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: 13.3%
- Grief: 9.6%
- Eating/Body image: 3.1%
- Bullying: 3.0%
- Emotional abuse: 2.5%
- Sexual abuse: 2.2%
- Abuse (unspecifed): 1.6%
- Physical abuse: 1.0%
- Gender/Sexual identity: 0.8%

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

Age
- 13 or younger: 15.1%
- 14-17: 26.7%
- 18-24: 22.9%
- 25-34: 18.5%
- 35-44: 8.9%
- 45-54: 4.6%
- 55-64: 2.7%
- 65+: 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: 6.1%
- Two Spirit: 0.2%
- Write In: 3.6%

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

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.