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: 36.4% (State), 34.7% (National)
- Relationships: 34.4% (State), 34.3% (National)
- Depression/Sadness: 29.5% (State), 29.8% (National)
- Isolation/Loneliness: 17.4% (State), 17.0% (National)
- Suicide: 17.2% (State), 17.9% (National)
- Self-harm: 11.8% (State), 13.3% (National)
- Grief: 1.4% (State), 1.0% (National)
- Eating/Body image: 3.3% (State), 3.3% (National)
- Bullying: 2.9% (State), 3.3% (National)
- Emotional abuse: 3.3% (State), 3.0% (National)
- Substance use: 2.8% (State), 2.8% (National)
- Sexual abuse: 2.1% (State), 2.4% (National)
- Abuse (unspecifed): 1.6% (State), 1.6% (National)
- Physical abuse: 1.3% (State), 1.5% (National)
- Gender/Sexual identity: 0.9% (State), 1.0% (National)

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

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

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

Sexual Orientation
- LGBTQ+: 49.0% (State)
- Straight or Heterosexual: 51.0% (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 100% because texters might identify with multiple identities.