**7K Conversations**

- Anxiety/Stress: 32.2% (State), 34.7% (National)
- Relationships: 32.7% (State), 33.4% (National)
- Depression/Sadness: 30.2% (State), 29.8% (National)
- Suicide: 17.9% (State), 17.5% (National)
- Isolation/Loneliness: 16.4% (State), 17.0% (National)
- Self-harm: 14.1% (State), 13.3% (National)
- Grief: 3% (State), 3% (National)
- Eating/Body image: 3.9% (State), 3.3% (National)
- Substance use: 3.8% (State), 2.8% (National)
- Bullying: 3.4% (State), 3.3% (National)
- Emotional abuse: 3% (State), 3% (National)
- Sexual abuse: 2.2% (State), 2.4% (National)
- Abuse (unspecified): 1.6% (State), 1.6% (National)
- Gender/Sexual identity: 1.3% (State), 1.0% (National)
- Physical abuse: 1.0% (State), 1.5% (National)

**4K Texters**

- Race/Ethnicity:
  - Asian: 3.9%
  - Black/African American: 7.1%
  - Hispanic/Latinx: 10.4%
  - Middle Eastern/North African/Arab: 0.7%
  - Native American/Native Alaskan/Indigenous: 2.5%
  - Native Hawaiian/Pacific Islander: 0.2%
  - White: 83.2%
  - State: 3.9%
  - National: 7.1%

**65 De-escalations**

- Emergency Service Interventions: 59

**60% Shared something for first time**

**87% Found the conversation helpful**

**60% Reached out because they had no one else to talk to**

**2023 Mental Health Insights**

**Race/Ethnicity**

- Asian: 3.9%
- Black/African American: 7.1%
- Hispanic/Latinx: 10.4%
- Middle Eastern/North African/Arab: 0.7%
- Native American/Native Alaskan/Indigenous: 2.5%
- Native Hawaiian/Pacific Islander: 0.2%
- White: 83.2%

**Age**

- 13 or younger: 17.1%
- 14-17: 32.5%
- 18-24: 24.1%
- 25-34: 13.0%
- 35-44: 7.3%
- 45-54: 3.5%
- 55-64: 1.4%
- 65+: 1.0%

**Gender**

- Agender: 1.0%
- Boy/Man: 15.4%
- Genderfluid: 4.1%
- Genderqueer: 2.0%
- Girl/Woman: 69.2%
- Intersex: 0.5%
- Non-binary: 6.3%
- Trans: 6.3%
- Two Spirit: 0.5%
- Write In: 2.4%

**Sexual Orientation**

- LGBTQ+: 51.3%
- Straight or Heterosexual: 48.7%

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.