7K Conversations
4K Texters
65 De-escalations
59 Emergency Service Interventions
60% Shared something for first time
87% Found the conversation helpful
60% Reached out because they had no one else to talk to

Issues
- Anxiety/Stress: State 32.2%, National 34.7%
- Relationships: State 32.7%, National 33.4%
- Depression/Sadness: State 30.2%, National 29.8%
- Suicide: State 20.0%, National 17.9%
- Isolation/Loneliness: State 16.4%, National 17.0%
- Self-harm: State 14.1%, National 13.3%
- Grief: State 2.9%, National 3.0%
- Eating/Body image: State 2.9%, National 3.3%
- Substance use: State 3.8%, National 2.8%
- Bullying: State 3.4%, National 3.3%
- Emotional abuse: State 2.5%, National 3.0%
- Sexual abuse: State 2.2%, National 2.4%
- Abuse (unspecified): State 1.6%, National 1.6%
- Gender/Sexual identity: State 1.3%, National 1.0%
- Physical abuse: State 1.0%, National 1.5%

Race/Ethnicity
- Asian: 3.9%
- Black/African American: 7.1%
- Hispanic/Latino: 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
- Genderqueer: 2.0%
- Genderfluid: 4.1%
- 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 a 100% because texters might identify with multiple identities.