**4K Conversations**
- Anxiety/Stress: 34.7%
- Relationships: 34.7%
- Depression/Sadness: 33.4%
- Suicide: 20.9%
- Isolation/Loneliness: 17.9%
- Self-harm: 13.3%
- Grief: 3.4%
- Eating/Body image: 3.2%
- Substance use: 3.1%
- Emotional abuse: 3.0%
- Bullying: 2.8%
- Sexual abuse: 2.3%
- Physical abuse: 1.3%
- Abuse (unspecified): 1.1%
- Gender/Sexual identity: 0.5%

**2K Texters**
- Anxiety/Stress: 34.7%
- Relationships: 34.7%
- Depression/Sadness: 33.4%
- Suicide: 20.9%
- Isolation/Loneliness: 17.9%
- Self-harm: 13.3%
- Grief: 3.4%
- Eating/Body image: 3.2%
- Substance use: 3.1%
- Emotional abuse: 3.0%
- Bullying: 2.8%
- Sexual abuse: 2.3%
- Physical abuse: 1.3%
- Abuse (unspecified): 1.1%
- Gender/Sexual identity: 0.5%

**23 De-escalations**
- Anxiety/Stress: 32.0%
- Relationships: 29.8%
- Depression/Sadness: 24.0%
- Suicide: 20.9%
- Isolation/Loneliness: 17.4%
- Self-harm: 17.0%
- Grief: 3.4%
- Eating/Body image: 3.2%
- Substance use: 3.1%
- Emotional abuse: 3.0%
- Bullying: 2.8%
- Sexual abuse: 2.3%
- Physical abuse: 1.3%
- Abuse (unspecified): 1.1%
- Gender/Sexual identity: 0.5%

**Emergency Service Interventions**
- 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%

**2023 Mental Health Insights**

**Issues**
- Anxiety/Stress: 35.2%
- Relationships: 34.4%
- Depression/Sadness: 32.0%
- Suicide: 20.9%
- Isolation/Loneliness: 17.4%
- Self-harm: 17.2%
- Grief: 3.4%
- Eating/Body image: 3.2%
- Substance use: 3.1%
- Emotional abuse: 3.0%
- Bullying: 2.8%
- Sexual abuse: 2.3%
- Physical abuse: 1.3%
- Abuse (unspecified): 1.1%
- Gender/Sexual identity: 0.5%

**Race/Ethnicity**
- Asian: 4.5%
- Black/African American: 0.8%
- Hispanic/Latino: 14.6%
- Middle Eastern/North African/Arab: 0.3%
- Native American/Native Alaskan/Indigenous: 3.5%
- Native Hawaiian/Pacific Islander: 1.0%
- White: 81.4%

**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%

**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%

**Shared something for first time**
- 61% Shared something for first time

**Found the conversation helpful**
- 88% Found the conversation helpful

** Reached out because they had no one else to talk to**
- 62% Reached out because they had no one else to talk to

**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.