**17K Conversations**

- Anxiety/Stress: 34.6% (State), 34.7% (National)
- Relationships: 31.7% (State), 33.4% (National)
- Depression/Sadness: 29.0% (State), 29.8% (National)
- Suicide: 20.1% (State), 17.9% (National)
- Isolation/Loneliness: 15.9% (State), 17.0% (National)
- Self-harm: 14.2% (State), 13.3% (National)
- Eating/Body image: 3.9% (State), 3.3% (National)
- Grief: 3.3% (State), 3.7% (National)
- Substance use: 3.6% (State), 3.4% (National)
- Bullying: 2.8% (State), 3.3% (National)
- Emotional abuse: 2.8% (State), 2.7% (National)
- Sexual abuse: 2.4% (State), 2.1% (National)
- Abuse (unspecified): 1.5% (State), 1.6% (National)
- Physical abuse: 1.3% (State), 1.5% (National)
- Gender/Sexual identity: 1.2% (State), 1.0% (National)

**10K Texters**

- Anxiety/Stress: 34.6% (State), 34.7% (National)
- Relationships: 31.7% (State), 33.4% (National)
- Depression/Sadness: 29.0% (State), 29.8% (National)
- Suicide: 20.1% (State), 17.9% (National)
- Isolation/Loneliness: 15.9% (State), 17.0% (National)
- Self-harm: 14.2% (State), 13.3% (National)
- Eating/Body image: 3.9% (State), 3.3% (National)
- Grief: 3.3% (State), 3.7% (National)
- Substance use: 3.6% (State), 3.4% (National)
- Bullying: 2.8% (State), 3.3% (National)
- Emotional abuse: 2.8% (State), 2.7% (National)
- Sexual abuse: 2.4% (State), 2.1% (National)
- Abuse (unspecified): 1.5% (State), 1.6% (National)
- Physical abuse: 1.3% (State), 1.5% (National)
- Gender/Sexual identity: 1.2% (State), 1.0% (National)

**171 De-escalations**

- Anxiety/Stress: 34.6% (State), 34.7% (National)
- Relationships: 31.7% (State), 33.4% (National)
- Depression/Sadness: 29.0% (State), 29.8% (National)
- Suicide: 20.1% (State), 17.9% (National)
- Isolation/Loneliness: 15.9% (State), 17.0% (National)
- Self-harm: 14.2% (State), 13.3% (National)
- Eating/Body image: 3.9% (State), 3.3% (National)
- Grief: 3.3% (State), 3.7% (National)
- Substance use: 3.6% (State), 3.4% (National)
- Bullying: 2.8% (State), 3.3% (National)
- Emotional abuse: 2.8% (State), 2.7% (National)
- Sexual abuse: 2.4% (State), 2.1% (National)
- Abuse (unspecified): 1.5% (State), 1.6% (National)
- Physical abuse: 1.3% (State), 1.5% (National)
- Gender/Sexual identity: 1.2% (State), 1.0% (National)

**138 Emergency Service Interventions**

- Anxiety/Stress: 34.6% (State), 34.7% (National)
- Relationships: 31.7% (State), 33.4% (National)
- Depression/Sadness: 29.0% (State), 29.8% (National)
- Suicide: 20.1% (State), 17.9% (National)
- Isolation/Loneliness: 15.9% (State), 17.0% (National)
- Self-harm: 14.2% (State), 13.3% (National)
- Eating/Body image: 3.9% (State), 3.3% (National)
- Grief: 3.3% (State), 3.7% (National)
- Substance use: 3.6% (State), 3.4% (National)
- Bullying: 2.8% (State), 3.3% (National)
- Emotional abuse: 2.8% (State), 2.7% (National)
- Sexual abuse: 2.4% (State), 2.1% (National)
- Abuse (unspecified): 1.5% (State), 1.6% (National)
- Physical abuse: 1.3% (State), 1.5% (National)
- Gender/Sexual identity: 1.2% (State), 1.0% (National)

**58% Shared something for first time**

**83% Found the conversation helpful**

**64% Reached out because they had no one else to talk to**

**Race/Ethnicity**

- Asian: 6.0% (State), 6.4% (National)
- Black/African American: 8.3% (State), 7.6% (National)
- Hispanic/Latino: 7.6% (State), 6.4% (National)
- Middle Eastern/African Arab: 1.1% (State), 0.4% (National)
- Native American/Native Alaskan/Indigenous: 6.4% (State), 0.4% (National)
- Native Hawaiian/Pacific Islander: 0.4% (State), 0.4% (National)
- White: 79.8% (State), 79.8% (National)

**Age**

- 13 or younger: 14.4% (State), 14.4% (National)
- 14-17: 29.7% (State), 29.7% (National)
- 18-24: 22.8% (State), 22.8% (National)
- 25-34: 15.5% (State), 15.5% (National)
- 35-44: 8.7% (State), 8.7% (National)
- 45-54: 4.9% (State), 4.9% (National)
- 55-64: 2.5% (State), 2.5% (National)
- 65+: 1.5% (State), 1.5% (National)

**Gender**

- Agender: 1.4% (State), 1.4% (National)
- Boy/Male: 15.8% (State), 15.8% (National)
- Genderfluid: 4.1% (State), 4.1% (National)
- Genderqueer: 2.0% (State), 2.0% (National)
- Girl/Woman: 69.1% (State), 69.1% (National)
- Intersex: 0.4% (State), 0.4% (National)
- Non-binary: 7.6% (State), 7.6% (National)
- Trans: 6.7% (State), 6.7% (National)
- Two Spirit: 0.5% (State), 0.5% (National)
- Write In: 2.1% (State), 2.1% (National)

**Sexual Orientation**

- LGBTQ+: 53.1% (State), 53.1% (National)
- Straight or Heterosexual: 46.9% (State), 46.9% (National)

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.