**Mississippi 2023 Mental Health Insights**

- **6K** Conversations
- **4K** Texters
- **46** De-escalations
- **35** Emergency Service Interventions

**Issues**
- Relationships: State 36.4%, National 33.4%
- Depression/Sadness: State 32.7%, National 29.8%
- Anxiety/Stress: State 31.7%, National 34.7%
- Suicide: State 18.5%, National 17.9%
- Isolation/Loneliness: State 18.5%, National 17.0%
- Self-harm: State 11.5%, National 13.3%
- Grief: State 4.0%, National 3.0%
- Bullying: State 2.9%, National 3.3%
- Substance use: State 3.4%, National 2.8%
- Eating/Body image: State 2.9%, National 3.3%
- Emotional abuse: State 2.2%, National 3.0%
- Sexual abuse: State 2.0%, National 2.4%
- Physical abuse: State 1.4%, National 1.5%
- Abuse (unspecified): State 1.4%, National 1.8%
- Gender/Sexual identity: State 0.9%, National 1.0%

**Race/Ethnicity**
- Asian: State 2.2%, National 2.2%
- Black/African American: State 36.7%, National 36.7%
- Hispanic/Latino: State 4.8%, National 4.8%
- Middle Eastern/North African/Arab: State 0.4%, National 0.4%
- Native American/Indigenous: State 3.3%, National 3.3%
- Native Hawaiian/Pacific Islander: State 0.4%, National 0.4%
- White: State 56.3%, National 56.3%

**Age**
- 13 or younger: State 15.5%, National 15.5%
- 14-17: State 30.6%, National 30.6%
- 18-24: State 21.9%, National 21.9%
- 25-34: State 14.5%, National 14.5%
- 35-44: State 7.4%, National 7.4%
- 45-54: State 6.4%, National 6.4%
- 55-64: State 3.4%, National 3.4%
- 65+: State 0.4%, National 0.4%

**Gender**
- Agender: State 1.3%, National 1.3%
- Boy/Man: State 17.1%, National 17.1%
- Genderfluid: State 3.2%, National 3.2%
- Genderqueer: State 1.3%, National 1.3%
- Girl/Woman: State 74.1%, National 74.1%
- Non-binary: State 3.4%, National 3.4%
- Trans: State 3.6%, National 3.6%
- Two Spirit: State 0.4%, National 0.4%
- Write In: State 1.7%, National 1.7%

**Sexual Orientation**
- LGBTQ+: State 44.7%, National 44.7%
- Straight or Heterosexual: State 55.3%, National 55.3%

**Additional Information**
- 62% Shared something for first time
- 87% Found the conversation helpful
- 65% Reached out because they had no one else to talk to

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.