14K Conversations
8K Texters
113 De-escalations
74 Emergency Service Interventions

59% Shared something for first time
84% Found the conversation helpful
67% Reached out because they had no one else to talk to

Issues:
- Anxiety/Stress: 35.1%
- Relationships: 32.6%
- Depression/Sadness: 30.5%
- Suicide: 19.3%
- Isolation/Loneliness: 16.7%
- Self-harm: 14.2%
- Substance use: 3.7%
- Grief: 3.7%
- Eating/Body image: 3.1%
- Bullying: 3.3%
- Emotional abuse: 3.3%
- Sexual abuse: 3.0%
- Abuse (unspecified): 1.6%
- Physical abuse: 1.5%
- Gender/Sexual identity: 0.8%

Race/Ethnicity:
- Asian: 6.0%
- Black/African American: 6.6%
- Hispanic/Latina: 20.1%
- Middle Eastern/North African/Arab: 1.6%
- Native American/Native Alaskan/Indigenous: 4.7%
- Native Hawaiian/Pacific Islander: 0.7%
- White: 71.7%
- Other: 0.6%

Gender:
- Agender: 1.6%
- Boy/Man: 18.0%
- Genderfluid: 3.6%
- Genderqueer: 2.7%
- Girl/Woman: 66.0%
- Intersex: 0.4%
- Non-binary: 7.4%
- Trans: 6.4%
- Two Spirit: 0.2%
- Write In: 3.6%

Sexual Orientation:
- LGBTQ+: 54.6%
- Straight or Heterosexual: 45.4%

Disclaimers:
- 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.