**Connecticut 2023 Mental Health Insights**

**9K Conversations**
- Anxiety/Stress: 38.2% State, 34.7% National
- Relationships: 35.4% State, 33.4% National
- Depression/Sadness: 28.8% State, 29.9% National
- Isolation/Loneliness: 17.3% State, 17.0% National
- Suicide: 14.5% State, 17.9% National
- Self-harm: 13.4% State, 13.3% National

**5K Texters**
- Emotional abuse: 3.2% State, 3.0% National
- Grief: 3.1% State, 3.0% National
- Substance use: 3.1% State, 2.8% National
- Bullying: 3.0% State, 3.3% National
- Eating/Body image: 2.9% State, 3.3% National
- Sexual abuse: 2.2% State, 2.4% National
- Abuse (unspecified): 1.9% State, 1.6% National
- Physical abuse: 1.2% State, 1.5% National
- Gender/Sexual identity: 0.8% State, 1.0% National

**35 De-escalations**
- Anxiety/Stress: 66.1% State, 58.9% National
- Relationships: 50.5% State, 54.0% National
- Depression/Sadness: 39.2% State, 34.2% National
- Isolation/Loneliness: 29.7% State, 30.0% National
- Suicide: 20.0% State, 20.7% National
- Self-harm: 17.0% State, 17.0% National

**28 Emergency Service Interventions**
- Anxiety/Stress: 48.2% State, 53.6% National
- Relationships: 43.3% State, 41.9% National
- Depression/Sadness: 38.9% State, 36.8% National
- Isolation/Loneliness: 30.6% State, 30.5% National
- Suicide: 24.1% State, 21.9% National
- Self-harm: 19.7% State, 19.6% National

**56% Shared something for first time**
- Anxiety/Stress: 51.6% State, 52.6% National
- Relationships: 49.8% State, 49.9% National
- Depression/Sadness: 48.9% State, 49.0% National
- Isolation/Loneliness: 47.6% State, 47.2% National
- Suicide: 44.5% State, 44.6% National
- Self-harm: 43.1% State, 42.9% National

**85% Found the conversation helpful**
- Anxiety/Stress: 82.6% State, 84.1% National
- Relationships: 81.9% State, 82.2% National
- Depression/Sadness: 80.3% State, 81.0% National
- Isolation/Loneliness: 79.4% State, 80.0% National
- Suicide: 76.5% State, 78.0% National
- Self-harm: 75.3% State, 75.8% National

**67% Reached out because they had no one else to talk to**
- Anxiety/Stress: 61.7% State, 65.2% National
- Relationships: 57.4% State, 60.9% National
- Depression/Sadness: 55.2% State, 56.0% National
- Isolation/Loneliness: 52.1% State, 53.5% National
- Suicide: 47.9% State, 48.0% National
- Self-harm: 45.4% State, 45.7% National

**Race/Ethnicity**
- Asian: 5.1% State, 6.0% National
- Black/African American: 13.0% State, 13.2% National
- Hispanic/Latinx: 18.9% State, 17.4% National
- Middle Eastern/North African/Arab: 1.2% State, 1.3% National
- Native American / Native Alaskan / Indigenous: 2.2% State, 2.2% National
- Native Hawaiian / Pacific Islander: 0.2% State, 0.2% National
- White: 69.6% State, 65.7% National

**Gender**
- Agender: 0.8% State, 0.8% National
- Boy/Man: 16.2% State, 17.1% National
- Genderfluid: 3.5% State, 3.7% National
- Genderqueer: 2.2% State, 2.1% National
- Girl/Woman: 71.5% State, 69.6% National
- Intersex: 0.2% State, 0.2% National
- Non-binary: 5.4% State, 5.7% National
- Trans: 4.4% State, 4.5% National
- Two Spirit: 0.5% State, 0.5% National
- Write In: 2.5% State, 2.4% National

**Sexual Orientation**
- LGBTQ+: 54.6% State, 54.5% National
- Straight or Heterosexual: 45.4% State, 45.5% National

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.