4K Conversations
2K Texters
23 De-escalations
23 Emergency Service Interventions
61% Shared something for first time
88% Found the conversation helpful
62% Reached out because they had no one else to talk to

Issues
- Anxiety/Stress: 35.2%
- Relationships: 34.7%
- Depression/Sadness: 33.4%
- Suicide: 29.8%
- Isolation/Loneliness: 29.0%
- Self-harm: 17.9%
- Grief: 17.4%
- Eating/Body image: 17.0%
- Substance use: 12.9%
- Emotional abuse: 10.0%
- Bullying: 9.1%
- Sexual abuse: 8.6%
- Physical abuse: 4.3%
- Abuse (unspecified): 4.2%
- Gender/Sexual identity: 3.0%

Race/Ethnicity
- Asian: 4.5%
- Black/African American: 0.8%
- Hispanic/Latina: 14.6%
- Middle Eastern/North African: 0.3%
- Native American: 3.5%
- Native Hawaiian: 1.0%
- White: 81.4%

Age
- 13 or younger: 13.0%
- 14-17: 26.7%
- 18-24: 28.1%
- 25-34: 14.9%
- 35-44: 9.1%
- 45-54: 4.0%
- 55-64: 3.5%
- 65+: 0.7%

Gender
- Agender: 2.2%
- Boy/Man: 16.9%
- Genderfluid: 2.4%
- Genderqueer: 1.9%
- Girl/Woman: 68.4%
- Intersex: 0.2%
- Non-binary: 7.0%
- Trans: 4.6%
- Two Spirit: 0.7%
- Write In: 3.9%

Sexual Orientation
- LGBTQ+: 50.2%
- Straight or Heterosexual: 49.8%

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.