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

Issues
- Anxiety/Stress
- Relationships
- Depression/Sadness
- Isolation/Loneliness
- Suicide
- Self-harm
- Grief
- Eating/Body image
- Bullying
- Substance use
- Emotional abuse
- Sexual abuse
- Abuse (unspecified)
- Physical abuse
- Gender/Sexual identity

Race/Ethnicity
- Asian
- Black/African American
- Hispanic/Latina
- Middle Eastern/North African/Arab
- Native American/Native Alaskan/Indigenous
- Native Hawaiian/Pacific Islander
- White

Age
- 13 or younger
- 14-17
- 18-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65+

Gender
- Agender
- Boy/Men
- Genderfluid
- Genderqueer
- Girl/Women
- Intersex
- Non-binary
- Trans
- Two Spirit
- Write In

Sexual Orientation
- LGBTQ+
- Straight or Heterosexual

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.