirit**: 0.7%
- **Write In**: 3.7%

**Sexual Orientation**

- **LGBTQ+**: 49.3%
- **Straight or Heterosexual**: 50.7%

**Age**

- **13 or younger**: 14.0%
- **14-17**: 29.1%
- **18-24**: 21.5%
- **25-34**: 16.0%
- **35-44**: 10.3%
- **45-54**: 5.6%
- **55-64**: 2.4%
- **65+**: 1.2%

Disclaimer: Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.
11K Conversations
7K Texters
109 De-escalations
108 Emergency Service Interventions
56% Shared something for first time
82% Found the conversation helpful
66% Reached out because they had no one else to talk to

Race/Ethnicity
- Asian: 6.3%
- Black/African American: 5.3%
- Hispanic/Latina: 12.9%
- Middle Eastern/North African/Arab: 1.7%
- Native American/Native Alaskan/Indigenous: 6.5%
- Native Hawaiian/Pacific Islander: 1.6%
- White: 79.2%

Age
- 13 or younger: 11.7%
- 14-17: 26.6%
- 18-24: 23.2%
- 25-34: 18.0%
- 35-44: 8.4%
- 45-54: 7.5%
- 55-64: 3.1%
- 65+: 1.4%

Issues
- Anxiety/Stress: 34.2%
- Depression/Sadness: 30.7%
- Suicide: 21.9%
- Isolation/Loneliness: 16.7%
- Self-harm: 14.5%
- Substance use: 1.6%
- Grief: 3.3%
- Eating/Body image: 3.3%
- Emotional abuse: 2.9%
- Bullying: 2.7%
- Sexual abuse: 2.5%
- Abuse (unspecified): 1.9%
- Physical abuse: 1.5%
- Gender/Sexual identity: 1.1%

Gender
- Agender: 2.2%
- Boy/Men: 18.9%
- Genderfluid: 4.5%
- Genderqueer: 4.0%
- Girl/Women: 61.6%
- Intersex: 0.4%
- Non-binary: 9.2%
- Trans: 8.3%
- Two Spirit: 0.7%
- Write In: 3.9%

Geographic Details
34K Conversations
20K Texters
227 De-escalations
204 Emergency Service Interventions
55% Shared something for first time
85% Found the conversation helpful
62% Reached out because they had no one else to talk to

Issues
- Anxiety/Stress: State: 37.1%, National: 34.7%
- Relationships: State: 34.1%, National: 33.4%
- Depression/Sadness: State: 30.6%, National: 29.8%
- Suicide: State: 17.4%, National: 17.9%
- Isolation/Loneliness: State: 17.3%, National: 17.0%
- Self-harm: State: 12.7%, National: 13.3%
- Grief: State: 3.5%, National: 3.0%
- Eating/Body image: State: 3.1%, National: 3.3%
- Emotional abuse: State: 3.0%, National: 3.0%
- Bullying: State: 2.9%, National: 3.3%
- Substance use: State: 2.9%, National: 2.8%
- Sexual abuse: State: 2.4%, National: 2.4%
- Abuse (unspecified): State: 1.6%, National: 1.6%
- Physical abuse: State: 1.3%, National: 1.5%
- Gender/Sexual identity: State: 0.8%, National: 1.0%

Race/Ethnicity
- Asian: 4.5%
- Black/African American: 14.2%
- Hispanic/Latino: 9.4%
- Middle Eastern/North African: 1.3%
- Native American/Native Alaskan/Indigenous: 2.3%
- Native Hawaiian/Pacific Islander: 0.5%
- White: 75.3%

Age
- 13 or younger: 13.1%
- 14-17: 26.7%
- 18-24: 25.7%
- 25-34: 16.2%
- 35-44: 9.1%
- 45-54: 5.7%
- 55-64: 2.7%
- 65+: 0.9%

Gender
- Agender: 1.4%
- Boy/Male: 16.6%
- Genderfluid: 3.0%
- Genderqueer: 1.8%
- Girl/Woman: 70.8%
- Intersex: 0.1%
- Non-binary: 6.1%
- Trans: 5.3%
- Two Spirit: 0.2%
- Write In: 2.1%

Sexual Orientation
- LGBTQ+: 49.2%
- Straight or Heterosexual: 50.8%

Disclaimer: Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.
1000 Conversations

704 Texters

7 De-escalations

15 Emergency Service Interventions

54% Shared something for first time

87% Found the conversation helpful

66% Reached out because they had no one else to talk to

81% Found the conversation helpful

66% Reached out because they had no one else to talk to

Disclaimer: Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.

2023 Mental Health Insights

Puerto Rico

Issues:

- Anxiety/Stress: 38.4%
- Relationships: 33.2%
- Depression/Sadness: 29.2%
- Isolation/Loneliness: 19.0%
- Suicide: 17.0%
- Self-harm: 9.4%
- Grief: 1.0%
- Emotional abuse: 2.8%
- Abuse (unspecified): 2.2%
- Eating/Body image: 2.2%
- Bullying: 1.7%
- Substance use: 1.5%
- Sexual abuse: 1.4%
- Physical abuse: 1.1%
- Gender/Sexual identity: 0.9%

Race/Ethnicity:

- Black/African American: 0.8%
- Hispanic/Latinx: 96.9%
- White: 8.4%

Gender:

- Agender: 2.2%
- Boy/Man: 15.4%
- Genderfluid: 5.9%
- Genderqueer: 2.2%
- Girl/Woman: 69.1%
- Non-binary: 3.7%
- Trans: 3.7%
- Two Spirit: 0.7%
- Write In: 2.2%

Age:

- 13 or younger: 8.5%
- 14-17: 23.3%
- 18-24: 39.5%
- 25-34: 15.5%
- 35-44: 8.5%
- 45-54: 0.8%
- 55-64: 3.9%

Sexual Orientation:

- LGBTQ+: 51.1%
- Straight or Heterosexual: 48.9%

United in Empathy 2023 / crisistextline.org

Geographic Details / 55
3K Conversations
2K Texters
9 De-escalations
6 Emergency Service Interventions

57% Shared something for first time
84% Found the conversation helpful
76% Reached out because they had no one else to talk to

Issues
- Anxiety/Stress: 38.3% (State) 34.7% (National)
- Relationships: 33.2% (State) 33.4% (National)
- Depression/Sadness: 29.8% (State) 29.8% (National)
- Isolation/Loneliness: 17.0% (State) 17.0% (National)
- Suicide: 15.4% (State) 17.9% (National)
- Self-harm: 9.9% (State) 13.3% (National)
- Eating/Body image: 3.2% (State) 3.3% (National)
- Substance use: 2.7% (State) 2.8% (National)
- Bullying: 2.7% (State) 3.3% (National)
- Emotional abuse: 2.6% (State) 3.0% (National)
- Grief: 2.6% (State) 3.6% (National)
- Abuse (unspecified): 2.0% (State) 1.6% (National)
- Physical abuse: 1.3% (State) 1.5% (National)
- Sexual abuse: 1.2% (State) 2.4% (National)
- Gender/Sexual identity: 0.9% (State) 1.0% (National)

Race/Ethnicity
- Asian: 3.7% (State)
- Black/African American: 10.1% (State)
- Hispanic/Latinx: 19.7% (State)
- Middle Eastern/North African/Arab: 0.9% (State)
- Native American/Native Alaskan/Indigenous: 3.2% (State)
- Native Hawaiian/Pacific Islander: 0.5% (State)
- White: 68.8% (State)

Age
- 13 or younger: 18.1%
- 14-17: 21.4%
- 18-24: 20.6%
- 25-34: 19.3%
- 35-44: 9.1%
- 45-54: 9.1%
- 55-64: 1.6%
- 65+: 0.8%

Gender
- Agender: 1.3%
- Boy/Men: 19.0%
- Genderfluid: 1.7%
- Genderqueer: 1.3%
- Girl/Women: 71.6%
- Intersex: 0.9%
- Non-binary: 6.0%
- Trans: 5.6%
- Two Spirit: 0.9%
- Write In: 2.2%

Sexual Orientation
- LGBTQ+: 45.9%
- Straight or Heterosexual: 54.1%

Disclaimer: Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.
10K Conversations
7K Texters
63 De-escalations
45 Emergency Service Interventions
65% Shared something for first time
87% Found the conversation helpful
61% Reached out because they had no one else to talk to

Issues
- Relationships: 34.9%
- Anxiety/Stress: 33.4%
- Depression/Sadness: 34.7%
- Isolation/Loneliness: 18.4%
- Suicide: 17.0%
- Self-harm: 13.3%
- Grief: 4.2%
- Bullying: 3.5%
- Eating/Body image: 3.4%
- Substance use: 3.3%
- Emotional abuse: 3.0%
- Sexual abuse: 2.6%
- Physical abuse: 1.5%
- Abuse (unspecified): 1.4%
- Gender/Sexual identity: 1.2%

Race/Ethnicity
- Asian: 3.8%
- Black/African American: 27.2%
- Hispanic/Latino: 10.0%
- Middle Eastern/North African/Arab: 0.4%
- Native American/Indigenous: 2.9%
- Native Hawaiian/Pacific Islander: 0.4%
- White: 62.8%

Age
- 13 or younger: 16.2%
- 14-17: 29.9%
- 18-24: 23.3%
- 25-34: 15.5%
- 35-44: 8.2%
- 45-54: 3.6%
- 55-64: 2.2%
- 65+: 1.1%

Gender
- Agender: 0.8%
- Boy/Man: 14.1%
- Genderfluid: 3.8%
- Genderqueer: 1.6%
- Girl/Woman: 72.7%
- Non-binary: 5.2%
- Trans: 4.7%
- Two Spirit: 0.3%
- Write In: 3.6%

Sexual Orientation
- LGBTQ+: 52.0%
- Straight or Heterosexual: 48.0%

Disclaimer: Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.
South Dakota 2023 Mental Health Insights

1K Conversations
920 Texters
9 De-escalations
8 Emergency Service Interventions
65% Shared something for first time
84% Found the conversation helpful
72% Reached out because they had no one else to talk to

Issues
- Relationships: 37.1% State, 32.4% National
- Anxiety/Stress: 35.0% State, 34.7% National
- Depression/Sadness: 29.8% State, 32.0% National
- Suicide: 17.9% State, 18.8% National
- Isolation/Loneliness: 17.0% State, 15.6% National
- Self-harm: 13.3% State, 13.2% National
- Substance use: 2.9% State, 2.9% National
- Grief: 3.0% State, 2.9% National
- Eating/Body image: 3.3% State, 3.1% National
- Emotional abuse: 3.0% State, 2.9% National
- Bullying: 3.3% State, 2.9% National
- Sexual abuse: 2.4% State, 2.4% National
- Physical abuse: 1.5% State, 1.3% National
- Abuse (unspecified): 1.6% State, 1.3% National
- Gender/Sexual identity: 1.0% State, 0.5% National

Race/Ethnicity
- White: 75.3% State, 73.7% National
- Black/African American: 3.2% State, 3.0% National
- Hispanic/Latinx: 9.5% State, 9.2% National
- Native American / Native Hawaiian / Pacific Islander: 0.6% State, 0.6% National
- Asian: 1.9% State, 1.7% National
- Other: 3.4% State, 3.5% National

Gender
- Boy/Man: 19.0% State, 19.6% National
- Girl/Woman: 68.1% State, 66.8% National
- Non-binary: 4.3% State, 4.3% National
- Trans: 4.3% State, 4.3% National
- Genderfluid: 1.2% State, 1.4% National
- Genderqueer: 2.5% State, 2.3% National
- Two Spirit: 1.2% State, 1.2% National
- Agender: 0.6% State, 0.7% National
- Write In: 3.1% State, 3.4% National

Sexual Orientation
- LGBTQ+: 49.1% State, 47.9% National
- Straight or Heterosexual: 50.9% State, 52.1% National

State
- Anxiety/Stress: 35.0% State, 34.7% National
- Depression/Sadness: 29.8% State, 32.0% National
- Suicide: 17.9% State, 18.8% National
- Isolation/Loneliness: 17.0% State, 15.6% National
- Self-harm: 13.3% State, 13.2% National
- Substance use: 2.9% State, 2.9% National
- Grief: 3.0% State, 2.9% National
- Eating/Body image: 3.3% State, 3.1% National
- Emotional abuse: 3.0% State, 2.9% National
- Bullying: 3.3% State, 2.9% National
- Sexual abuse: 2.4% State, 2.4% National
- Physical abuse: 1.5% State, 1.3% National
- Abuse (unspecified): 1.6% State, 1.3% National
- Gender/Sexual identity: 1.0% State, 0.5% National

National
- Anxiety/Stress: 35.0% State, 34.7% National
- Depression/Sadness: 29.8% State, 32.0% National
- Suicide: 17.9% State, 18.8% National
- Isolation/Loneliness: 17.0% State, 15.6% National
- Self-harm: 13.3% State, 13.2% National
- Substance use: 2.9% State, 2.9% National
- Grief: 3.0% State, 2.9% National
- Eating/Body image: 3.3% State, 3.1% National
- Emotional abuse: 3.0% State, 2.9% National
- Bullying: 3.3% State, 2.9% National
- Sexual abuse: 2.4% State, 2.4% National
- Physical abuse: 1.5% State, 1.3% National
- Abuse (unspecified): 1.6% State, 1.3% National
- Gender/Sexual identity: 1.0% State, 0.5% National

Disclaimer: Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.
17K Conversations
10K Texters
151 De-escalations
77 Emergency Service Interventions
60% Shared something for first time
86% Found the conversation helpful
63% Reached out because they had no one else to talk to

Issues
- Anxiety/Stress: 34.8% (State), 34.7% (National)
- Relationships: 33.2% (State), 33.4% (National)
- Depression/Sadness: 31.2% (State), 29.8% (National)
- Suicide: 18.9% (State), 17.9% (National)
- Isolation/Loneliness: 17.5% (State), 17.0% (National)
- Self-harm: 13.8% (State), 13.3% (National)
- Grief: 3.6% (State), 3.6% (National)
- Bullying: 3.6% (State), 3.3% (National)
- Eating/Body image: 3.4% (State), 3.3% (National)
- Substance use: 3.1% (State), 3.1% (National)
- Emotional abuse: 3.1% (State), 3.0% (National)
- Sexual abuse: 2.3% (State), 2.4% (National)
- Physical abuse: 1.6% (State), 1.5% (National)
- Abuse (unspecified): 1.5% (State), 1.6% (National)
- Gender/Sexual identity: 1.2% (State), 1.0% (National)

Race/Ethnicity
- Asian: 4.5% (State)
- Black/African American: 17.4% (State)
- Hispanic/Latinx: 7.8% (State)
- Middle Eastern/North African/Arab: 1.3% (State)
- Native American/Indigenous: 4.4% (State)
- Native Hawaiian/Pacific Islander: 0.8% (State)
- White: 74.4% (State)

Age
- 13 or younger: 13.9% (State)
- 14-17: 30.6% (State)
- 18-24: 23.3% (State)
- 25-34: 15.5% (State)
- 35-44: 8.1% (State)
- 45-54: 5.6% (State)
- 55-64: 2.4% (State)
- 65+: 0.6% (State)

Gender
- Agender: 1.3% (State)
- Boy/Man: 16.4% (State)
- Genderfluid: 3.2% (State)
- Genderqueer: 2.0% (State)
- Girl/Woman: 69.5% (State)
- Intersex: 0.1% (State)
- Non-binary: 6.4% (State)
- Trans: 6.1% (State)
- Two Spirit: 0.6% (State)
- Write In: 2.7% (State)

Sexual Orientation
- LGBTQ+: 50.1% (State)
- Straight or Heterosexual: 49.9% (State)

Disclaimer: Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.
62K Conversations
39K Texters
364 De-escalations
318 Emergency Service Interventions

61% Shared something for first time
87% Found the conversation helpful
66% Reached out because they had no one else to talk to

Issues:
- Relationships: 34.4%
- Anxiety/Stress: 35.4%
- Depression/Sadness: 34.7%
- Suicide: 18.1%
- Isolation/Loneliness: 17.9%
- Self-harm: 17.0%
- Grief: 13.1%
- Bullying: 13.3%
- Eating/Body image: 3.5%
- Substance use: 3.6%
- Emotional abuse: 3.5%
- Sexual abuse: 3.4%
- Abuse (unspecified): 3.3%
- Physical abuse: 3.4%
- Gender/Sexual identity: 3.4%

Race/Ethnicity:
- Asian: 6.7%
- Black/African American: 14.4%
- Hispanic/Latino: 37.9%
- Middle Eastern/North African/Arab: 1.0%
- Native American/Native Alaskan/Indigenous: 3.6%
- Native Hawaiian/Pacific Islander: 0.7%
- White: 48.8%

Age:
- 13 or younger: 17.7%
- 14-17: 28.3%
- 18-24: 21.7%
- 25-34: 15.6%
- 35-44: 8.3%
- 45-54: 4.6%
- 55-64: 2.9%
- 65+: 0.8%

Gender:
- Agender: 1.2%
- Boy/Male: 17.1%
- Genderfluid: 3.6%
- Genderqueer: 1.6%
- Girl/Woman: 70.1%
- Intersex: 0.1%
- Non-binary: 6.1%
- Trans: 4.9%
- Two Spirit: 0.2%
- Write In: 2.5%

Sexual Orientation:
- LGBTQ+: 49.9%
- Straight or Heterosexual: 50.1%

Disclaimer: Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.

United in Empathy 2023 / cristextline.org
Geographic Details / 60
**2023 Mental Health Insights**

- **8K Conversations**
- **5K Texters**
- **86 De-escalations**
- **37 Emergency Service Interventions**
- **60% Shared something for first time**
- **84% Found the conversation helpful**
- **62% Reached out because they had no one else to talk to**

**Issues**
- Anxiety/Stress
- Relationships
- Depression/Sadness
- Suicide
- Isolation/Loneliness
- Self-harm
- Grief
- Eating/Body image
- Substance use
- Emotional abuse
- Sexual abuse
- Bullying
- Abuse (unspecified)
- Physical abuse
- Gender/Sexual identity

**Race/Ethnicity**
- Asian: 3.2%
- Black/African American: 3.3%
- Hispanic/Latina: 11.2%
- Middle Eastern/North African/Arab: 0.5%
- Native American/Indigenous: 1.7%
- Native Hawaiian/Pacific Islander: 1.6%
- White: 84.6%

**Gender**
- Agender: 1.4%
- Boy/Men: 17.0%
- Genderfluid: 2.9%
- Genderqueer: 2.5%
- Girl/Women: 70.5%
- Intersex: 0.1%
- Non-binary: 5.8%
- Trans: 6.1%
- Two Spirit: 0.2%
- Write In: 3.0%

**Sexual Orientation**
- LGBTQ+: 50.5%
- Straight or Heterosexual: 49.5%

**Age**
- 13 or younger: 8.7%
- 14-17: 23.9%
- 18-24: 30.1%
- 25-34: 20.0%
- 35-44: 9.9%
- 45-54: 4.2%
- 55-64: 3.0%
- 65+: 0.3%

**Disclaimer:** Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.
**19K** Conversations

**12K** Texters

**108** De-escalations

**81** Emergency Service Interventions

**59%** Shared something for first time

**83%** Found the conversation helpful

**60%** Reached out because they had no one else to talk to

---

**Issues**

- Anxiety/Stress: 35.6%
- Relationships: 33.3%
- Depression/Sadness: 30.8%
- Isolation/Loneliness: 17.4%
- Suicide: 17.2%
- Self-harm: 13.0%
- Grief: 3.6%
- Eating/Body image: 3.3%
- Bullying: 3.0%
- Substance use: 2.7%
- Emotional abuse: 2.6%
- Sexual abuse: 1.9%
- Abuse (unspecified): 1.4%
- Physical abuse: 1.1%
- Gender/Sexual identity: 0.8%

**Race/Ethnicity**

- Asian: 8.2%
- Black/African American: 20.1%
- Hispanic/Latina: 11.3%
- Middle Eastern/North African/Arab: 1.5%
- Native American/Alaskan/Indigenous: 2.3%
- Native Hawaiian/Pacific Islander: 1.0%
- White: 65.9%

**Gender**

- Agender: 1.6%
- Boy/Male: 15.3%
- Genderfluid: 3.4%
- Genderqueer: 2.1%
- Girl/Woman: 71.0%
- Intersex: 0.1%
- Non-binary: 6.0%
- Trans: 6.3%
- Two Spirit: 0.2%
- Write In: 2.6%

**Sexual Orientation**

- LGBTQ+: 51.0%
- Straight or Heterosexual: 49.0%

---

*Disclaimer: Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.*
2K Conversations
1K Texters
38 De-escalations
70 Emergency Service Interventions
2023 Mental Health Insights

**Issues**
- Anxiety/Stress
- Depression/Sadness
- Relationships
- Suicide
- Isolation/Loneliness
- Self-harm
- Grief
- Substance use
- Sexual abuse
- Bullying
- Emotional abuse
- Eating/Body image
- Gender/Sexual identity
- Abuse (unspecified)
- Physical abuse

**Race/Ethnicity**
- Asian 2.7%
- Black/African American 2.7%
- Hispanic/Latino 4.0%
- Middle Eastern/North African/Arab 0.9%
- Native American / Native Alaskan / Indigenous 5.4%
- White 91.0%

**Age**
- 13 or younger 8.0%
- 14-17 24.8%
- 18-24 26.1%
- 25-34 15.5%
- 35-44 10.5%
- 45-54 8.8%
- 55-64 4.2%
- 65+ 2.1%

**Gender**
- Agender 2.2%
- Boy/Man 15.9%
- Genderfluid 1.8%
- Genderqueer 3.1%
- Girl/Woman 64.3%
- Intersex 0.9%
- Non-binary 7.9%
- Trans 7.0%
- Two Spirit 0.9%
- Write In 4.0%

**Sexual Orientation**
- LGBTQ+ 56.8%
- Straight or Heterosexual 43.2%

**Disclaimer:** Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.
21K Conversations
12K Texters
171 De-escalations
157 Emergency Service Interventions

59% Shared something for first time
84% Found the conversation helpful
63% Reached out because they had no one else to talk to

Issues
- Anxiety/Stress: 35.7% State, 34.7% National
- Relationships: 32.8% State, 33.4% National
- Depression/Sadness: 29.6% State, 29.8% National
- Suicide: 20.9% State, 17.9% National
- Isolation/Loneliness: 17.4% State, 17.0% National
- Self-harm: 13.7% State, 13.3% National
- Bullying: 3.3% State, 3.3% National
- Eating/Body image: 3.3% State, 3.3% National
- Grief: 3.5% State, 3.6% National
- Substance use: 3.0% State, 2.8% National
- Emotional abuse: 2.9% State, 3.0% National
- Sexual abuse: 2.2% State, 2.4% National
- Abuse (unspecified): 1.6% State, 1.6% National
- Gender/Sexual identity: 1.4% State, 1.0% National
- Physical abuse: 1.3% State, 1.5% National

Race/Ethnicity
- Asian: 11.3% State, 11.3% National
- Black/African American: 6.3% State, 6.3% National
- Hispanic/Latinx: 12.8% State, 12.8% National
- Middle Eastern/North African/Arab: 1.1% State, 1.1% National
- Native American/Alaskan/Indigenous: 6.0% State, 6.0% National
- Native Hawaiian/Pacific Islander: 1.9% State, 1.9% National
- White: 74.7% State

Age
- 13 or younger: 12.8% State, 12.8% National
- 14-17: 27.5% State, 27.5% National
- 18-24: 24.9% State, 24.9% National
- 25-34: 16.4% State, 16.4% National
- 35-44: 9.0% State, 9.0% National
- 45-54: 6.0% State, 6.0% National
- 55-64: 2.6% State, 2.6% National
- 65+: 0.8% State, 0.8% National

Gender
- Agender: 2.2% State, 2.2% National
- Boy/Men: 16.9% State, 16.9% National
- Genderfluid: 4.5% State, 4.5% National
- Genderqueer: 3.1% State, 3.1% National
- Girl/Women: 65.3% State, 65.3% National
- Intersex: 0.2% State, 0.2% National
- Non-binary: 8.9% State, 8.9% National
- Trans: 7.4% State, 7.4% National
- Two Spirit: 0.7% State, 0.7% National
- Write In: 3.0% State, 3.0% National

Sexual Orientation
- LGBTQ+: 57.5% State, 57.5% National
- Straight or Heterosexual: 42.5% State, 42.5% National

Disclaimer: Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.
2K Conversations
2K Texters
16 De-escalations
14 Emergency Service Interventions
64% Shared something for first time
85% Found the conversation helpful
64% Reached out because they had no one else to talk to

Issues
- Anxiety/Stress
- Depression/Sadness
- Isolation/Loneliness
- Suicide
- Self-harm
- Emotional abuse
- Eating/Body image
- Bullying
- Grief
- Physical abuse
- Abuse (unspecified)
- Substance use
- Sexual abuse
- Gender/Sexual identity

Race/Ethnicity
- Asian
- Black/African American
- Hispanic/Latino
- Middle Eastern/North African/Arab
- Native American/Native Alaskan/Indigenous
- Native Hawaiian/Pacific Islander
- White

Gender
- Agender
- Boy/Man
- Genderfluid
- Genderqueer
- Girl/Woman
- Non-binary
- Trans
- Two Spirit
- Write In

Sexual Orientation
- Straight or Heterosexual
- LGBTQ+

Age
- 13 or younger
- 14-17
- 18-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65+

 Disclaimer: Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.
15K Conversations
9K Texters
142 De-escalations
115 Emergency Service Interventions
60% Shared something for first time
85% Found the conversation helpful
60% Reached out because they had no one else to talk to

Issues
- Anxiety/Stress: 35.2%
- Relationships: 34.7%
- Depression/Sadness: 33.4%
- Suicide: 20.7%
- Isolation/Loneliness: 17.0%
- Self-harm: 14.2%
- Eating/Body image: 13.3%
- Grief: 12.9%
- Substance use: 12.6%
- Bullying: 12.4%
- Emotional abuse: 11.6%
- Sexual abuse: 11.4%
- Abuse (unspecified): 11.2%
- Physical abuse: 11.0%
- Gender/Sexual identity: 10.8%

Race/Ethnicity
- White: 80.3%
- Asian: 4.3%
- Black/African American: 3.3%
- Hispanic/Latinx: 2.7%
- Middle Eastern/North African/Arab: 0.7%
- Native American/Native Alaskan/Indigenous: 0.4%
- Native Hawaiian/Pacific Islander: 0.0%

Age
- 13 or younger: 15.9%
- 14-17: 31.7%
- 18-24: 20.4%
- 25-34: 15.1%
- 35-44: 9.0%
- 45-54: 4.0%
- 55-64: 3.0%
- 65+: 0.8%

Gender
- Boy/Man: 14.7%
- Girl/Woman: 70.9%
- Agender: 1.7%
- Genderfluid: 3.8%
- Genderqueer: 2.3%
- Intersex: 0.2%
- Non-binary: 6.9%
- Trans: 5.8%
- Two Spirit: 0.3%
- Write In: 2.3%

Sexual Orientation
- LGBTQ+: 53.5%
- Straight or Heterosexual: 46.5%

Wisconsin 2023 Mental Health Insights
4K Conversations
3K Texters
43 De-escalations
20 Emergency Service Interventions
58% Shared something for first time
85% Found the conversation helpful
61% Reached out because they had no one else to talk to

Issues
- Anxiety/Stress: State 34.7%, National 34.7%
- Relationships: State 34.3%, National 33.4%
- Depression/Sadness: State 20.8%, National 22.2%
- Isolation/Loneliness: State 17.6%, National 17.0%
- Suicide: State 17.4%, National 17.9%
- Self-harm: State 13.4%, National 13.3%
- Grief: State 4.9%, National 3.0%
- Bullying: State 2.9%, National 3.3%
- Eating/Body image: State 3.5%, National 3.3%
- Substance use: State 3.4%, National 2.8%
- Emotional abuse: State 2.9%, National 3.0%
- Sexual abuse: State 2.5%, National 2.4%
- Physical abuse: State 1.3%, National 1.5%
- Abuse (unspecified): State 1.3%, National 1.6%
- Gender/Sexual identity: State 1.2%, National 1.0%

Race/Ethnicity
- Asian: State 3.0%
- Black/African American: State 5.5%
- Hispanic/Latina: State 3.7%
- Middle Eastern/North African/Arab: State 0.7%
- Native American/Alaskan/Indigenous: State 2.2%
- Native Hawaiian/Pacific Islander: State 0.2%
- White: State 90.1%

Age
- 13 or younger: 14.5%
- 14-17: 29.9%
- 18-24: 25.4%
- 25-34: 14.5%
- 35-44: 6.1%
- 45-54: 6.6%
- 55-64: 2.3%
- 65+: 0.7%

Gender
- Agender: 1.5%
- Boy/Man: 16.5%
- Genderfluid: 4.4%
- Genderqueer: 1.7%
- Girl/Woman: 68.7%
- Non-binary: 6.8%
- Trans: 7.0%
- Two Spirit: 0.5%
- Write In: 2.9%

Sexual Orientation
- LGBTQ+: 52.2%
- Straight or Heterosexual: 47.8%

Disclaimer: Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.
1K Conversations
765 Texters
8 De-escalations
3 Emergency Service Interventions

65% Shared something for first time
91% Found the conversation helpful
48% Reached out because they had no one else to talk to

Issues
- Anxiety/Stress: 34.5% State, 34.7% National
- Relationships: 33.4% State, 33.3% National
- Depression/Sadness: 29.8% State, 30.5% National
- Suicide: 17.9% State, 20.8% National
- Self-harm: 13.3% State, 17.2% National
- Isolation/Loneliness: 17.0% State, 16.8% National
- Bullying: 3.3% State, 5.7% National
- Eating/Body image: 4.3% State, 4.7% National
- Substance use: 2.6% State, 3.0% National
- Emotional abuse: 3.0% State, 2.8% National
- Grief: 3.6% State, 2.8% National
- Sexual abuse: 2.4% State, 2.3% National
- Physical abuse: 1.5% State, 2.3% National
- Abuse (unspecified): 1.6% State, 1.8% National
- Gender/Sexual identity: 1.0% State, 1.0% National

Race/Ethnicity
- Asian: 7.5%
- Black/African American: 1.1%
- Hispanic/Latino: 10.8%
- Native American / Native Alaskan / Indigenous: 6.5%
- White: 88.2%

Age
- 13 or younger: 12.7%
- 14-17: 33.6%
- 18-24: 22.7%
- 25-34: 13.6%
- 35-44: 6.4%
- 45-54: 7.3%
- 55-64: 2.7%
- 65+: 0.9%

Gender
- Agender: 1.0%
- Boy/Man: 13.0%
- Genderfluid: 3.0%
- Genderqueer: 1.0%
- Girl/Woman: 64.0%
- Non-binary: 14.0%
- Trans: 6.0%
- Write In: 5.0%

Sexual Orientation
- LGBTQ+: 52.5%
- Straight or Heterosexual: 47.5%

Disclaimer: Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.
46% of conversations
47% of texters
62% Shared something for first time
87% Found the conversation helpful
66% Reached out because they had no one else to talk to

Issues

<table>
<thead>
<tr>
<th>Issue</th>
<th>Specific Texter Group</th>
<th>Crisis Text Line Average</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anxiety/Stress</td>
<td>37.8%</td>
<td>34.7%</td>
</tr>
<tr>
<td>Relationships</td>
<td>33.9%</td>
<td>33.4%</td>
</tr>
<tr>
<td>Depression/Sadness</td>
<td>32.5%</td>
<td>29.8%</td>
</tr>
<tr>
<td>Suicide</td>
<td>21.9%</td>
<td>17.9%</td>
</tr>
<tr>
<td>Self-harm</td>
<td>13.3%</td>
<td>17.0%</td>
</tr>
<tr>
<td>Isolation/Loneliness</td>
<td>18.5%</td>
<td>17.0%</td>
</tr>
<tr>
<td>Eating/Body image</td>
<td>4.4%</td>
<td>3.3%</td>
</tr>
<tr>
<td>Grief</td>
<td>3.6%</td>
<td>3.6%</td>
</tr>
<tr>
<td>Bullying</td>
<td>3.4%</td>
<td>3.3%</td>
</tr>
<tr>
<td>Emotional abuse</td>
<td>2.8%</td>
<td>3.0%</td>
</tr>
<tr>
<td>Sexual abuse</td>
<td>2.7%</td>
<td>2.4%</td>
</tr>
<tr>
<td>Substance use</td>
<td>2.4%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Gender/Sexual identity</td>
<td>2.3%</td>
<td>1.0%</td>
</tr>
<tr>
<td>Abuse (unspecified)</td>
<td>1.5%</td>
<td>1.6%</td>
</tr>
<tr>
<td>Physical abuse</td>
<td>1.3%</td>
<td>1.5%</td>
</tr>
</tbody>
</table>

Race/Ethnicity

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Specific Texter Group</th>
<th>Crisis Text Line Average</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asian</td>
<td>7.7%</td>
<td>7.7%</td>
</tr>
<tr>
<td>Black/African American</td>
<td>14.3%</td>
<td>7.7%</td>
</tr>
<tr>
<td>Hispanic/Latinx</td>
<td>19.6%</td>
<td>7.7%</td>
</tr>
<tr>
<td>Middle Eastern/North African/Arab</td>
<td>1.6%</td>
<td>7.7%</td>
</tr>
<tr>
<td>Native American / Native Alaskan / Indigenous</td>
<td>4.8%</td>
<td>7.7%</td>
</tr>
<tr>
<td>Native Hawaiian / Pacific Islander</td>
<td>1.1%</td>
<td>7.7%</td>
</tr>
<tr>
<td>White</td>
<td>65.1%</td>
<td>65.1%</td>
</tr>
</tbody>
</table>

Age

<table>
<thead>
<tr>
<th>Age</th>
<th>Specific Texter Group</th>
<th>Crisis Text Line Average</th>
</tr>
</thead>
<tbody>
<tr>
<td>13 or younger</td>
<td>18.3%</td>
<td>18.3%</td>
</tr>
<tr>
<td>14-17</td>
<td>34.1%</td>
<td>34.1%</td>
</tr>
<tr>
<td>18-24</td>
<td>24.7%</td>
<td>24.7%</td>
</tr>
<tr>
<td>25-34</td>
<td>14.2%</td>
<td>14.2%</td>
</tr>
<tr>
<td>35-44</td>
<td>5.1%</td>
<td>5.1%</td>
</tr>
<tr>
<td>45-54</td>
<td>2.1%</td>
<td>2.1%</td>
</tr>
<tr>
<td>55-64</td>
<td>1.0%</td>
<td>1.0%</td>
</tr>
<tr>
<td>65+</td>
<td>0.4%</td>
<td>0.4%</td>
</tr>
</tbody>
</table>

Gender

<table>
<thead>
<tr>
<th>Gender</th>
<th>Specific Texter Group</th>
<th>Crisis Text Line Average</th>
</tr>
</thead>
<tbody>
<tr>
<td>Agender</td>
<td>2.9%</td>
<td>2.9%</td>
</tr>
<tr>
<td>Boy/Men</td>
<td>12.1%</td>
<td>12.1%</td>
</tr>
<tr>
<td>Genderfluid</td>
<td>7.1%</td>
<td>7.1%</td>
</tr>
<tr>
<td>Genderqueer</td>
<td>3.9%</td>
<td>3.9%</td>
</tr>
<tr>
<td>Girl/Woman</td>
<td>60.6%</td>
<td>60.6%</td>
</tr>
<tr>
<td>Intersex</td>
<td>0.4%</td>
<td>0.4%</td>
</tr>
<tr>
<td>Non-binary</td>
<td>12.9%</td>
<td>12.9%</td>
</tr>
<tr>
<td>Trans</td>
<td>11.3%</td>
<td>11.3%</td>
</tr>
<tr>
<td>Two Spirit</td>
<td>0.8%</td>
<td>0.8%</td>
</tr>
<tr>
<td>Write In</td>
<td>5.7%</td>
<td>5.7%</td>
</tr>
</tbody>
</table>

Disclaimer: Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.
9% of conversations
8% of texters
63% Shared something for first time
88% Found the conversation helpful
70% Reached out because they had no one else to talk to

Disclaimer: Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.
18% of conversations

20% of texters

64% Shared something for first time

90% Found the conversation helpful

67% Reached out because they had no one else to talk to

Race/Ethnicity

- Asian: 3.6%
- Black/African American: 9.1%
- Hispanic/Latinx: 100.0%
- Middle Eastern/North African/Arab: 1.3%
- Native American/Native Alaskan/Indigenous: 5.1%
- Native Hawaiian/Pacific Islander: 1.4%
- White: 21.4%

Issues

- Anxiety/Stress: 39.3%
- Depression/Sadness: 29.8%
- Isolation/Loneliness: 17.0%
- Suicide: 17.9%
- Self-harm: 16.5%
- Eating/Body image: 13.3%
- Bullying: 3.5%
- Grief: 3.0%
- Emotional abuse: 3.0%
- Sexual abuse: 2.4%
- Substance use: 2.2%
- Abuse (unspecified): 1.6%
- Physical abuse: 1.5%
- Gender/Sexual identity: 1.2%

Age

- 13 or younger: 19.2%
- 14-17: 33.3%
- 18-24: 22.7%
- 25-34: 14.1%
- 35-44: 6.4%
- 45-54: 2.8%
- 55-64: 1.0%
- 65+: 0.3%

Gender

- Agender: 1.3%
- Boy/Man: 15.9%
- Genderfluid: 3.9%
- Genderqueer: 1.3%
- Girl/Woman: 72.3%
- Intersex: 0.3%
- Non-binary: 5.7%
- Trans: 4.8%
- Two Spirit: 0.6%
- Write in: 2.4%

Sexual Orientation

- LGBTQ+: 51.9%
- Straight or Heterosexual: 48.1%

Disclaimer: Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.
1% of conversations
1% of texters
63% Shared something for first time
84% Found the conversation helpful
70% Reached out because they had no one else to talk to

Issues
- Anxiety/Stress: 38.0%
- Relationships: 34.7%
- Depression/Sadness: 36.3%
- Isolation/Loneliness: 19.9%
- Suicide: 19.6%
- Self-harm: 15.7%

Eating/Body image: 13.3%
Bullying: 3.3%
Emotional abuse: 3.7%
Grief: 3.3%
Sexual abuse: 3.4%
Substance use: 3.0%
Physical abuse: 3.6%
Abuse (unspecified): 3.0%
Gender/Sexual identity: 4.8%

Race/Ethnicity
- Asian: 13.9%
- Black/African American: 15.8%
- Hispanic/Latinx: 16.8%
- Middle Eastern/North African: 100.0%
- Native American/Native Alaskan/Indigenous: 11.2%
- Native Hawaiian/Pacific Islander: 7.3%
- White: 36.6%

Age
- 13 or younger: 15.7%
- 14-17: 33.5%
- 18-24: 24.2%
- 25-34: 14.7%
- 35-44: 6.6%
- 45-54: 3.1%
- 55-64: 1.3%
- 65+: 0.8%

Gender
- Agender: 3.2%
- Boy/Man: 21.3%
- Genderfluid: 5.8%
- Genderqueer: 4.3%
- Girl/Woman: 67.1%
- Intersex: 2.5%
- Non-binary: 7.7%
- Trans: 7.8%
- Two Spirit: 2.9%
- Write In: 4.8%

Sexual Orientation
- LGBTQ+: 54.8%
- Straight or Heterosexual: 45.2%

Disclaimer: Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.
4% of conversations
4% of texters
63% Shared something for first time
87% Found the conversation helpful
67% Reached out because they had no one else to talk to

Issues

Race/Ethnicity

Age

Demographic Details / 73

Disclaimer: Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.
### Native Hawaiian or Pacific Islander Texters

#### Issues
- Anxiety/Stress: 21.6%
- Relationships: 21.6%
- Depression/Sadness: 16.6%
- Suicide: 17.9%
- Isolation/Loneliness: 17.0%
- Self-harm: 13.3%
- Grief: 3.7%
- Bullying: 3.3%
- Eating/Body image: 3.3%
- Emotional abuse: 3.3%
- Substance use: 3.0%
- Sexual abuse: 2.9%
- Physical abuse: 2.4%
- Abuse (unspecified): 2.4%
- Gender/Sexual identity: 1.1%

#### Race/Ethnicity
- Asian: 39.4%
- Black/African American: 23.7%
- Hispanic/Latinx: 28.1%
- Middle Eastern/North African/Arab: 11.3%
- Native American / Native Alaskan / Indigenous: 17.3%
- Native Hawaiian / Pacific Islander: 100.0%
- White: 43.2%

#### Age
- 13 or younger: 15.9%
- 14-17: 32.3%
- 18-24: 23.1%
- 25-34: 16.1%
- 35-44: 6.3%
- 45-54: 2.8%
- 55-64: 2.3%
- 65+: 1.3%

#### Gender
- Agender: 4.4%
- Boy/Man: 17.1%
- Genderfluid: 7.3%
- Genderqueer: 4.3%
- Girl/Woman: 69.6%
- Intersex: 3.1%
- Non-binary: 10.1%
- Trans: 8.2%
- Two Spirit: 4.3%
- Write In: 6.3%

#### Sexual Orientation
- LGBTQ+: 59.6%
- Straight or Heterosexual: 40.4%

**Disclaimer:** Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.
62% of conversations

63% of texters

58% Shared something for first time

86% Found the conversation helpful

64% Reached out because they had no one else to talk to

Issues

- Anxiety/Stress: 39.3%
- Relationships: 34.7%
- Depression/Sadness: 33.5%
- Suicide: 19.5%
- Isolation/Loneliness: 18.4%
- Self-harm: 13.3%
- Grief: 4.1%
- Eating/Body image: 3.6%
- Bullying: 3.9%
- Emotional abuse: 3.3%
- Substance use: 2.9%
- Sexual abuse: 2.8%
- Abuse (unspecified): 2.7%
- Gender/Sexual identity: 1.5%
- Physical abuse: 1.2%

Race/Ethnicity

- Asian: 2.7%
- Black/African American: 3.8%
- Hispanic/Latinx: 6.7%
- Middle Eastern/North African/Arab: 0.9%
- Native American / Native Alaskan / Indigenous: 3.3%
- Native Hawaiian / Pacific Islander: 0.7%
- White: 100.0%

Age

- 13 or younger: 12.2%
- 14-17: 28.4%
- 18-24: 24.0%
- 25-34: 16.7%
- 35-44: 8.8%
- 45-54: 5.5%
- 55-64: 3.1%
- 65+: 1.2%

Gender

- Agender: 1.6%
- Boy/Man: 17.8%
- Genderfluid: 3.9%
- Genderqueer: 2.4%
- Girl/Woman: 67.0%
- Intersex: 0.2%
- Non-binary: 7.5%
- Trans: 7.1%
- Two Spirit: 0.4%
- Write in: 2.8%

Sexual Orientation

- LGBTQ+: 54.0%
- Straight or Heterosexual: 46.0%

Disclaimer: Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. 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.