14% of conversations
15% of texters
64% Shared something for first time
88% Found the conversation helpful
67% Reached out because they had no one else to talk to

Issues
- Anxiety/Stress: 37.6%
- Relationships: 36.9%
- Depression/Sadness: 33.4%
- Isolation/Loneliness: 20.2%
- Suicide: 19.7%
- Self-harm: 13.7%
- Eating/Body image: 13.3%
- Bullying: 3.3%
- Grief: 3.3%
- Emotional abuse: 3.0%
- Sexual abuse: 2.3%
- Substance use: 2.0%
- Physical abuse: 1.7%
- Abuse (unspecified): 1.5%
- Gender/Sexual identity: 1.1%

Race/Ethnicity
- Asian: 4.2%
- Black/African American: 100.0%
- Hispanic/Latinx: 12.1%
- Middle Eastern/North African/Arab: 1.6%
- Native American/Native Alaskan/Indigenous: 5.8%
- Native Hawaiian/Pacific Islander: 1.5%
- White: 16.1%

Age
- 13 or younger: 15.6%
- 14-17: 30.6%
- 18-24: 23.0%
- 25-34: 16.4%
- 35-44: 8.4%
- 45-54: 3.8%
- 55-64: 1.6%
- 65+: 0.6%

Gender
- Agender: 1.2%
- Boy/Man: 13.5%
- Genderfluid: 3.7%
- Genderqueer: 1.6%
- Girl/Woman: 76.0%
- Intersex: 0.3%
- Non-binary: 5.6%
- Trans: 3.6%
- Two Spirit: 0.7%
- Write in: 2.2%

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

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.