19K Conversations
10K Texters
96 De-escalations
61 Emergency Service Interventions
58% Shared something for first time
84% Found the conversation helpful
61% Reached out because they had no one else to talk to

Issues
- Anxiety/Stress: 37.7% State, 34.7% National
- Relationships: 32.9% State, 33.4% National
- Depression/Sadness: 29.8% State, 29.8% National
- Isolation/Loneliness: 17.8% State, 17.0% National
- Suicide: 16.3% State, 17.9% National
- Self-harm: 12.9% State, 13.3% National
- Eating/Body image: 4.0% State, 3.3% National
- Grief: 3.4% State, 3.6% National
- Substance use: 3.1% State, 2.8% National
- Bullying: 2.9% State, 3.3% National
- Emotional abuse: 2.3% State, 3.0% National
- Sexual abuse: 2.1% State, 2.4% National
- Abuse (unspecified): 1.3% State, 1.6% National
- Physical abuse: 1.1% State, 1.5% National
- Gender/Sexual identity: 0.9% State, 1.0% National

Race/Ethnicity
- Asian: 7.4% State
- Black/African American: 10.9% State
- Hispanic/Latinx: 14.8% State
- Middle Eastern/North African/Arab: 1.9% State
- Native American/Native Alaskan/Indigenous: 2.1% State
- Native Hawaiian/Pacific Islander: 0.2% State
- White: 71.1% State

Age
- 13 or younger: 10.7% State
- 14-17: 29.9% State
- 18-24: 27.4% State
- 25-34: 15.9% State
- 35-44: 8.2% State
- 45-54: 5.3% State
- 55-64: 2.0% State
- 65+: 0.6% State

Gender
- Agender: 1.4% State
- Boy/Man: 16.1% State
- Genderfluid: 3.3% State
- Genderqueer: 2.1% State
- Girl/Woman: 70.1% State
- Intersex: 0.1% State
- Non-binary: 7.4% State
- Trans: 5.3% State
- Two Spirit: 0.4% State
- Write In: 2.8% State

Sexual Orientation
- LGBTQ+: 54.2% State
- Straight or Heterosexual: 45.8% State

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.