### Mental Health Insights 2023

**Alaska**

**2,000 Conversations**
- Depression/Sadness: 33.5%
- Anxiety/Stress: 32.5%
- Relationships: 32.5%
- Suicide: 17.0%
- Isolation/Loneliness: 17.4%
- Self-harm: 14.5%
- Grief: 13.3%
- Eating/Body image: 3.3%
- Substance use: 3.4%
- Sexual abuse: 2.9%
- Emotional abuse: 2.9%
- Bullying: 2.3%
- Physical abuse: 2.0%
- Abuse (unspecified): 1.7%
- Gender/Sexual identity: 1.1%

**1,000 Texters**
- Depression/Sadness: 32.7%
- Anxiety/Stress: 34.7%
- Relationships: 32.5%
- Suicide: 17.9%
- Isolation/Loneliness: 17.4%
- Self-harm: 14.5%
- Grief: 13.3%
- Eating/Body image: 3.3%
- Substance use: 3.4%
- Sexual abuse: 2.9%
- Emotional abuse: 2.9%
- Bullying: 2.3%
- Physical abuse: 2.0%
- Abuse (unspecified): 1.7%
- Gender/Sexual identity: 1.1%

**14 De-escalations**
- Depression/Sadness: 33.5%
- Anxiety/Stress: 32.5%
- Relationships: 32.5%
- Suicide: 17.0%
- Isolation/Loneliness: 17.4%
- Self-harm: 14.5%
- Grief: 13.3%
- Eating/Body image: 3.3%
- Substance use: 3.4%
- Sexual abuse: 2.9%
- Emotional abuse: 2.9%
- Bullying: 2.3%
- Physical abuse: 2.0%
- Abuse (unspecified): 1.7%
- Gender/Sexual identity: 1.1%

**19 Emergency Service Interventions**
- Depression/Sadness: 33.5%
- Anxiety/Stress: 32.5%
- Relationships: 32.5%
- Suicide: 17.0%
- Isolation/Loneliness: 17.4%
- Self-harm: 14.5%
- Grief: 13.3%
- Eating/Body image: 3.3%
- Substance use: 3.4%
- Sexual abuse: 2.9%
- Emotional abuse: 2.9%
- Bullying: 2.3%
- Physical abuse: 2.0%
- Abuse (unspecified): 1.7%
- Gender/Sexual identity: 1.1%

**64%**
- Shared something for first time

**86%**
- Found the conversation helpful

**70%**
- Reached out because they had no one else to talk to

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**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.