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

Issues

- Anxiety/Stress: 34.7%
- Relationships: 36.6%
- Depression/Sadness: 31.0%
- Isolation/Loneliness: 17.0%
- Suicide: 17.8%
- Self-harm: 13.3%
- Eating/Body image: 3.3%
- Bullying: 3.3%
- Emotional abuse: 3.0%
- Grief: 2.9%
- Sexual abuse: 2.4%
- Substance use: 2.2%
- Abuse (unspecified): 1.6%
- Physical abuse: 1.3%
- Gender/Sexual identity: 1.2%

Race/Ethnicity

- Asian: 100.0%
- Black/African American: 8.2%
- Hispanic/Latinx: 9.5%
- Middle Eastern/North African/Arab: 2.8%
- Native American / Native Alaskan / Indigenous: 4.3%
- Native Hawaiian / Pacific Islander: 5.0%
- White: 22.4%

Age

- 13 or younger: 15.0%
- 14-17: 30.9%
- 18-24: 28.8%
- 25-34: 15.8%
- 35-44: 5.5%
- 45-54: 2.6%
- 55-64: 0.9%
- 65+: 0.4%

Gender

- Agender: 2.5%
- Boy/Man: 16.6%
- Genderfluid: 4.5%
- Genderqueer: 2.9%
- Girl/Woman: 69.5%
- Intersex: 0.5%
- Non-binary: 7.4%
- Trans: 5.5%
- Two Spirit: 0.7%
- Write In: 2.9%

Sexual Orientation

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

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 a 100% because texters might identify with multiple identities.