6K Conversations
4K Texters
46 De-escalations
35 Emergency Service Interventions
62% Shared something for first time
87% Found the conversation helpful
65% Reached out because they had no one else to talk to

Issues
- Relationships: 36.4%
- Depression/Sadness: 32.7%
- Anxiety/Stress: 31.7%
- Suicide: 18.5%
- Isolation/Loneliness: 18.5%
- Self-harm: 11.3%
- Grief: 4.6%
- Bullying: 2.9%
- Substance use: 2.4%
- Eating/Body image: 2.3%
- Emotional abuse: 2.2%
- Sexual abuse: 2.0%
- Physical abuse: 1.8%
- Abuse (unspecified): 1.4%
- Gender/Sexual identity: 0.9%

Race/Ethnicity
- White: 56.3%
- Asian: 2.2%
- Black/African American: 36.7%
- Hispanic/Latínx: 4.8%
- Middle Eastern/North African/Arab: 0.4%
- Native American/Native Alaskan/Indigenous: 3.3%
- Native Hawaiian/Pacific Islander: 0.4%

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

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

Sexual Orientation
- LGBTQ+: 44.7%
- Straight or Heterosexual: 55.3%

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.