**34K Conversations**

**20K Texters**

**229 De-escalations**

**173 Emergency Service Interventions**

**61% Shared something for first time**

**86% Found the conversation helpful**

**67% Reached out because they had no one else to talk to**

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**Issues**

- Anxiety/Stress: 36.2%
- Relationships: 30.0%
- Depression/Sadness: 17.9%
- Isolation/Loneliness: 17.0%
- Suicide: 16.7%
- Self-harm: 13.3%
- Grief: 7.6%
- Eating/Body image: 5.6%
- Bullying: 3.3%
- Substance use: 2.8%
- Emotional abuse: 2.7%
- Sexual abuse: 2.4%
- Abuse (unspecified): 1.8%
- Physical abuse: 1.7%
- Gender/Sexual identity: 1.0%

**Race/Ethnicity**

- Asian: 6.6%
- Black/African American: 16.2%
- Hispanic/Latinx: 19.4%
- Middle Eastern/North African/Arab: 1.4%
- Native American/Alaskan/Indigenous: 2.6%
- Native Hawaiian/Pacific Islander: 0.7%
- White: 62.7%

**Age**

- 13 or younger: 14.5%
- 14-17: 27.2%
- 18-24: 24.8%
- 25-34: 16.8%
- 35-44: 8.5%
- 45-54: 4.8%
- 55-64: 2.3%
- 65+: 1.1%

**Gender**

- Agender: 1.6%
- Boy/Man: 16.4%
- Genderfluid: 3.3%
- Genderqueer: 1.9%
- Girl/Woman: 69.9%
- Intersex: 0.2%
- Non-binary: 6.2%
- Trans: 4.3%
- Two Spirit: 0.4%
- Write In: 2.8%

**Sexual Orientation**

- LGBTQ+: 48.6%
- Straight or Heterosexual: 51.4%

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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.