### 2023 Mental Health Insights

**Arkansas**

**7K Conversations**

- Relationships: 33.4%
- Anxiety/Stress: 34.7%
- Depression/Sadness: 30.5%
- Isolation/Loneliness: 17.3%
- Suicide: 16.9%
- Self-harm: 13.3%

**4K Texters**

- Grief: 4.5%
- Bullying: 3.5%
- Eating/Body image: 3.3%
- Substance use: 3.1%
- Emotional abuse: 2.9%
- Sexual abuse: 2.2%
- Physical abuse: 1.5%
- Abuse (unspecified): 1.5%
- Gender/Sexual identity: 0.7%

**43 De-escalations**

- 59% Shared something for first time
- 86% Found the conversation helpful
- 66% Reached out because they had no one else to talk to

**44 Emergency Service Interventions**

- 59%
- 86%
- 66%

**Race/Ethnicity**

- Asian: 3.6%
- Black/African American: 14.8%
- Hispanic/Latinx: 9.7%
- Middle Eastern/North African/Arab: 1.1%
- Native American/Native Alaskan/Indigenous: 4.1%
- Native Hawaiian/Pacific Islander: 0.6%
- White: 74.6%

**Age**

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

**Gender**

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

**Sexual Orientation**

- LGBTQ+: 45.3%
- Straight or Heterosexual: 54.7%

**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.