**24K Conversations**
- Anxiety/Stress: 35.2%
- Relationships: 33.0%
- Depression/Sadness: 29.9%
- Suicide: 18.2%
- Isolation/Loneliness: 16.6%
- Self-harm: 13.0%
- Grief: 3.7%
- Eating/Body image: 3.3%
- Bullying: 3.2%
- Substance use: 2.9%
- Emotional abuse: 2.8%
- Sexual abuse: 2.3%
- Abuse (unspecifed): 1.3%
- Gender/Sexual identity: 1.2%
- Physical abuse: 1.2%

**14K Texters**
- Anxiety/Stress: 34.7%
- Relationships: 33.4%
- Depression/Sadness: 29.8%
- Suicide: 17.5%
- Isolation/Loneliness: 17.0%
- Self-harm: 13.3%
- Grief: 2.8%
- Eating/Body image: 3.3%
- Bullying: 3.3%
- Substance use: 2.8%
- Emotional abuse: 3.0%
- Sexual abuse: 2.4%
- Abuse (unspecifed): 1.6%
- Gender/Sexual identity: 1.0%
- Physical abuse: 1.5%

**187 De-escalations**
- Anxiety/Stress: 29.9%
- Relationships: 23.4%
- Depression/Sadness: 17.5%
- Suicide: 16.8%
- Isolation/Loneliness: 17.0%
- Self-harm: 13.3%
- Grief: 2.8%
- Eating/Body image: 3.3%
- Bullying: 3.3%
- Substance use: 2.8%
- Emotional abuse: 3.0%
- Sexual abuse: 2.4%
- Abuse (unspecifed): 1.6%
- Gender/Sexual identity: 1.0%
- Physical abuse: 1.5%

**140 Emergency Service Interventions**
- Anxiety/Stress: 21.3%
- Relationships: 15.4%
- Depression/Sadness: 14.3%
- Suicide: 12.3%
- Isolation/Loneliness: 12.3%
- Self-harm: 13.0%
- Grief: 2.3%
- Eating/Body image: 3.3%
- Bullying: 2.3%
- Substance use: 2.3%
- Emotional abuse: 2.3%
- Sexual abuse: 2.3%
- Abuse (unspecifed): 1.3%
- Gender/Sexual identity: 1.2%
- Physical abuse: 1.2%

**58% Shared something for first time**
- 86% Found the conversation helpful
- 64% Reached out because they had no one else to talk to

**Race/Ethnicity**
- Asian: 4.2%
- Black/African American: 16.9%
- Hispanic/Latino: 8.6%
- Middle Eastern/North African/Arab: 2.6%
- Native American/Native Alaskan/Indigenous: 3.9%
- Native Hawaiian/Pacific Islander: 0.8%
- White: 71.5%

**Gender**
- Agender: 1.6%
- Boy/Male: 16.8%
- Genderfluid: 3.9%
- Genderqueer: 1.9%
- Girl/Female: 70.4%
- Intersex: 0.3%
- Non-binary: 6.2%
- Trans: 5.1%
- Two Spirit: 0.5%
- Write In: 2.6%

**Sexual Orientation**
- LGBTQ+: 48.7%
- Straight or Heterosexual: 51.3%

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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 100% because texters might identify with multiple identities.