4K Conversations
2K Texters
36 De-escalations
10 Emergency Service Interventions
59% Shared something for first time
89% Found the conversation helpful
69% Reached out because they had no one else to talk to

Issues
- Relationships: State 36.9%, National 33.4%
- Anxiety/Stress: State 35.5%, National 34.7%
- Depression/Sadness: State 28.2%, National 29.8%
- Suicide: State 18.7%, National 17.9%
- Isolation/Loneliness: State 16.4%, National 17.0%
- Self-harm: State 9.2%, National 13.3%
- Grief: State 2.9%, National 1.6%
- Substance use: State 2.6%, National 2.8%
- Emotional abuse: State 2.5%, National 3.0%
- Bullying: State 2.5%, National 3.3%
- Eating/Body image: State 2.3%, National 3.3%
- Sexual abuse: State 2.1%, National 2.4%
- Abuse (unspecified): State 1.5%, National 1.6%
- Gender/Sexual identity: State 0.8%, National 1.0%
- Physical abuse: State 0.8%, National 1.5%

Race/Ethnicity
- Asian: State 49.2%
- Black/African American: State 6.0%
- Hispanic/Latino: State 14.0%
- Middle Eastern/North African/Arab: State 2.2%
- Native American/Native Alaskan/Indigenous: State 5.7%
- Native Hawaiian/Pacific Islander: State 31.1%
- White: State 44.8%

Age
- 13 or younger: State 12.5%
- 14-17: State 25.2%
- 18-24: State 24.0%
- 25-34: State 17.8%
- 35-44: State 9.8%
- 45-54: State 7.4%
- 55-64: State 1.8%
- 65+: State 1.5%

Gender
- Agender: State 1.8%
- Boy/Man: State 14.3%
- Genderfluid: State 1.5%
- Genderqueer: State 0.9%
- Girl/Woman: State 76.5%
- Non-binary: State 4.0%
- Trans: State 4.9%
- Two Spirit: State 0.9%
- Write In: State 1.2%

Sexual Orientation
- LGBTQ+: State 47.9%
- Straight or Heterosexual: State 52.1%

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.