**4K Conversations**

- Anxiety/Stress: 34.7%
- Depression/Sadness: 32.1%
- Relationships: 29.8%
- Suicide: 21.0%
- Isolation/Loneliness: 17.9%
- Self-harm: 17.0%
- Grief: 14.0%
- Eating/Body image: 34.7%
- Substance use: 29.8%
- Sexual abuse: 21.0%
- Bullying: 17.9%
- Emotional abuse: 17.0%
- Abuse (unspecified): 14.0%
- Physical abuse: 10.2%
- Gender/Sexual identity: 2.0%

**2K Texters**

- Anxiety/Stress: 32.1%
- Depression/Sadness: 29.8%
- Relationships: 20.8%
- Suicide: 16.8%
- Isolation/Loneliness: 16.8%
- Self-harm: 14.0%
- Grief: 3.3%
- Eating/Body image: 3.3%
- Substance use: 3.3%
- Sexual abuse: 2.5%
- Bullying: 2.5%
- Emotional abuse: 2.5%
- Abuse (unspecified): 1.8%
- Physical abuse: 0.5%
- Gender/Sexual identity: 1.0%

**35 De-escalations**

- Suicide: 71
- Depression/Sadness: 56%
- Relationships: 35
- Anxiety/Stress: 22
- Isolation/Loneliness: 19
- Self-harm: 16
- Grief: 15
- Eating/Body image: 14
- Sexual abuse: 13
- Bullying: 12
- Emotional abuse: 11
- Abuse (unspecified): 10
- Physical abuse: 9
- Gender/Sexual identity: 3

**71 Emergency Service Interventions**

- Suicide: 71
- Depression/Sadness: 56%
- Relationships: 35
- Anxiety/Stress: 22
- Isolation/Loneliness: 19
- Self-harm: 16
- Grief: 15
- Eating/Body image: 14
- Sexual abuse: 13
- Bullying: 12
- Emotional abuse: 11
- Abuse (unspecified): 10
- Physical abuse: 9
- Gender/Sexual identity: 3

**56% Shared something for first time**

- Maine: 56%
- National: 56%

**86% Found the conversation helpful**

- Maine: 86%
- National: 86%

**61% Reached out because they had no one else to talk to**

- Maine: 61%
- National: 61%

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**Race/Ethnicity**

- White: 91.9%
- Black/African American: 7.8%
- Hispanic/Latinx: 3.1%
- Middle Eastern/North African/Arab: 1.7%
- Native American/Native Alaskan/Indigenous: 2.5%
- Asian: 3.9%

**Gender**

- Boy/Man: 16.4%
- Girl/Woman: 66.1%
- Two Spirit: 0.5%
- Trans: 8.7%
- Intersex: 0.3%
- None: 8.5%
- Genderfluid: 3.8%
- Agender: 1.9%
- Genderqueer: 1.9%
- Write In: 1.9%

**Sexual Orientation**

- Straight or Heterosexual: 43.6%
- LGBTQ+: 56.4%

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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.

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