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

<table>
<thead>
<tr>
<th>State</th>
<th>National</th>
</tr>
</thead>
</table>

Issues

- Relationships: 36.9% State, 33.4% National
- Anxiety/Stress: 35.5% State, 34.7% National
- Depression/Sadness: 28.2% State, 29.8% National
- Suicide: 18.7% State, 19.9% National
- Isolation/Loneliness: 16.4% State, 17.0% National
- Self-harm: 9.2% State, 13.3% National
- Grief: 3.0% State, 2.8% National
- Substance use: 2.8% State, 2.5% National
- Emotional abuse: 3.0% State, 2.5% National
- Bullying: 2.5% State, 2.3% National
- Eating/Body image: 2.5% State, 3.3% National
- Sexual abuse: 2.1% State, 2.4% National
- Abuse (unspecified): 1.5% State, 1.6% National
- Gender/Sexual identity: 0.8% State, 1.0% National
- Physical abuse: 1.5% State, 0.8% National

Race/Ethnicity

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

Age

- 13 or younger: 12.5% State
- 14-17: 25.2% State
- 18-24: 24.0% State
- 25-34: 17.8% State
- 35-44: 9.8% State
- 45-54: 7.4% State
- 55-64: 3.6% State
- 65+: 1.5% State

Gender

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

Sexual Orientation

- LGBTQ+: 47.9% State
- Straight or Heterosexual: 52.1% 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.