16K Conversations
10K Texters
143 De-escalations
80 Emergency Service Interventions

60% Shared something for first time
85% Found the conversation helpful
64% Reached out because they had no one else to talk to

Issues
- Anxiety/Stress: 33.9%
- Relationships: 33.7%
- Depression/Sadness: 29.8%
- Suicide: 19.2%
- Isolation/Loneliness: 17.3%
- Self-harm: 13.9%
- Grief: 2.9%
- Eating/Body image: 2.9%
- Bullying: 2.9%
- Substance use: 3.2%
- Emotional abuse: 2.9%
- Sexual abuse: 2.2%
- Abuse (unspecified): 1.5%
- Physical abuse: 1.2%
- Gender/Sexual identity: 1.0%

Race/Ethnicity
- Asian: 2.8%
- Black/African American: 11.5%
- Hispanic/Latina: 9.3%
- Middle Eastern/North African/Arab: 0.6%
- Native American/Native Alaskan/Indigenous: 1.9%
- Native Hawaiian/Pacific Islander: 0.4%
- White: 80.5%
- State: 34.7%
- National: 25.7%

Age
- 13 or younger: 13.6%
- 14-17: 27.2%
- 18-24: 26.3%
- 25-34: 16.4%
- 35-44: 7.9%
- 45-54: 4.5%
- 55-64: 3.2%
- 65+: 0.9%

Sexual Orientation
- LGBTQ+: 50.0%
- Straight or Heterosexual: 50.0%

Gender
- Agender: 1.6%
- Boy/Man: 17.1%
- Genderfluid: 3.3%
- Genderqueer: 2.0%
- Girl/Woman: 69.5%
- Intersex: 0.1%
- Non-binary: 5.8%
- Trans: 5.7%
- Two Spirit: 0.2%
- Write In: 2.6%

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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.